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Sylvia Plath and Anne Sexton

Introduction

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Sylvia Plath and Anne Sexton are among the famous American poets, mostly known as confections. Plath is mainly known for the poem 'mirror' based on the theme of self-searching, while Sexton is mainly known for the poetry 'again and again and again' based on anger issues with the self. Both poems use the I aspect in expressing their feelings regarding the above themes. The paper compares and contrasts the poets' construction of me, how it is revealed as well as how it connects them with their writing.

Plath and Sexton use I in their poems, which is constructed through personal experiences. The two poets are similar in using the aspect, where they attract the audience to understand their own lives. Plath lived in England with the husband Ted Hughes and their firstborn, Frieda. After birth, Plath developed stress not only because she was a mother for the first time but also because she was growing old. Even though Plath was happy that they had made a family indicating the fulfillment of their love, she felt that old age was knocking and would, therefore, lose the good looks of a young girl. In one of the journals, Plath wrote that she would enjoy being seventeen because, as days passed, the teenager was melting and would eventually leave.

The same fear is evident in the poem, thus constructing the I style of communication. For instance, she 2 says, 'most of the time I meditate on the opposite wall, it is pink with speckles' (Ditum 447). The words refer to the future life (opposite wall) where she would be old and would therefore not enjoy the youth. Thus, Plath constructs me in the poem to show

the readers that the narration belongs to her life. Sexton also builds I by narrating her personal life. The poet experienced a mental breakdown in most of her life, where the therapists advised her to write letters to relieve her thoughts. Notably, Sexton committed suicide at forty-five years, indicating that she was mentally ill. In the poem 'again and again and again,' the poet expresses the mental issues, especially anger. The poet ¹says, 'I have a black look I do not like. It is a mask I try on. I migrate towards it, and its frog sits on my lips and defecates' (Skorczewski 200). Throughout the poem, Sexton complains that anger feelings keep attacking her despite the promises that they would disappear. The two poets are, therefore, similar as they construct I based on the day to day experiences.

The poets are also similar regarding how the 'I' is revealed in their poetry. It is meant to inform the audience of the issues they ought to expect in their lives. It, therefore, means that they use personal encounters to show the actual state in society. For instance, Plath informs the readers that they ought to enjoy the youth because it does not last forever. A time would come when they would get married and bear kids that will move their attention from personal wellbeing to that of the family. Plath's intention is, therefore, to educate the audience on the need to appreciate time through her own experience where she was married and would no longer be a youth.

Sexton also informs the audience through personal experience that challenges are there in life. She experienced anger from time to time, even when she wished that it would disappear. Also though the poet got overwhelmed by the issues and committed suicide, the audience learned about life issues. The use of I connects the poets to readers, thus motivating them to act on the said issues. It is said that when a narration is based on personal experience, the audience is keener, and chances of them taking the words are high. Apart from that, the I aspect connects the poets with their work, where they become passionate to let the audience

learn their issues. Therefore, using the I element not only helps the poets to capture the audience's attention but also makes them own their works.

Conclusion

Having compared and contrasted the poets' construction of me, how it is revealed as well as how it connects them with their writing, it is clear that Plath and Sexton are confessions because their poems are based on life experiences. While Plath fights with childbearing and old age, Sexton expresses her mental challenge on anger. The construction enables the audience to relate the poets' personal lives and the day to day living in which the aspect reveals. As noted in the paper, the poets aimed to explain the societal struggles and using personal experiences to prove them. The I element, therefore, helps them connect with the self as well as the audience.

Works Cited

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Instructor

PAGE 1

PAGE 2

PAGE 3

PAGE 4