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## Nature as the Source of Psychological Resilience: A Comparative Reading of William Wordsworth and Sohrab Sepehri

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### Abstract

Psychological resilience is defined as a quality in individuals which enables them to face the adversities with a positive attitude. Poets, like any other individual, feel the loss, hope, faith, sublimity, melancholy, and experience resilience. What William Wordsworth finds through English Romanticism, Sohrab Sepehri discovers in Persian mystic-imagism. Both poets have some deep philosophical and introspective poems, from which “The Prelude” by Wordsworth and “Water’s Tread” by Sepehri seem the most comparable, as both delve into the psychological and ontological encounters of the poet with the world. Previous studies rarely investigated the idea of resilience in poetry, and when it did, it has almost never been in a comparative sense. In this article, I seek to find the similarities and differences of the manner of representation of “psychological resilience” in these works. This modern psychological concept has seventeen main constituents which I attempt to find their traces, and study how resilience is represented in the poems. Finally, three categorical resilience themes (Personal, Social, and Transcendental) are developed by the author of this study, solely for the purpose of comparing the two poets. Results showed that while both poets are equally pay attention to the transcendental aspects of resilience, Wordsworth is more inclined towards the personal aspects and Sepehri is more tended towards social aspects.

**Keywords:** Nature, Poetry, Psychological Resilience, William Wordsworth, Sohrab Sepehri