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The Literature Physiology of Gosijo by White Hair Motif

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Abstract

This study is to explore the function of white hair motif in Gosijo. And to use the results in literature therapy programs. The white hair motif in the Gosijo of the study ignites the sadness. And every time we read this work repeatedly, the sadness is amplified. This amplification of sadness plays a role in healing the human body. This white hair motif of Gosijo covers the death motif and become energy to support life. In the future, if we study the literary physiological functions of Gosijo in the future, it seems that literature will give us a more healing life.

Keywords: *Gosijo, Literature Therapy, Literature Physiology, White Hair Motif, Emotion Codon*

1. Introduction

Our emotions are ignited by poetic devices. So by poetic devices, we have emotional experiences of healing. How does this healing experience work? To discuss the encoding for the emotional secretion, the researcher began to form the Emotion Codon to schematize literature feelings. The study uses the Emotion Codon to analyze the effects of "white hair motif" on humans. Emotion Codon is useful for literary emotions' encoding and amplification, for schematisation of catharsis. This study makes it possible to find the mechanism of healing of the human body by the encoding of emotion.

There is no previous study on this study. However, we would like to proceed this discussion by expanding and fusing physiological 'discussions' [1-3, 5] and our 'discussions' [6-38].

2. Activation of Emotion

We are also singing Gosijo today. Gosijo is accompanied by the context of narratives and song in communicating emotions. So when we sing in Gosijo, we have more vivid feelings than we would only encounter Gosijo's narratives. The process of producing emotions is called emotion secretion. Emotion secretion is begun by a poetic motif. In this study we will examine Gosijo's feelings with Emotion Codon in order to see how emotion secrete from the "white hair motif."

Table 1. Emotion of Sadness

Second base →	U	L	A	J	Second base ←
First base ↓ U	UUU	ULU	UAU	UJU	Third base ↓ U/L/A/J
	UUL	ULL	UAL	UJL	
	UUA	ULA	UAA	UJA	
	UUG	ULG	UAG	UJG	
L	LUU	LLU	LAU	LJU	U/L/A/J
	LUL	LLL	LAL	LJL	
	LUA	LLA	LAA	LJA	
	LUG	LLG	LAG	LJG	
A	AUU	ALU	AAU	AJU	U/L/A/J
	AUL	ALL	AAL	AJL	
	AUA	ALA	AAA	AJA	
	AUG	ALG	AAG	AJG	
J	JUU	JLU	JAU	JJU	U/L/A/J
	JUL	JLL	JAL	JJL	
	JUA	JLA	JAA	JJA	
	JUG	JLG	JAG	JJG	
These Emotion amino acids express various changes of the Emotion DNA					

In Table 1, only one sadness code is active. The only one code for this sadness can be activated anywhere in Table 1.

2.1. White Hair Motif

Now let's look at Gosijo's emotional ignition. The following is Gosijo of Park Munuk(朴文郁), published on page 649 of the *Perfection of Ancient Korean Sijo* 古時調大全 (H. G. Kim. et al., 2012) [4]. The sign of sadness is defined as 'U' and this argument is proceeded.

알고 늙었는가 모르고 늙었노라
 주색에 잠겼거든 늙는 줄 어이 알리
 귀밑에 백발이 훑날리니 그를 슬퍼 하노라

This Sijo is interpreted as follows in English.

Did I know that I was getting old? I did not know it and I have been old.
 I did not know that I was getting old, because I was fallig in alcohol and women.
 It is a mournful sadness that white hairs are flying under the ears.

When we sing with this Gosijo, we get the feeling of sadness. That is the purpose of this Gosijo's literature therapy. On the first line and the second line are premised the sadness, "sadness" is revealed on the ending line. So Codon's encoding is first formed as 'U' by the song on Gosijo's Ending line. It is as follows and is schematized on the codon as shown in Table 1.

First Line
 Second Line
 Ending Line → U

One sadness in the ending line has begun to act as an action potential. Every time we sing or imagine this Gosijo, the code 'U' of sadness expands its range. The expansion of the range of 'U' is to achieve the purpose of healing through literature.

Table 2. Amplification of Sadness 1

Second base →	U	L	A	J	Second base ←
First base ↓ U	UUU UUL UUA UUJ	ULU ULL ULA ULJ	UAU UAL UAA UAJ	UJU UJL UJA UJJ	Third base ↓ U/L/A/J
L	LUU LUL LUA LUJ	LLU LLL LLA LLJ	LAU LAL LAA LAJ	LJU LJL LJA LJJ	U/L/A/J
A	AUU AUL AUA AUJ	ALU ALL ALA ALJ	AAU AAL AAA AAJ	AJU AJL AJA AJJ	U/L/A/J
J	JUU JUL JUA JUJ	JLU JLL JLA JLJ	JAU JAL JAA JAJ	JJU JJL JJA JJJ	U/L/A/J
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In Table 2, the code of one sadness shown in Table 1 and the three codes of three lines' sadness are combined, and four sadness codes are activated.

Table 3. Amplification of Sadness 2

Second base →	U	L	A	J	Second base ←
First base ↓ U	UUU UUL UUA UUJ	ULU ULL ULA ULJ	UAU UAL UAA UAJ	UJU UJL UJA UJJ	Third base ↓ U/L/A/J

L	LUU	LLU	LAU	LJU	U/L/A/J
	LUL	LLL	LAL	LJL	
	LUA	LLA	LAA	LJA	
	LUJ	LLJ	LAJ	LJJ	
A	AUU	ALU	AAU	AJU	U/L/A/J
	AUL	ALL	AAL	AJL	
	AUA	ALA	AAA	AJA	
	AUJ	ALJ	AAJ	AJJ	
J	JUU	JLU	JAU	JJU	U/L/A/J
	JUL	JLL	JAL	JJL	
	JUA	JLA	JAA	JJA	
	JUJ	JLJ	JAJ	JJJ	
These Emotion amino acids express various changes of the Emotion DNA					

In Table 3, Table 2 shows that the codes of sadness and three lines' codes are combined, and seven sadness codes are activated.

Table 4. Amplification of Sadness 3

Second base →	U	L	A	J	Second base ←
First base ↓ U	UUU	ULU	UAU	UJU	Third base ↓ U/L/A/J
	UUL	ULL	UAL	UJL	
	UUA	ULA	UAA	UJA	
	UUJ	ULJ	UAJ	UJJ	
L	LUU	LLU	LAU	LJU	U/L/A/J
	LUL	LLL	LAL	LJL	
	LUA	LLA	LAA	LJA	
	LUJ	LLJ	LAJ	LJJ	
A	AUU	ALU	AAU	AJU	U/L/A/J
	AUL	ALL	AAL	AJL	
	AUA	ALA	AAA	AJA	
	AUJ	ALJ	AAJ	AJJ	
J	JUU	JLU	JAU	JJU	U/L/A/J
	JUL	JLL	JAL	JJL	
	JUA	JLA	JAA	JJA	
	JUJ	JLJ	JAJ	JJJ	
These Emotion amino acids express various changes of the Emotion DNA					

In Table 4, the three lines' codes and the codes shown in Table 3 are combined to activate 10 sadness codes.

Table 5. Amplification of Sadness 4

Second base →	U	L	A	J	Second base ←
First base ↓ U	UUU UUL UUA UUJ	ULU ULL ULA ULJ	UAU UAL UAA UAJ	UJU UJL UJA UJJ	Third base ↓ U/L/A/J
L	LUU LUL LUA LUJ	LLU LLL LLA LLJ	LAU LAL LAA LAJ	LJU LJL LJA LJJ	U/L/A/J
A	AUU AUL AUA AUJ	ALU ALL ALA ALJ	AAU AAL AAA AAJ	AJU AJL AJA AJJ	U/L/A/J
J	JUU JUL JUA JUJ	JLU JLL JLA JLJ	JAU JAL JAA JAJ	JJU JJL JJA JJJ	U/L/A/J
These Emotion amino acids express various changes of the Emotion DNA					

The sadness codes shown in Table 4 and the three lines' sadness codes are combined to activate thirteen sadness codes in Table 5.

Table 6. Amplification of Sadness 5-1

Second base →	U	L	A	J	Second base ←
First base ↓ U	UUU UUL UUA UUJ	ULU ULL ULA ULJ	UAU UAL UAA UAJ	UJU UJL UJA UJJ	Third base ↓ U/L/A/J
L	LUU LUL LUA LUJ	LLU LLL LLA LLJ	LAU LAL LAA LAJ	LJU LJL LJA LJJ	U/L/A/J
A	AUU AUL AUA AUJ	ALU ALL ALA ALJ	AAU AAL AAA AAJ	AJU AJL AJA AJJ	U/L/A/J

J	JUU	JLU	JAU	JJU	U/L/A/J
	JUL	JLL	JAL	JJL	
	JUA	JLA	JAA	JJA	
	JUJ	JLJ	JAJ	JJJ	
	These Emotion amino acids express various changes of the Emotion DNA				

In Table 6, the codes of sadness in Table 5 are amplified and 26 codes of sadness are activated.

Table 7. Amplification of Sadness 5-2

Second base →	U	L	A	J	Second base ←				
First base ↓	UUU×10 UUL UUA UUJ	ULU ULL ULA ULJ	UAU UAL UAA UAJ	UJU UJL UJA UJJ	Third base ↓				
U					U/L/A/J				
L					LUU LUL LUA LUJ	LLU LLL LLA LLJ	LAU LAL LAA LAJ	LJU LJL LJA LJJ	U/L/A/J
A					AUU AUL AUA AUJ	ALU ALL ALA ALJ	AAU AAL AAA AAJ	AJU AJL AJA AJJ	U/L/A/J
J	JUU JUL JUA JUJ	JLU JLL JLA JLJ	JAU JAL JAA JAJ	JJU JJL JJA JJJ	U/L/A/J				
These Emotion amino acids express various changes of the Emotion DNA									

The codes of sadness in Table 6 are also activated as shown in Table 7. Or the sadness codes in Table 7 are activated as shown in Table 6.

Table 8. Amplification of Sadness 5-3

Second base →	U	L	A	J	Second base ←
First base ↓	UUU×9 UUL UUA UUJ	ULU ULL ULA ULJ	UAU UAL UAA UAJ	UJU UJL UJA UJJ	Third base ↓
U					U/L/A/J

L	LUU	LLU	LAU	LJU	U/L/A/J
	LUL	LLL	LAL	LJL	
	LUA	LLA	LAA	LJA	
	LUJ	LLJ	LAJ	LJJ	
A	AUU	ALU	AAU	AJU	U/L/A/J
	AUL	ALL	AAL	AJL	
	AUA	ALA	AAA	AJA	
	AUJ	ALJ	AAJ	AJJ	
J	JUU	JLU	JAU	JJU	U/L/A/J
	JUL	JLL	JAL	JJL	
	JUA	JLA	JAA	JJA	
	JUJ	JLJ	JAJ	JJJ	
These Emotion amino acids express various changes of the Emotion DNA					

The codes of sadness in Table 6, Table 7 can also be activated as shown in Table 8.

Table 8. Amplification of Sadness 5-3

Second base →	U	L	A	J	Second base ←
First base ↓ U	UUU×4	ULU	UAU	UJU	Third base ↓ U/L/A/J
L	LUU	LLU	LAU	LJU	U/L/A/J
	LUL	LLL	LAL	LJL	
	LUA	LLA	LAA	LJA	
	LUJ	LLJ	LAJ	LJJ	
A	AUU	ALU	AAU	AJU	U/L/A/J
	AUL	ALL	AAL	AJL	
	AUA	ALA	AAA	AJA	
	AUJ	ALJ	AAJ	AJJ	
J	JUU	JLU	JAU	JJU	U/L/A/J
	JUL	JLL	JAL	JJL	
	JUA	JLA	JAA	JJA	
	JUJ	JLJ	JAJ	JJJ	
These Emotion amino acids express various changes of the Emotion DNA					

2.2. Amplification of Sadness

Repeating this Gosijo song, new sadness is encoded as the lingering imagery of the first Gosijo's song exists. Therefore, the sadness is overlapped as shown in Table 2, and the sadness range is enlarged. More, if it

is repeated, it is encoded as Tables 3, 4, 5. And even if we imagine the song of Gosijo in the state of Table 5, it is encoded in the state of Table 6. The states of Table 6 are also encoded by the procedure shown in Table 7.

3. Phenylalanine of Emotion

This Gosijo of Park Munuk(朴文郁) intensively encodes the sadness. So the code 'U' of sadness gathered in groups of three to form Emotion Codon as shown in Table 7. The more we imagine, the more bundles of 'UUU' will appear. 'UUU' is revealed phenylalanine in the DNA Codon. The sign of the sadness of this literature feeling 'UUU' is in the position of phenylalanine. So the feeling of sadness seems to bring about the effect of phenylalanine. The efficacy of phenylalanine is known to have an antidepressant effect. The fact that the literature feelings are in the position of phenylalanine suggests that literature sadness has an antidepressant effect like phenylalanine. This is the encoding of the healing effect as a literature physiological function performed by the white hair motif in Gosijo.

4. Conclusion

For us, life history seems to be a fixed procedure. In this process, human beings can not hide the sadness of death. In the past, present, and future, human death is a part of life that is hard to overcome.

However, Gosijo is singing sadness as a defense mechanism for the upcoming death. This sadness is not the fear of the narrator's own death, but the sadness of the 'white hair' being scattered. This is a reflection of the narrator's own death motif. Using a 'white hair' motif, it is depicted as if it were a other's death. Every time we sing this Gosijo, the sadness emotion is heightened. In doing so, literature healing is carried out to overcome the depression of death with a feeling of sadness. This is accomplished by the literature physiological function of white hair motif.

This study, which consists of emotion codon hypothesis, leaves some areas to be proved scientifically, but it is necessary to study emotions of the humanities even if it is insufficient. This is the literature physiological processes of the white hair motif, which is thought to be expected to have a better literature effect if one studies these literature mechanisms in the future.

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