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SUICIDE NOTES: UNSETTLED EXAGGERATIONS BY MALES AND FEMALES

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ABSTRACT

Touching into the gender differences between males and females in expressing the use of exaggeration expressions, this study analyzes the relevant data using the LIWC tool, the HIP method, and the deficit and difference theories. This study found that in relation to the gender stereotypes, both males and females speak differently, yet also demonstrate similarities. Both the male and female subjects express emotions equally in the language production; yet, the negative emotions are dominated by the males, and the positive emotions are dominated by the females. The difference of emotion productions influences the differences in the males' production of exaggeration expressions, such as empty adjectives, italic expressions, and hyperbole by the female subjects.

Keywords: female; language and gender; language stereotypes; male; suicide notes

INTRODUCTION

The starting point of the overlapping fields between gender and language and forensic linguistics began with the studies which were conducted by Lester and Reeve in 1982 and followed by Lester and Leenaars in 2015. In the beginning, the study of gender and language was conducted on some research questions regarding males' and females' language differences in some social settings, such as workplaces, novels, and advertisements. However, with the discovery of suicide notes in the Medical Examiner's office in Los Angeles by Edwin Shneidman in 1950s, the two study fields have been combined. The results of the studies related to the topic of language difference between males and females are inconclusive. The results at some points show that females and males confirm the language stereotypes, but at the other points, the results show the opposite. One of the reasons in conducting the study on the relationship between gender and language in suicide notes is to gain results that could show the facts which still could not be shown by the other studies. The fact is that the nature of males and females might be present in the condition as suicidal attempt rather than the other social settings so that the results of the study could be promising. The notion of males and females show the nature of behavior in suicidal attempts is supported by Shneidman (1973) who states that during a suicidal attempt, people are usually in the state of mind where they do not think about other people's perspectives on them. They are at the state of "tunnel vision" in which they only think about their own feelings.

Although some studies have touched on the topic of gender and language in suicide notes, the previous studies have not been completely covering the discussions of the language and gender theories. For instance, Lester and Leenaars (2015) show that females use more words found in dictionaries, negations, discrepancies, and their language shows more hopelessness. This goes along with Jespersen (1922) in the deficit theory of women's language, stating that women have smaller vocabularies than men which implies that men are more creative in producing language. The study of Lester and Leenaars (2015), in fact, has not answered some intriguing questions, for example how the high tendency to show hopelessness, which is related to the use of emotions in the suicide notes, has relations with the results of how the study shows that females' language is still considered as less creative compared to the males'. Moreover, other studies conducted by Pestian (2012); Sudjana and Fitri (2013); Loannou and Debowska (2014); Malini and Tan (2016) were concerned mainly with the

analysis of the differences of the genuine suicide notes and the false ones, while at some point also concerned with the intention of the suicide notes' writers. Meanwhile, the discussions of the similar topic in other social settings have been conducted in many aspects of the gender and language theories (e.g., Diahmekawati, 2015; Li, 2014; Jinyun, 2014).

To mention some, the study of Diahmekawati (2015) analyzed the differences of the use of figurative language in songs which were written by male and female song writers. Moreover, Li (2014) points out that in the American TV series of *Desperate Housewives*, males are as talkative as females on some occasions, which means that males also express a lot of emotions in producing the language. Additionally, Simon and Nath (2004) in the study of self-reports of males and females tend to express the same number of negative emotions, i.e., anger. Looking back at the deficit and difference theories, in fact, the issue which is discussed mostly centers around the differences of how males and females express emotions and exaggerations in the language. As previous studies related to the topic of suicide notes have not addressed it clearly, the discussions of the use of those emotions and exaggeration expressions in suicide notes are crucial to find the facts about the expressiveness of males and females which also becomes one of the aspects mostly addressed in the theories. As such, this study is conducted to address an aspect which has not been really addressed previously.

Adumbrated in the background, the scope of this study is the analysis of the use of exaggeration expressions in suicide notes by male and female actors and writers from English-speaking countries which available through the internet from www.phrases.org.uk. Moreover, the use of suicide notes from male and female actors and writers is of particular value considering the fact that actors and writers are likely to be the objects of concerns of the public. So, this study aims to answer the research questions regarding the issues of exaggeration expressions by males and females and what exaggeration expressions are mostly preferred more by males and females relative to each other.

As noted earlier, the present study touches on forensic linguistics, which was first introduced by Professor Jan Svartvik in the late 1960s in Europe. McMenamin (2002:77) points out that forensic linguistics is "the scientific study of language as applied to forensic purposes and contexts". Meanwhile, Olsson (2008) has stated that forensic linguistics has to do with "the interface between language, crime and law, where law includes law enforcement, judicial matters, legislation, disputes or proceedings in law, and even disputes which only potentially involve some infraction of the law or some necessity to seek a legal remedy". In addition, Olsson (2008:128) has also given some examples of data which can be included as forensic data such as emergency calls, ransom demands, and other threat communications, final death row statements, confessions and denials by public figures, and suicide notes.

Since this study has to do with the language used by males and females, gender and language theories of deficit and difference theories which were proposed by Jespersen (1922), Lakoff (1975), and Tannen (1990) also warrant attention. The theories state that females' language is more deficit than males' because females tend to be more expressive and emotional. Moreover, females also tend to hesitate more and exhibit intimacy and cooperation more compared to males. Those points in the theories of deficit and difference are used as the key points in the analysis of the use of exaggeration expressions—the use of negative emotions, empty adjectives, italic expressions, and hyperbole, by males and females in this study.

METHOD

The data in this study was taken from www.phrases.org.uk, which contains public figures' last words and suicide notes. The data consists of seven suicide notes from males and seven suicide notes from females. Using both the qualitative and quantitative approach, the steps taken for the analysis were as follows. First, we applied the HIP method—a coder that consists of steps to help researchers to find hyperbole in text and distinguish them from irony and metaphor, and LIWC tool — a coder to analyze the percentage of positive and negative emotion, as well as vulnerability in text. Second,

referring to the deficit theory, we analyzed the use of empty adjectives and italic expressions in the suicide notes. Third, presenting the findings of the hyperbole, negative emotions, empty adjectives, and italic expressions in the form of statistical data, we demonstrated a clear comparison of the use of exaggeration expressions between males and females in suicide notes. Last, analyzing the findings which are presented in the statistical data by referring to the gender and language theories, we explained further and drew conclusion from the data.

RESULTS AND DISCUSSION

There are four aspects of analysis that this study conducted related to the use of exaggeration expressions by male and female actors and writers. The findings and discussion of the four aspects, namely, the use of negative emotions, the use of empty adjectives, the use of italic expressions, and the use of hyperbole, are presented as follows.

1. The Use of Negative Emotions

Using the LIWC tool to count the words showing negative emotions, the table below shows the result of the analysis.

Table 1. LIWC analysis of negative emotions in the subjects' suicide notes.

		5	
Genders	Freq.	Percentage	Vulnerability
Male	4	28.57%	59.58%
Female	1	7.14%	72.85%

Table 1 shows that the percentage of the males using negative emotions is higher than that of the females, while the use of positive emotions is dominated by the females. The vulnerability percentage is present with the low percentage of negative emotions. Related to those findings, the results are in line with the gender and language theory proposed by Yule (2010). These findings also have similar ideas to those of some previous studies. Females tend to be more personal when they speak compared to males because they like to build connections with the people they are talking to by using cooperative words (Tannen, 1990; Yule, 2010). The study from Lester and Reeve (1982) shows that males are as expressive as females when they express negative emotions.

Despite the fact that results of this study support the notion of the gender and language theories and some of previous studies, the results of this study are contradictory to the findings by Wang and Hsieh (2007) stating that males tend to express positive emotions when they tell about past experiences. Regarding this, there is one main factor that influences the different findings. It is the situation of the males when their utterances were taken as the research data. The difference is that this study took the data from males who would commit suicide in which they were under depression and pressure at the time they wrote the suicide notes, while the previous study did not deal with that kind of situation when the researchers were taking the data from their male respondents. Moreover, the consciousness of the participants in the data collection could also be the cause of this different result.

As is the case in the previous study, the male participants definitely knew the fact that their answer would be recorded as a research data; however, the male actors and writers whose suicide notes are used in this study did not have a similar situation as that of the male participants in the previous study. This idea is supported by Kaminska and Foulsham (2013) that show the results of the presence of biases in the answer to the research respondents who have the consciousness of being research participants. There is a pressure of being the respondents. Kaminska and Foulsham (2013) argue that some of the respondents might not give the answer truthfully because of some factors, for example embarrassment and uneasiness. Kaminska and Foulsham (2013) also show that respondents who were left alone and could do anything that they want to do during the data collection show truthful answer more than the ones who were not. By taking this idea, it can also be inferred that people who did not know if their accounts are used as research data would show more genuineness in expressing what they actually feel. As the example, we can infer that the results of this study show how the males tended to

behave in a certain situation which is full of pressure and depression. In this study it can also be construed that the males are actually also expressive, in terms of expressing the negative emotions.

As is the case of the female subjects, the findings demonstrate a similarity to the gender and language theories and also previous studies. The theories and previous studies have mentioned that females are more personal and vulnerable, while also tend to use words with positive emotions or cooperative expressions. However, the results also show contradictions to the theories and previous studies which state that females tend to be more expressive compared to males, since as mentioned before, the results of this study show that the males are also expressive. It can be seen clearly that in this study, both the males and the females are expressive although the emotions that they show expressively are different. The females tend to be expressive in showing positive emotions, while the males are more likely to express the negative ones. The different results in the findings of the data from the theories and some of the previous studies could be affected by the situations and conditions of the subjects when the data were taken. This idea has been shown by the study which was conducted by Kaminska and Foulsham (2013) and also Ramadhani (2017) which state that situations and conditions of the subjects can influence the results of the data.

2. The Use of Empty Adjectives

Based on the deficit theory, the findings show that males and females both use empty adjectives in their suicide notes. Table 2 shows the results of the use of empty adjectives in the suicide notes.

Table 2. The results of the use of empty adjectives

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Genders	Freq.	Percentage	Empty Adjectives
Male	1	7.14%	Dear (1) and Sweet (1)
Female	2	14.28%	Dear (2) and Dearest (1)

The findings show that females use empty adjectives more frequently than the males do; the production of empty adjectives in the females' suicide notes is higher than that in the males'. Although the total of empty adjectives in the females' suicide notes are higher than that in those of the males', in fact, the total of empty adjectives in each person is quite similar. In the findings, there is one male who used 2 empty adjectives, which are *dear* and *sweet*; meanwhile, there is also 1 female who used 2 empty adjectives which is *dear* which occurs twice, and the other one female only used 1 empty adjective, which is *dearest*. From this, it can be inferred that the production of empty adjectives between the males and females for each individual can be similar. In addition, both genders also use similar empty adjectives of *dear*. That finding leads to another point about the use of empty adjectives by males and females that becomes a proof that the gender and language stereotype is also present in the situation as suicide.

From the issue about the empty adjectives which are found in the suicide notes, it can be seen that in producing the empty adjectives, the males tend to be more into variations than the females. The male subjects used two different words which are *dear* and *sweet*, while the female subjects used *dear* and *dearest*—which, in fact, it is only one word of *dear* which is added with the suffix *-est* to form another meaning. In this light, it can also be inferred that the male and female subjects also followed the stereotypes of gender and language theory which state that males have more vocabularies, and that, males are those who own the language; meanwhile, females tend to be the followers (Jespersen, 1922). Moreover, when the use of empty adjectives is analyzed further with the relation to the similar use of the word *dear*, it can be seen that both the males and females have similar preferences in choosing the empty adjectives of *dear*. From this finding, it can be inferred that the males and females might prefer using similar word because they want to be more connected with the people they left behind because the word *dear* itself is mostly used to address the addressee of the suicide notes. Nevertheless, since the ones who use the word *dear* more are frequently the females, it also could be inferred that in writing

the suicide notes, the gender stereotypes which state that females tend to be more into creating deeper connection with the addressees compared to the males is shown to be true.

This suggests that the male and female subjects in this study followed the stereotypes of gender and language theories on how they should communicate their utterance, especially in the use of empty adjectives. As this study also portrayed similar results which showed that females have higher tendency to use empty adjectives than males, this study supports the studies conducted by Cholifah, et al (2013), Hanafiyeh and Afghari (2014) and Sholikha (2016) that also show the tendency of females to use the empty adjectives which is higher than that of males. Although the situations of the subjects in those studies and the present study are different, the findings of the use of empty adjectives still show that females are the dominant gender to use them.

3. The Use of Italic Expressions

In the light of deficit theory, the findings show that there are italic expressions in both males' and females' suicide notes. Table 3 shows the results of the finding.

Table 3. The findings of the use of italic expressions

Genders	Freq.	Percentage	Italic Expressions
Male	2	14.28%	Pretty (1), Very (1), Too (9), and So (2)
Female	4	28.57%	So (2), Do (1), and Incredibly (1)

Based on the results in Table 3, it can be construed that the participation frequency of the females using italic expressions is higher than that of the males. The percentage shows that the participation of the males in using the italic expressions is only half of the females. However, the production of italic expressions in the males' suicide notes is more than in the females. Related to that, female participants show greater inclination to the use of italic expressions as has been stated by Lakoff (1975). As the function of empty adjectives is to give emphasis to a certain word, the reason of the occurring results, then, can be related to the gendered language stereotypes which proposed the differences between the females' and males' language; the females' language tends to be weaker and expresses feelings or emotions more. The meaning is that females tend to be more creative in modifying the words that they know to express ideas and emotions in conversation. This kind of stereotypes for females is definitely different from that of males.

In Jespersen (1922), it is stated that the males' language is definitely different since it is more precise and more logical than that of the females. The females' language that consists of more feelings, such as showing more of exaggerations and hesitance looks weaker compared to that of the males. Inferring from that, according to the gender and language theories, the females' language is deemed secondary to the males' language. As an addition to the similar idea of the theories, the findings also have similar ideas to the findings of the study by Wahyuningsih (2018). In that study, it is also shown that females tend to use italic expressions more than males. The study of Wahyuningsih (2018) analyzed the differences in the language use between male and female students in STAIN Kudus. Although both studies, the present study and that of Wahyuningsih (2018), used different types of the subjects' situations, the findings demonstrate a similar stereotype of gender in using language.

However, if it is analyzed further, there are some interesting findings in this study which are related to the total of the italic expressions in the males' and females' suicide notes. First, although the total individuals who used italic expressions is dominated by the females, the males have more italic expressions in total in the suicide notes. In the findings, it can be seen that the males used 13 italic expressions, while the females used 4 of the expressions. From that, it can be inferred that the tendency of the males and the females in using italic expressions depends on the individuals—there are males who like to use italic expressions. This can be due to the fact that the males in this study wrote their suicide notes under pressure and depression while the suicide notes were also could be considered as their last

words before they died, so that they seem to have desires not to follow the gender stereotypes and only focusing on what they actually wanted to tell.

This idea could be true since it has been shown by Shneidman (1973) that during a suicidal attempt, people are usually in the state of mind where they do not think about other people's perspective on them. This kind of condition is called as 'tunnel vision'. When the 'tunnel vision' happens, people only think about their own feelings because people are closed in their own world and problems. Another interesting finding is that the variation of the use of italic expressions between the males and the females. The males have four different variations in the use of italic expressions which are pretty, very, too, and so in the expressions such as too sensitive, pretty easy, so easy, very true, etc. Meanwhile, in the females' suicide notes, the use of italic expressions has three variations which are so, do, and incredibly which appear in such expressions as so beautiful, so concrete, do believe, and incredibly good.

The italic expressions are used to emphasis the adjectives or verbs that follow the expressions. From all of the present italic expressions, the males tend to use *too*, while the females tend to use *so* more frequently than males do. Regarding that finding, it could make sense when it is related to the fact that males tend to be expressive in the negative emotions, while females tend to be expressive in the positive emotions. According to Barton (2016), both *too* and *so* are used for emphasis; however, *too* is used to show negative feelings towards something, while *so* is used to show the opposite. Since this study also showed that the males showed negative emotions more compared to the females, the statement from Barton (2016) might also apply to this finding.

Moving on to another finding which is related to the variations of the italic expressions, although the males' italic expressions in the suicide notes are more varied than those of the females', which is of one point of difference, in our opinion, the females, in fact, show more variations than the males. The reason is that the males used 13 italic expressions, but there are only 4 different variations (30.77%), while the females used 4 italic expressions, and there are 3 different variations (75%). Related to that, it can be inferred that somehow the females break the stereotype that males tend to produce more language variations than females. The reason of this finding is similar to that of Mohindra and Azhar (2012) stating that females at some point can break the stereotype because of the social status and position. As the position of the males and females is found to be similar, as actors and writers, the idea which was proposed by Mohindra and Azhar (2012) could be true.

From the overall findings of the use of italic expressions, it can be seen that there is some kind of stereotype in gender and language theory which the subjects in this study follow and somehow, there is also the stereotype which they do not. In the findings, the males and females show that the language they used are following the stereotype which states that females tend to use italic expressions more than males, and the italics expressions which are chosen by females lead them to express positive emotions; meanwhile, the males are the reversed. On the other hand, they also show that they do not follow the stereotype which states that males have more variations in their language compared to females. Related to that, the findings bespeak that males and females could change their behavior, for example in expressing their language in some different situations and conditions. This affirms studies by Kaminska and Foulsham (2013) and Ramadhani (2017).

4. The Use of Hyperbole

Using the HIP method, see, Burgers et al. (2016), the findings show the use of hyperbole in the males' and females' suicide notes as in Tables 4 and 5.

Table 4. The use of hyperbole in the suicide notes

Genders	Freq.	Percentage	Freq. of Hyperbole
Male	3	21.43%	7
Female	6	42.86%	11

Table 5. The example of hyperbole in the suicide notes

Exaggeration	Gender		
Expressions	Male	Female	
Hyperbole	No More Games (1)	The greatest possible happiness (1)	
	No More Bombs (1)	Every way all that anyone could be (1)	
	No More Walking (1)	Agonizing pain (1)	
	No More Fun (1)	Place of a slow and horrible one (1)	
	No More Swimming (1)	Have no yesterday (1)	
	No hope left (1)	No tomorrow (1)	
	Guilty beyond words (1)	Ring loud and clear to an inner ear (1)	
	A punch-in time clock (1)	A place where there is no self, only calm (1)	
	Kissing every person she meets (1)	Young girls dropping their blood (1)	
		I will have to sink with hundreds of others on a	
		dumbwaiter into hell (1)	
		Blood colored (1)	

The number in the bracket shows the occurrence frequency of the example in the suicide notes.

Referring to the table 4, the findings show that the females' participation in using hyperbole in suicide notes is higher than that of the males. The males' participation is only half of the females. Moreover, the production and variations of hyperbole are also dominated by the females. The results, then, show that the stereotype, which bound females and males to the belief that hyperbole is mostly used by females because they like to exaggerate and emphasize their utterances more. Moreover, the idea which was proposed by Jespersen (1922) which states that females tend to use hyperbole compared to males is shown to be true in this study.

Despite the fact that the findings have similar ideas with the gender and language theory by Jespersen (1922), there is one study that is contradictory to the hyperbole findings of this study. The study by Defisyani, et al (2018) analyzed the use of figurative language in advertisements for different genders. That study shows that the total hyperbole which is connected to females are less compared to the total of males. The factors that make the different results occur could due to the emotions which were built during the making of the data. This is similar to that of Smollan and Sayers (2009) stating that the language production is influenced by emotions. Related to this, it can be seen that the emotions in presenting advertisements and suicide notes are different.

Moving on, as is shown by the findings, it is, in fact, can be seen that there are a lot of variations of hyperbole in the males' and females' suicide notes. Both of the males and the females also used similar types of hyperbole which are phrasal and clausal hyperbole. For example, the phrasal hyperbole in the males' suicide notes is 'a punch-in time clock', while in the females' is 'blood colored'. Meanwhile, the example of clausal hyperbole in the males' suicide notes is 'kissing every person she meets', while in the females' is 'I will have to sink with hundreds of others on a dumbwaiter into hell'. However, if the findings are identified further, it can be seen that the females, in fact, have more hyperbole variations compared to the males. In the findings of hyperbole in the males' suicide notes, there are a lot of phrasal hyperbolic expressions which have the pattern of 'no more + noun'. The total of this pattern even covers half of the hyperbole production in the males' suicide notes.

In the meantime, the females tend to use hyperbole which do not form a specific pattern. From this finding, similar to the other findings—*italic* expressions and *empty* adjectives, it could be inferred that there is also the gendered language stereotype which is not followed by the subjects in this study. It is the stereotype in Jespersen (1922) which states that males are those who introduce words in a language, which finally builds the idea that male language is superior than female's so that males tend to have more variations of vocabularies than females. In some conditions, the breaking of stereotype could happen because of the support of the status and position of the people who are involved

(Mohindra & Azhar, 2012). As in this study, the male and female subjects have similar positions as writers and actors. Moreover, the females were not from those who did not have any education background. This does not meet the point stated in Mohindra and Azhar's (2012) as a factor which could definitely become the reason of why such findings occurred.

CONCLUSION

In conclusion, it can be stated that the way the male and female subjects presented their language in the suicide notes shows different use of language that somehow is in line with the gender and language stereotype, while at the same time, the language use also breaks the stereotype. Mostly, the subjects follow the language stereotypes that state females tend to have more participation in the use of exaggeration expressions which are the use of negative emotions, empty adjectives, italic expressions, and hyperbole—which is the answer to the first research question. On the other hand, the findings show that subjects mostly break the stereotypes which state that females tend to have less vocabularies and variations in language. It can be seen from the way the female subjects produced the italic expressions and hyperbole; related to the second research questions, hyperbole is the exaggeration expressions which mostly occur in the suicide notes. Moreover, the breaking of language stereotypes also happens in the results of how the subjects show their emotions. Different from the theories and previous studies, this study shows that both of the male and female subjects are equally expressive in emotions. The males are expressive in the negative emotions, while the females in the positive ones. As an addition, this study also breaks the language stereotypes by showing that the production of the exaggeration expressions by the male subjects is bigger than that of the females.

Related to the abovementioned situation, the possible reasons why the language stereotypes are present at some points and the opposite in the others can be explained as follows. The language stereotypes has been constructed by the society which influences the people's mindset. Although people are in a critical condition like in a suicidal attempt, the stereotypes could still be present naturally. As regards the break of the stereotypes, this might happen due to similar background of the subjects. Since the females were also writers and actors, they could have the same amount of vocabulary and number of variations of language as those of the males. In addition, the situation of the suicidal attempt itself could lead the subjects to break the stereotypes since they could express their feelings and thoughts without any inhibition or interruption of the standards made by the society. Since the male and female subjects my conform to as well as violate the stereotypes, the stereotypes of gender still remain unsettled.

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