



Nature as a Source of Morality: An Analysis of *Daffodils*

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Abstract

This study examines into the complex relationship between nature and human psychology through an analysis of William Wordsworth's poem "Daffodils." Historically, the therapeutic and inspirational attributes of nature were highlighted by philosophers such as Aristotle and Hippocrates. Modern research supports these views, indicating that natural environments can significantly reduce stress, improve mood, and enhance cognitive functions, as illustrated by Kaplan's Attention Restoration Theory and Ulrich's Stress Reduction Theory. The Romantic era, especially Wordsworth's oeuvre, highlights a profound connection between nature, inspiration, and moral development. Wordsworth's poetry, particularly "Daffodils," depicts nature as a spiritual and moral mentor, facilitating deep emotional and intellectual growth. This study investigates how nature fosters moral reflection and personal growth through psychological processes such as empathy, emotional regulation, and cognitive restoration. By dissecting "Daffodils," the research underscores nature's role in promoting introspection and ethical clarity. The significance of this study lies in its implications for mental health practices and environmental education, advocating for increased interactions with nature to enhance well-being and encourage pro-environmental behaviors. Bridging the disciplines of literature and psychology, the thesis demonstrates how nature-themed poetry like Wordsworth's can contribute to emotional and moral development, reinforcing the relevance of his insights into the human-nature connection and suggesting the integration of nature-based therapies and educational programs to cultivate a harmonious relationship with the environment.

Keywords

Daffodils, Nature, Human Psyche, Wordsworth, Stress Reduction Theory, Attention Restoration Theory

Introduction

Background of the Study

Nature has long been recognized for its healing and inspirational qualities since ancient times. Perhaps Aristotle and Hippocrates were right in their claims regarding natural environments as an antecedent for good health. As early as the fourth century BCE, Aristotle espoused the healing virtues of nature, and Hippocrates advised relying on natural elements for health improvements centuries later.

Ironically, nature does not truly exist: psychologists have indeed confirmed that contact with the natural element is a vital component of human mental health. The powerful link between exposure to natural environments and reduced stress, mood enhancement and improved cognitive function. Study from Bratman et al. (2012) also shows us just how big of an impact spending time in nature can relieve stress & increase cognitive function. Kaplan's (1995) attention Restoration Theory also proposes that nature restores cognitive resources lost in urban environments, which together highlights the restorative potential of nature.

Greenery, water bodies and landscapes are all natural elements that play a critical role in helping to keep us emotionally balanced and experiencing good emotional balance means great mental health. Whether it is walking in nature, gardening, or simply viewing natural scenes, these

activities have been demonstrated to produce substantial therapeutic benefits. Studies by Hartig, Mang, & Evans (1991) have demonstrated that spending time in natural environments is associated with reduced levels of psychological distress and an increase in improved well-being, thus substantiating the premise that nature promotes mental health.

Romanticism, which came afterward, and lasted until the middle of the 19th century, stressed closeness to nature as a foundation for inspiration, beauty, and truth. Whereas the Romantic poets, W. Wordsworth being a premiere example, thought Nature was capable of influencing human emotions and creativity deeply (Bate 1991). Nature was seen as a tonic to the industrial revolution and urbanization, a relief from the coming mechanization and massive expansion of cities.

Nature was spiritual and moral teacher to Romantic poet William Wordsworth. He thought that nature could provide great learning and emotional development. One of his famous quotes: 'Let nature be your teacher' (Wordsworth, 1798/2004) suggests that he viewed nature as offering something pedagogical. He found in nature the wise and clear teachers, showing that the true knowledge of life lies in all things.

Wordsworth poetry is rooted in nature and instead of just being a backdrop; nature is an active vibrant spirit with which the human soul interacts. Nature, as a healing process, the possibility of joy and moral determination pertains in much of his works (Gill 1989). An excellent example of how the beauty of nature can elevate spirits and revitalize emotions is found in poet William Wordsworth's poem "*Daffodils*," which illuminates the life- and spirit-altering power of nature.

Moralization is how we turn our experiences and interactions into a set of ethical principles that help us develop as individuals. Essentially, eco-spirituality is getting ethical and moral inspiration from nature or finding meaning in association with a higher power (Rozin, 1999). The idea is that nature serves not just as a laboratory for moral discovery, but as a centrifuge of ethical life; we develop our own moral sense by living in relationship to the natural order.

However, the idea that nature can promote moral and pro-social virtues is based on an ancient premise that natural experiences induce empathy, humility and feelings of interconnectedness. The peace and tranquillity of nature can encourage people to make a deeper connection with themselves and the place in which they live (Keltner & Haidt, 2003). Immersing in nature can also be a powerful way for people to appreciate the life of other beings, as well as to understand how deep their lives are connected.

An excellent instance of how nature can induce moral reflection and inner wellbeing is seen to Wordsworth's poem "*Daffodils*". Not only does this poem show a beautiful sense of the beauty of nature by painting the images, but also shows that through natural settings come great emotion and morality in humans (Wordsworth, 1807). The poet, upon looking at the daffodils feels immensely happy and peaceful. This further leads him to a philosophical investigation into what is essential in life. Nature and moralization: this link shows how Wordsworth's analysis of the human soul continues to be applicable today.

Research Problem

Despite extensive literary and psychological research, the specific ways in which nature fosters moral and emotional growth in the context of Wordsworth's poetry remain underexplored. While many studies have addressed the general therapeutic effects of nature, the intersection of nature and moral development, particularly in the works of Romantic poets like Wordsworth, has not been sufficiently examined.

This study aims to fill this gap by closely examining Wordsworth's poem "*Daffodils*" to understand how nature serves as a source of morality and inspiration. By focusing on this specific poem, the study seeks to provide detailed insights into the moral and emotional impact of nature as depicted by Wordsworth.

Research Objectives

1. To analyze the portrayal of nature in Wordsworth's poem "Daffodils".
2. To investigate the psychological mechanisms involved in deriving personal growth from interactions with nature.

Research Questions

1. What specific elements of nature portrayed in Wordsworth's "Daffodils" contribute to the experience of meaning and inspiration for individuals?

2. What psychological mechanisms underlie the process of deriving personal growth from engagements with nature, as depicted in Wordsworth's poetry?

Significance of the Study

Theoretical Significance

This recognition of the importance of nature to literature and psychology helps enrich academic discourse and elucidate the human-nature connection. Examining how Wordsworth depicts nature, its moral and psychological influences on human mind in his various thematic poems *The Country of the Affections* adds something to traditional categories of literary sophistication, assessing it alongside the complex and dynamic relations between literature and psychology, literature and ethics.

Practical Significance

Results from this study can help mental health practices and environmental education. This means that fostering interactions with nature can not only improve mental well-being but also promote pro-environmental behaviours. The study emphasizes the therapeutic and moral rationale for initiatives to embed nature in education, health-care, and broader professional settings.

Delimitations

This will focus only on *Daffodils*, thus the analysis will be detailed but also specific. By focusing this discussion through a small, more accessible lens, the essay is able to examine the nuances of Wordsworth's use of themes and literary devices meant to enrich the moral and emotional aspects of nature.

The focus will be more on literary analysis rather than empirical, psychology experimentation. Through a heuristically approach, this study will utilize close reading and textual analysis to foreground the historicizing of contemporary culture and philosophy in the poem.

The study will take into account how the work may have been influenced and is relevant to the particular historical and cultural contexts of Wordsworth's own time. Through framing the poem within the Romantic Movement and the socio-cultural context of early 19th-century England, the analysis will underline how Wordsworth's attitude towards nature outlasted his era.

Literature Review

Definition and Role of Nature in Literature

According to the Oxford Dictionary of English, nature is "The phenomena of the physical world collectively, including plants, animals, the landscape and other features and products of the earth as opposed to humans or human creations" (Oxford University Press, 2003). This wide range envelopes everything that is not human-made and includes thus living organisms but also non-living objects, emphasizing again the difference between natural and artificial.

But in the Romantic era, from the late 18th to mid-19th centuries, these views changed. The inner and outer landscapes that so intrigued Hughes had undergone a profound transformation and poetry began to canonize wildness. Nature was admired by Romantic poets like William Wordsworth for its origin of inspiration, beauty, and ethical truth (Bate 1991). During this time, we see a shift away from the focus on reason and science that continued from the Enlightenment to a new emphasis in emotion, imagination, and other concepts like the sublime aspects of nature. The natural surroundings were perceived not only as a setting for humanity but also as an animated and-almost-inanimate spirit that affected the way human beings thought and felt.

Wordsworth's Perspective on Nature

In his preface to *Lyrical Ballads* (1798), a work which revolution that famously inaugurated the Romantic movement in the English language, William Wordsworth offered this definition of poetry: it is, he wrote, "the spontaneous overflow of powerful feelings: it takes its origin with emotion recollected in tranquillity... it takes its birth from emotion recollected in tranquillity: the emotion is contemplated till by a species of re-action the tranquillity gradually disappears emotionally within a further explosion; while without these walls and between attending sensations there's an actual intercourse with what many have seen but none could feel, an sensibly minute detail in... Nature: definitely doesn't give expression to unwilling relationships into all those beats of our homely life...' Poetry he said was "the spontaneous overflow of powerful feelings: it takes its origin from emotion recollected in tranquillity" (Wordsworth, 1798/2004). This definition highlights the personal emotional experience and reflection, which allowed nature to take part in the composition of poetry. To Wordsworth, nature inspired feelings that when revisited could be transmuted into poetry.

Nature was for Wordsworth a deliverer of moral good, and an example from which humanity could learn to live in peace with itself. For him, nature could teach and lead to moral enlightenment and better character. Nature, in much of his work, is seen as gentle and kind and has the power to heal the soul, comfort the mind and bring understanding both of life and of one's self (Gill 1989). The poetry of Wordsworth in particular commonly dealt with ideas such as purity, natural beauty and the sublime in nature; claiming that by appreciating the beauties of the natural world, one could learn to live a moral and spiritually fulfilling life.

Psychological and Emotional Impact of Nature

Several recent studies have confirmed the abundant benefits of time in nature on mental health. Contact with natural environments has been shown to reduce stress, improve mood, and lead to better cognitive function (Bratman, Hamilton, & Daily, 2012). These findings confirm earlier assertions made by Kaplan (1995), who hypothesized, in his Attention Restoration Theory, that natural settings restore depleted cognitive resources used to endure the stress of urban life. According to this theory, when people get out into nature, their mental fatigue and stress can be reduced because natural environments provide a restorative experience.

Forest bathing (shinrin-yoku) has become a trendy new health practice that encourages people to take and wander through a forest environment. Researchers in Japan have observed that forest bathing decreased stress hormones, blood pressure, and improved mood and immune function (Li, 2010). These studies were the first to suggest that the sensory experience of being in a forest—such as seeing the green leaves, smelling trees, and hearing rustling leaves—can have calming effects on human.

It is well documented that having green spaces benefit the psychological health of individuals. According to research, people have higher levels of happiness, lower anxiety or depression and better mental health if they spend time in parks where trees are abundant (White et al., 2013). The results underscore the need to incorporate environmental characteristics into urban planning and public health policies for more prosperous communities.

The Role of Nature in Wordsworth's Poetry

Wordsworth's poetry has a more critical component that lies in nature being descriptive to his use of it, but rather deep symbolic and even thematic. Critics, such as Jonathan Bate (1991), place Wordsworth's natural and nature poetry in the context of his philosophical and ethical beliefs about nature as a legitimating discourse to be read for its moral lessons influence of impacting which he bases on Goethe's concept that development means both change and continuity, also echoed by Emerson. Frequently, his individual poems are lush with images (as in the moment of epiphany or extended meditation writ small) which imply nature as a venue for type of personal change and realization.

In this same manner Wordsworth uses nature to portray his own internal feelings like that within one of his other well-known poems "*Daffodils*". At that moment, when he is drenched with joy of these lovely flowers, the poet drinks in all their natural beauty into his being. This image of nature cheers him on and the feeling carries within; a company when desolate, peace in contemplation. The poem reflects Wordsworth's faith in nature as a source of comfort and solace, capable of uplifting the human spirit. Imagery of the dawn dance of daffodil blossoms, as well as his back-reflection on the event, grounds the fact that man needs nature to maintain themselves in good mental and emotional health. (Wordsworth 1807,).

Methodology

Research Design

Qualitative Descriptive Research Design

The research design used for this study is qualitative descriptive. Committee membership will be based on this purpose and the fact that qualitative research lends itself particularly well to the study of complex situations embedded within their contexts, due to its ability to explore underlying reasons, opinions, or motivations (Creswell 2013). The present study is a qualitative exploration of how the nature of "*daffodils*" in Wordsworth's poem provides morality and inspiration. The descriptive side of the research aims to describe in detail and systemize Wordsworth move from nature in his poetry.

Focus on Literary Analysis

The style of inquiry is primarily literary analysis. It consists of an in-depth reading wherein the analysis and interpretation of themes, symbols, and stylistic devices used by the author is done. In

analyzing Wordsworth's language, imagery and structure, the study seeks to elucidate how the poet conveys humanity's moral and emotional relationship with nature. The study of literature can be treated as a repository to reveal how the form of text changes through media with a new aspect (Belsey, 2013).

Data Collection

1. Primary Sources

This study depends on William Wordsworth's poem, written in 1807, "*Daffodils*" as the primary source. Reason for selection: "This poem is chosen due to its fundamental representation of nature and how moods can be inspired by nature." The poem will stand as the focus of analysis, serving specifically to establish a body of material from which general observations may then be made regarding both the moral and affective character of nature (Wordsworth, 1807).

2. Secondary Sources

There exist a number of secondary sources including various books, journal articles, and online resources which offer context, background information and contentious perspectives relating to the work of Wordsworth and the Romantic Movement more generally. It is these last 4 types of sources which are most helpful in placing the poem in its context and from which we can draw some sense of contemporary and future interpretations to Wordsworth's representation of nature. Important secondary sources to look at include:

- Relevant research in scholarly books and articles on Wordsworth's poetry and its themes (e.g., Gill, 1989; Bate, 1991).
- Example papers on the psychological/emotional effects of nature (e.g., Bratman et al. 2012)
- Online databases and archives that provide access to critical essays and historical documents.

Data Analysis

1. Qualitative Content Analysis

This study used a qualitative content analysis, as proposed by Krippendorff . A method for a close reading is a systematic way of looking at the text to find and make sense of the patterns, themes, and concepts. This analysis will concentrate on how Wordsworth characterizes nature in "*Daffodils*" and the part it plays in order to establish themes of morality and growth. Content analysis steps:

- **Close Reading:** Thoroughly reading the poem several times to become well familiar with its content and nuances.
- **Coding:** Identification and segmentation of nature-related themes, symbols and motifs, morality-oriented themes, symbols and motifs it may refer to nature, certain emotions or even moral considerations.
- **Thematic Analysis:** Close reading of the coded data to ascertain Wordsworth's uses of nature in moral and emotional contexts. It implies interpreting the identified themes as part of not just Romantic literature but also contemporary psychological theories.

2. Identification of Themes and Concepts

The analysis will specifically focus on identifying themes and concepts related to nature and morality in "*Daffodils*." Key themes expected to emerge include:

- **Nature as a Source of Solace and Inspiration:** Examining how Wordsworth depicts nature as a comforting and uplifting force.
- **Emotional Transformation through Nature:** Analyzing the emotional journey of the poet as influenced by the natural scene.
- **Moral Reflection and Growth:** Investigating how encounters with nature lead to moral introspection and personal growth.

Limitations

1. Partiality of Secondary Sources

One limitation of the study is the reliance on secondary sources, which may reflect the biases and interpretations of their authors. While secondary sources provide valuable context and insights, they are not always neutral or comprehensive. The analysis will need to critically evaluate these sources and consider multiple perspectives to mitigate potential biases (Booth, Colomb, & Williams, 2008).

2. Availability of Proper Data Material in the Literature

Another limitation is the availability of proper data material in the literature. While there is a substantial body of work on Wordsworth and Romantic poetry, specific studies that directly link his

depiction of nature to contemporary psychological theories of moralization and emotional well-being may be limited. This study will need to bridge gaps between literary analysis and psychological research, which could pose challenges in integrating disparate fields of study.

Analysis and Discussion

Portrayal of Nature in "*Daffodils*"

William Wordsworth: "*Daffodils*" (Also known as: "*I Wandered Lonely as a Cloud*"). A poem of four, six-line stanzas follows an ABABCC pattern. The stark, straightforward nature of the structure parallels both the starkness and purity of the natural scene it describes, directing our attention to its vivid imagery and emotional resonance.

The poet in the poem is depicted at its inception as a free wanderer who aimlessly moves, lonely and disconnected from all that surrounds him: (Wordsworth, 1807) "lonely as a cloud". It is within this image of aloneness that Wordsworth prepares for the transformative experience of running into the daffodils. In the poem, the shift from solitude to feeling one with nature is vital. With this wonderful imagery in mind consider this, as Wordsworth wrote, "*I wandered lonely as a cloud / That floats on high o'er vales and hills, / When all at ones I saw a crowd, / A host of golden daffodils; / Beside the lake beneath the trees, / Fluttering and dancing in the breeze*" (Wordsworth, 1807). The word-choice (crowd, host) suggests a lot of everything and a lot of company which is very different from the loneliness at first.

The personifications and vivid imagery used here by Wordsworth give life to the scene. The poem uses the term "fluttering and dancing," to describe the daffodils, which signifies their happiness and life. The flowers depicted here in an anthropomorphic manner would suggest that nature is alive and able to feel. Here the poet's heart — originally lonely and "heavy," —"hither to thee" has been "lightened up / *With joy... as I gaze* " on the flowers. The poem uses this shift between emotional states as an important device to emphasize how restoring the power of nature can be.

The sense of endearing warmth and meaning conveyed in "*Daffodils*" is derived from several elements as follows:

Imagery: Wordsworth – The vivid and sensory image of the scene that Wordsworth makes. Words such as "*golden daffodils*" and "*continuous as the stars that shine,*" create an abundant, fresh image that feels lovely and hopeful. This image is used to illustrate the immense effect that nature has on the spirits of the poet.

Personification: When Wordsworth gives human characteristics to the flowers, he creates this bridge between humans and nature, indicating more of a bond between the two and their shared effect on one another. The flowers are not just elements of the landscape but join in the emotional ride with which the poet finds her way back.

Contrast: There is great contrast between the poet in his lonely and dull mood initially and then he finds himself beholding a group of daffodils which bring cheerful sight to the eyes and so restores joy through the beauty of nature. This juxtaposition highlights the poem emotional power, presenting nature as a healer and motivator.

Recollection and Contemplation: The last stanza of the poem turns to a more contemplative overtone, as Wordsworth reminisces of the landscape at home in contrast: "*When oft on my couch I lie / In vacant or in pensive mood, / They bring me him those moments*" (Wordsworth 47). In making this change, the experience is laid more clearly on the page and we further see how nature stays with the poet well after said experience (nature being what serves to soothe him in absence of its direct company).

Psychological Mechanisms

From the glorious daffodils in Wordsworth's head to the beauty and harmony of a landscape, we can infer that nature has power over the mood and way of being of human beings. In the beginning of the poem, the poet feels lonely and interdependent, but this changes completely once he sees the daffodils. The beauty of the flowers and their animation cause a change in the poet's mood from being gloomy to happiness, peace and tranquillity.

This change can be explained through several psychological mechanisms:

- **Attention Restoration Theory (ART):** Kaplan's (1995) Attention Restoration Theory posits that natural environments have restorative effects on cognitive function. The idea is that nature offers us a certain replenishment of attention that can heal the weary mind we suffer from overexposure to the fatiguing forces or continual controlled behavior. The poet starts in

cognitive wasteland, aimlessly wandering. The experience of the daffodils relieves poet, and he starts feeling relaxed after having a clear atmosphere to think upon.

- **Emotional Regulation:** It has been found that exposure to nature reduces the strain and contributes towards encouraging negative thoughts, which supports emotional control (Ulrich, 1984). This process is best illustrated in the vivid imagery of the daffodils and response from the poet. The flowers remind people of joy and fulfilment, these are the good connections to alleviate the poet's solitude.
- **Mood Enhancement:** Research by Bratman, et al. (2012) shows that just a little nature can have a big impact on happiness. If you look closer, the poem portrays this when the liveliness and beauty of daffodils cheer up the spirit of poet. The lasting impression of the meeting, remembered in solitary moments, is a reminder of how good nature may make one feel in all possible senses.

The experiences of "*Daffodils*" resonate with the broader psychological literature on nature and well-being, reflecting an ancient imperative in a contemporary view of human flourishing:

Biophilia Hypothesis: Wilson (1984) suggested that humans have an innate tendency to focus upon and affiliate with life and life-like processes. We can read this as Wordsworth manifesting his connection in a reaction to the daffodils and the significance of environment purity on psychology human. This natural bond between humanity, once a part of nature themselves, and this greater power is evident in the poetry all the more so from the joy at the sight of daffodils which is contained within him completed only by the communion with 'dancing' daffodils they brought alongside them.

The Stress Reduction Theory (SRT) of Ulrich (1984), for example, has been used to explain how nature can reduce stress through the promotion of a relaxation response that occurs in both physiological and psychological realms. As the poem described the daffodils as peace-bringing and joyous presence, it provides evidence for the theory that through nature stress is relieved, and tranquillity formed. For Wordsworth, his thoughts whilst wandering alone in nature are brought back to the daffodils he had happened upon on a wordless evening; the daffodils that emboldened his heart and soul: Which is what solitude could (and still can) grant any of us in its most sublime form.

Positive psychology is the field and that focuses on enhancing positivity experiences and emotions in general (Seligman, 2011). The joyous response of the poet to the daffodils, and his subsequent transformation, recall later practices of positive psychology and suggest that nature can have a pivotal part in a full and rich life. The poem explains how a small moment of being in nature can bring great happiness through satisfaction thus reinforcing again the promotion of positive emotions and life satisfaction.

In this way, psychological theories and empirical studies verify the types of themes Wordsworth was examining in *Daffodils* by providing a scientific twist to the ideas that the poet expressed. The congruence between Wordsworth's poems and recent psychological theories highlights the perennial importance of his poetry, showing how nature continues to hone its capacity to provide positive emotional experiences and, rather than merely acts as it does allays stress. It is not only the beauty of nature for which words-worth has sung a paean, but through his graphic illustration of the daffodils he shows that to prop up mental health and give man activance to pleasure indolent life: for "in vacant or pensive mood mankind would be pining in dreadful sorrow if it were not for such lovely sights.

Moral and Ethical Implications

1. How Nature Fosters Moral Reflection and Personal Growth

Wordsworth's "*Daffodils*" Wordsworth, in his poem "*Daffodils*", uses imagery and descriptions to describe a moment of quiet happiness. Instinct and allegorical thought are introduced in the third Maya Angelou poem to embed nature as a third teacher encouraging moral intelligence, leading towards self-verification and awakening calling on human character/ethics.

Wordsworth anthropomorphizes the daffodils, depicting them as happy friends, and encourages his readers to feel a sense of pathos towards nature. The stage is theatrical and invites the reader to understand nature as more than simply place for human behavior, but instead a literal nation of beings with which we are in kinship. From this simple empathy derives a more general sense of responsibility and ethical obligation towards nature as a whole, which in turn generates a moral imperative to preserve and protect our natural heritage.

The poem also highlights how the true growth of people is best natured by solitude and contemplation. Being in solitude, while pondering on the daffodils inspired Wordsworth to feel that nature is a different breathing space for introspection and self-discovery. In such quiet moments, free from all the normal distractions of life, people can ponder in their innermost selves: on the state of their soul or their spiritual standing. Whereas moral development is contingent upon an ability to reflect on actions, values and the larger stakes involved in relating to nature.

Better still; the spectacular grace of a daffodil may produce reverence in human hearts, thus fostering a sense of respect for nature as something of inherent value. On the other side, when one reads Wordsworth poetry and his vivid imagery and deep emotion concerning the daffodils,... you can develop an appreciation of what natural beauty can mean to a human soul. Those feelings of fondness translate and may then lead to ethical values, wherein respect and care for the natural world are inculcated. By appreciating nature as a phenomenon of inestimable value, people will have a reason to keep it from being desecrated or ravaged.

Ultimately, then, "*Daffodils*" is a celebration of the humanizing role nature is capable of performing in our lives. In his depiction of the daffodils, Wordsworth reiterates the connection he sees between beauty, ethics, and spirituality. The poem encourages us to reflect on our own connection to nature and to understand the moral, spiritual yield of a profound engagement with the natural world.

2. Influence on Wordsworth's Views on Morality

The poem "*Daffodils*" offers an exquisite presentation of Wordsworth's underlying views of nature, morality and human existence. In the poetry of Wordsworth, we find a work that returns over and over again to the suggestion that nature is a source of moral and spiritual instruction, an endless source of wisdom and opportunities for introspection. The themes depicted in *Daffodils* are in perfect consonance with key elements of Wordsworthian moral philosophy, stressing on the cardinal role nature plays in shaping human values and emotions.

At the heart of Wordsworth's philosophy is this idea that nature serves as a kind of moral teacher. He thought that the beauty and unity of nature provide crucial moral lessons for mankind. The daffodils, which constant image in the poem is that of a carefree and peaceful presence, then do not just represent a pretty picture but of a necessity for finding contentment from uncomplicated, natural things. This gives joy and calm to the poet, it is a reminder of the simple pleasures of life that are easy to underestimate yet so important in order to live in peace with ourselves.

In Wordsworth's view, further to its spiritually enriching aspect and interconnectedness with psychological health, living in unity with nature is a moral imperative. For the poet the colorful celebration of daffodils is his affirmation of how necessary it is for us to develop a close and considerate rapport with nature. It depicts this harmonious union with nature as the be-all and end-all of conceptualizing a life that is balanced and self-fulfilling. Further informed by Wordsworth's worship of nature over broader moral imperative to bequeath the earth - a place for the simple pleasures necessary for human happiness and ethical behavior.

In addition, the poetry of Wordsworth often reinforces that happiness; contentment and moral purpose are latent within ourselves by the simple act of appreciating a retreat to nature. This belief is further accentuated by the lingering effect of the daffodils on the poet in his feeling and thoughts. It is proof that even in his absence, good memories can heal and light up the path to a better life (nature has beauty and such beauty transcends through us all) full of virtue. This lasting perhaps warrants that nature entails inspiration, even moral guidance in terms of offering the human spirit a means to transcendental experience after the fact.

Ultimately, Wordsworth's *Daffodils* is more than an expression of appreciating natural beauty; it delves into how nature influences and adds to the human psyche. About the moral and spiritual benefits of experiencing nature, Wordsworth conveys a strong message through his illustration of the daffodils. The poem encourages readers to consider their own place in nature and to find the everyday, lasting happiness it brings. By them Wordsworth champions a life lived in harmony with nature, and to be more fully moral and spiritual.

Conclusion

The interpretation of the poem "*I wandered lonely as a cloud*" by Wordsworth illustrates many critical points about how the nature is depicted and its importance upon human feelings and morality. The poem opens with Wordsworth feeling lonely and detached, but only until he stumbles across the yellow flowers which serve as a reminder of how powerful nature can be in terms of replenishing the

soul. This description uses striking imagery and personification to paint a vivid, dynamic picture of daffodils as dancing, happy beings, blurring the line between humanity a nature, suggesting they are in fact one and the same. The effect of the daffodils on the poet when he is no longer with them, also suggests that nature has muscling and psychological benefits. The poet coming back to the scene in his solitude reminds us that nature will always be a source of comfort and unintentional muse.

The nature of daffodils is based on morals and inspirational. The poem, then intimates that nature is a principal driver of moral insight in the act of offering moments of quiet contemplation and self-reflection. The poet looks out upon daffodils that mesmerize him with their beauty and simplicity which in turn helps to encourage the poet to find joy in Nature, restful calm and reach for deeper truths. The beauty of nature, as the basis of "*Daffodils*", inspiring a transformation on an individual level. The poet travels emotionally from his isolation to a sense of rejoicing and this utilizing nature opens up an elemental theme across the far more extensive work – man has defined himself in relationship with the natural world. Wordsworth personifies the daffodils and gives them a voice to allow us to relate to them in order to make those responsible in contributing their influence so that they coexist with nature, thus allowing a moral perspective of both nature and humans.

Daffodils by Wordsworth *Daffodils* can be analysis in two levels: -To the poet and then to his dear sister (Lines 1-24). It shows the kind of assistance literary analysis can give other disciplines which help in the interpretation in the fields such as emotional regulation, attention restoration, and biophilia hypothesis. The findings reveal Romantic literature to have a powerful capacity for moral improvement and emotional health. This description aligns with the presentations of nature as a moral and spiritual instructor in Wordsworth similar to contemporary psychological theories on the health benefits of nature.

The poem also supports the practice of including nature-based therapies and interventions in mental health services via its portrayal of the intrinsic healing properties of natural surroundings. For reducing stress & to maintain the well-being, nature walks, hands in gardening, and forest bathing etc. are great activities. The moral and emotional dimensions of "*Daffodils*" are keys to the integration of environmental education programs. If teachers give value to nature based on the goodness and care causing things, then students will learn how to take care of and be good stewards towards their environment.

Further investigations of works by Wordsworth as well as his coevals would help to deepen the understanding of issues pertaining to nature and morality. Compared with other Romantic poets, it provides a wider observation of how the Romantics dealt with nature in this period. This model has the potential to empirically demonstrate the benefits of reading nature-themed poetry on psychological health (e.g. mood, stress levels and cognitive function) comparing measurements before and after reading nature themed poetry. The inclusion of the examination of nature-based poetry in school curriculums could inspire students to a greater appreciation of both literature and that other world without walls, accompanied by excursions for direct experience with nature. Taking poetry and walking out in nature can become part of treatment programs for mental health clinicians, to benefit their patients experiencing greater clarity and connectedness with the environment.

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