

Gosijo's Literature Physiology Formed by Question

Inkwa Park

Dept. of Korean Language and Literature, Korea University, Korea
born59@hanmail.net

Abstract

Sometimes, literature therapy is done by literature question. Participants naturally get the effect of literature therapy depending on when and what questions we ask. This study aims to lead the discussion of Gosijo's literature physiology ignited by the question. Gosijo, the subject of the study, described the depressed present state of the poetic narrator in the first and second line. By the way, poetic narrator asked a question in the first phrase of the last line and led the action potential. And in the second phrase of the last line, the poetic narrator called the code of sadness and the sadness code came. We have plotted this as Emotion Codon. The result of Emotion Codon at this time was that the narrative of Gosijo ignites the literature therapy mechanism through sadness.

Keywords: *Gosijo, Literature Therapy, Literature Physiology, Action Potential, Secretion of Sadness*

1. Introduction

Today we are in a serious situation where many people suffer from stress, become depressed by emotional errors, commit crimes against many and unspecified persons, and suffer mental symptoms. So the issue of how to heal emotions is a big challenge today. Therefore, we need to know how our emotions are starting and going through in order to control our emotions. So the study begins to explore the process of emotional impulse and progression with a tool of Emotion Codon and use the results to treat emotions by literature. In particular, this study will show that emotions are given an impulse by literature questions.

In this study, 'encoding' refers to the generation of emotional signals, and action potential means a potential difference in the nervous system in order to generate an emotional signal. In particular, this study starts with the hypothesis that literature questions are responsible for the action potential. While the positions in which the emotional codes within the Emotion Codon are encoded may differ during the discussion, only one will be addressed in this study.

This study is an attempt to fuse neurologic 'studies' [1,2,3,5] into humanities' research and to expand the

researcher's 'discussions' [6,7,8].

2. Impulse by Question

We face many questions while we are on this land. Then, by that question, some thoughts, or emotions, are flashed across the brain. In other words, by questions, our nervous system becomes an action potential state, followed by emotional signals that run the nervous system of the human body. If this neural activity is related to positive and creative energy, we can jump from a gloomy basis to a life stair of hope. This is no exception to literature questions. Therefore, the hope that our lives can be positively changed has been undertone by literature questions. That is what literature therapy means. We intend to draw such a discussion from the Gosijo's ecosystem. We want to know how our ancestors have treated the grief of life through Gosijo and how they have been applied it to the life of reality. It is the direction of this study to make a positive change in our present way of life based on the result.

We can see the sadness of old age in the Gosijo. However, when this natural sadness is formed into a literature work, it becomes other. So the Gosijo's authors seem to have endured the depressed and sad symptom by making their sorrow others. This is to be discussed as follows.

2.1. Action Potential of Emotion

The following is the Sijo of unknown authorship on page 687 of the *Perfection of Ancient Korean Sijo* 古時調大全 (H. G. Kim. et al., 2012) [4].

어제 검던 머리 설마 오늘 다 셀쏘나
경리_쇠용이 이 어이 늙었나니
임께서 네 님가 하니 글로 슬퍼 하노라

This Sijo is interpreted as follows in English.

My hair was black yesterday, but I didn't know it would turn white today.
How old is my thin face in the mirror!
It is sad that lover see me and ask "who are you?"

This Gosijo is a poem about the aging of the old, and the emotions that come to the ending line through the first and second lines are predicted. Then the lover, in the ending line, asks "who are you?" At this time, an action potential for special feelings is made. It's because sadness is approaching the ending line. So the ending line's "who are you?" is where action potential for sadness occur.

2.2. Secretion of Sadness

This Gosijo ending line secretes sadness by action potential for sadness. This is a relationship in which Gosijo drives sadness by questions. Let's say that the sign of the ending line's sadness is represented by 'U'. When Gosijo is first sung, the emotion state is "first line → second line → ending line → U". The emotion codes that are formed when Gosijo's song is repeated can be expressed for each line as follows.

First line → U
Second line → U
Ending line → U + U

These emotion codes are encoded as 'UUU' in Table 1. Emotion Codon is encoded the sadness. Then the emotion codes are encoded as shown in Table 2 by repeated reading. After that, it is also encoded as shown in Table 3 if it imagines the Gosijo's narrative while retaining this Gosijo's feelings. And, by writing supplies, if we write this Gosijo, emotion codes are encoded as shown in Table 4. As we imagine more and more, the emotion codes are as shown in Table 5. Table 5 shows the status of catharsis.

Table 1. Secretion 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
These Emotion amino acids express various changes of the Emotion DNA					

Table 2. Secretion 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 LUL LUA	LLU LLL LLA	LAU LAL LAA	LJU LJL LJA	U/L/A/J

	LUJ	LLJ	LAJ	LJJ	
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					

Table 3. Secretion of Sadness 3

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					

Table 4. Secretion 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					

Table 5. Secretion of Sadness 5

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					

3. Discussion and Suggestions

Gosijo is a living literature that contains the wisdom of ancestors. The Gosijo has also brought about many effects on literature therapy in modern times. In this new study, the Gosijo introduced a code of sadness to help the author escape from the depression about his old age. It was a method by question. The code of sadness by this question retains a mechanism that causes tears to flow and even catharsis if it is repeated violently and amplified.

The use of this sadness code in Gosijo seems to have taken this catharsis action in mind, whether the Gosijo's author was conscious or unconscious. Otherwise, he would have used joy codes rather than sadness codes in the current aging situation. He would have been in a position to enjoy himself as if he were escaping his aging depression situation.

By the way, the author of this Gosijo prepared a situation that puts sadness in front, chews again sadness, recalls its sadness and provokes the amplification of sadness. The more sad he was, the more he enjoyed his sadness. This is a sadness' defense mechanism for literature therapy. So sadness is a tool of defense mechanism against sadness. Gosijo, which used this sorrow as a tool of defense mechanism, appeared a lot. In particular, such Gosijos are raising the sadness level in the ending line. Let's enjoy this Gosijo once more.

My hair was black yesterday, but I didn't know it would turn white today.
How old is my thin face in the mirror!
It is sad that lover see me and ask "who are you?"

So far, we have looked at the emotional changes caused by Gosijo's songs and imaginations for the Gosijo. In the literature work, especially in Gosijo, the code of sadness, which fires the mechanism of literature therapy of sadness, is extracted by a Gosijo's question. This function seems to increase the effectiveness of literature therapy.

If we assume that literature is inherent in the healing effects, we must continue to study how literature will bring about a healing effect. Especially, we should study the utility of the literature question in this study. Such a move would be a way to advance humanities.

4. Conclusion

In this study, we found that a single Gosijo takes the form of a question and generates action potential for emotions. And, Emotion Codon has also shown that emotions are driven by this action potential. We saw that the Gosijo secreted a single sadness code by one Gosijo took the form of a question on the ending line. And we saw that the sadness was amplified and encoding of many sadness codes to Emotion Codon. Emotion Codon, thus schematized, reveals the literature physiological mechanism of Gosijo, which secretes sadness by a literature question.

In the future, we will be able to use well the literature's narrative mechanism of this Gosijo question form.

Therefore, while respecting the current participants' narrative of the disease, we should consider in depth the methodology to induce healing of the human body. In doing so, it is believed that we will be able to see the results of literature therapy amplifying more naturally and frequently.

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