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Positive Attitude to Overcome Inner Suffering: Focusing on the Main Character Heathcliff in the Novel “Wuthering Heights” by Emily Brontë

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Abstract

The novel literature of the Romantic era was characterized by emotionally charged and imaginatively rich works. During this period, authors brought a new flow to the literary scene by exploring romantic themes in their unique styles. Various themes and genres emerged, diversifying the novel's target audience. It was during this era that Emily Brontë's "Wuthering Heights" was published. In this paper, we aim to explore the theme of alleviating internal turmoil within this novel, focusing on one enigmatic character, Heathcliff, among the main protagonists. We will illuminate Heathcliff's tumultuous past, analyzing the intricate connections of events that led to profound psychological anguish. By scrutinizing his actions and outward expressions, this paper seeks to understand the manifestation of his internal pain in interactions with other characters. We present a more comprehensive understanding of "Wuthering Heights," transcending the conventional boundaries of literary analysis. It not only proposes practical methods for alleviating internal turmoil but also sheds light on the timeless theme of divine love, offering readers a profound framework for interpreting the complexities of human relationships and the pursuit of inner peace.

Keywords: Emily Brontë, External Manifestations, Self-acceptance, Love and Revenge, Inner Peace

1. INTRODUCTION

Emily Jane Brontë, born on July 30, 1818, and passing away on December 19, 1848, achieved prominence as an English novelist and poet. She is celebrated for her singular work, *Wuthering Heights*, now revered as a timeless classic in English literature. Collaborating with her sisters Charlotte and Anne, Emily contributed to the creation of a poetry collection titled "Poems by Currer, Ellis, and Acton Bell." Her own poetic compositions are notably acknowledged as reflections of her genius. As the second-youngest among the surviving Brontë siblings—positioned between her youngest sister Anne and her brother Branwell—Emily left an indelible mark on literature. It is significant to note that she opted for the pseudonym Ellis Bell when publishing her literary creations [1, 2]. At its essence, Romanticism is distinguished by a fervent emphasis on emotional and sentimental expression, marking a departure from the rational and restrained sensibilities of the preceding Enlightenment era. The movement venerates the exploration of profound emotions and the limitless realms of imagination, with a specific focus on the inner worlds of both nature and humanity. Artists, writers, musicians, and philosophers embraced the subjective experience, valuing individual intuition and personal expression as a counterweight to the mechanistic and industrial forces prevalent during that era [3, 4]. The Romantic

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movement, while diverse in its manifestations, shared a collective spirit of rebellion against the constraints of reason and a celebration of the untamed human spirit. Its legacy endures as a profound influence that continues to shape artistic and intellectual endeavors, leaving an enduring imprint on the cultural landscape. Romanticism emphasizes emotions and individualism, characterized by a glorification of the past and nature, and a preference for the medieval over the classical. It was, in part, a reaction to the dominant ideologies of the Industrial Revolution and the Enlightenment era, especially a response against the scientific rationalization of nature [5, 6]. During this period, artists focused on creating works that explored the beauty of nature, individual spiritual experiences, and admiration for historical heroes. In the literature of the Romantic era, novels were characterized by emotionally charged and imaginatively rich works. During this time, writers from various countries introduced new trends to the literary world by exploring romantic themes in their unique styles. Various themes and genres emerged, expanding the novel's audience to a more diverse readership [7]. Over the years, "Wuthering Heights" has been recognized as a masterpiece, earning a place among the world's top 100 novels. It has been reproduced in numerous films, plays, musicals, and pop songs worldwide, stimulating the imagination of countless artists and providing inspiration. In the context of the Romantic era, the essence of Emily Brontë's novel "Wuthering Heights" lies not in the unfulfilled love between Heathcliff and Catherine. Instead, the primary perspective emphasizes divine love over romantic love between genders [8]. Heathcliff's journey is characterized by a tumultuous past marked by heartache, betrayal, and societal rejection, all contributing to the intense psychological pain he undergoes. By examining Heathcliff's experiences, actions, and the impact of his relationships, this paper seeks to clarify the mechanisms individuals employ to confront and overcome internal turmoil. Through an exploration of Heathcliff's psyche, we delve into the multifaceted aspects of his suffering, shedding light on profound lessons and insights into the human condition conveyed by Brontë's work [9, 10].

2. PLOT OVERVIEW

In the harsh late winter of 1801, Lockwood decides to rent Thrushcross Grange, an isolated estate nestled in the desolate moors of England. This decision sets the stage for Lockwood's unexpected encounters with the mysterious and cynical landlord, Heathcliff, who resides in the ancient mansion of Wuthering Heights nearby. Intrigued by the enigma that is Heathcliff, Lockwood prompts the housemaid Ellen (Nelly) Dean to unravel the complex tapestry of his life, opening a door to a tale of passion, revenge, and love. Through Nelly's poignant recollections, the narrative delves into the intricate relationships and tragedies unfolding at Wuthering Heights.

2.1 SCOPE OF THE STORY

The scope of the story expands to span generations, tracing the evolution of the initially disdainful relationship between Heathcliff and Catherine into a deeply bonded connection. The narrative weaves through revenge schemes, unearthing the ultimate tragedy that befalls the characters in the haunting moors of England. Heathcliff's relentless pursuit of vengeance, Catherine's lingering memories, and the unexpected love that blossoms between Cathy and Hareton unfold against the atmospheric backdrop of the stormy moors, lending an ethereal quality to the narrative. The story reaches its zenith with Heathcliff's demise, leaving Cathy and Hareton to inherit both sides of the property, symbolizing a resolution in the turbulent saga. Mr. Lockwood, the observer of this tumultuous tale, finds solace in contemplating the graves of the ill-fated lovers. Emily Brontë's "Wuthering Heights" stands as a timeless masterpiece, a narrative that delves deep into the enduring power of passion, revenge, and love when faced with the adversities of life. Through its rich tapestry of

characters and events, the novel explores the profound and often destructive forces that shape human existence, leaving an indelible mark on the literary landscape [11, 12].

2.2 BACKGROUND AND CULTURAL ELEMENTS

The societal landscape and structure of 19th-century British society deeply influence the characters' actions and destinies. The setting of the novel in the desolate and wild Yorkshire moors with Wuthering Heights and Thrushcross Grange emphasizes isolation and complex emotions, shaping the atmosphere and tone of the work. Additionally, societal values and moral standards of the Victorian era are major themes, influencing characters' actions and destinies. Heathcliff's origin and social status changes, Catherine and Edgar's marriage, all reflect the prejudices and class conflicts of the time. Brontë, while critiquing the societal reality of the time, underscores individual internal conflicts and desires, offering profound reflections on thought and human nature. In *Wuthering Heights*, the author employs regional dialect as a tool for illustrating distinctions in social class and manners. Each primary character is endowed with a unique mode of speech that serves to signify their societal position. For instance, the outsider Lockwood communicates in refined English, in contrast to the servant Joseph, who articulates in the most authentic Yorkshire dialect. This deliberate linguistic choice contributes to the nuanced portrayal of characters and their respective social standings throughout the narrative [10]. These cultural elements and the background of the work provide a crucial context for understanding Brontë's awareness and strategies for addressing the resolution of human internal pain [13-15].

3. HEATHCLIFF'S PAST AND INNER TURMOIL

Examining the past and inner turmoil of Heathcliff, a central character in "*Wuthering Heights*," reveals a life filled with intricate traumas and conflicts. Heathcliff, discovered in poverty during his childhood, faces numerous difficulties while living as a waif. Even after Mr. Earnshaw adopts him, he continues to experience discrimination within his new family. Hindley disdains him, Edgar Linton envies him, and Catherine becomes his sole friend and love. However, as Catherine marries Edgar, Heathcliff's inner torment deepens. Heathcliff's past and inner turmoil evoke empathy and comprehension, offering valuable insights into exploring and resolving our own inner struggles. His narrative reveals various facets of complex human psychology, contributing valuable lessons for understanding and healing our inner pain [16-18]. The exploration of human inner pain and the solutions to overcome such suffering delve into the intricate realms of the human experience. Internal anguish, often shrouded in the complexities of emotions and personal history, is a universal facet of the human condition. Understanding the depths of this internal turmoil and discovering effective solutions is an essential journey for individuals seeking personal growth and resilience. At the core of this exploration lies the concept of self-awareness. Acknowledging and understanding one's inner pain requires a deep introspective journey, where individuals confront their fears, regrets, and unresolved issues. This process of self-discovery unveils the layers of internal suffering, paving the way for healing and transformative personal growth. Benevolent actions emerge as a powerful antidote to internal pain. The deep understanding of human inner pain and the solutions to overcome it involves a multifaceted journey of self-awareness, benevolent actions, meaningful relationships, and the transformative power of compassion and forgiveness. This exploration not only unveils the depth of human emotions but also provides a roadmap for individuals seeking to navigate their internal struggles and forge a path towards enduring inner peace.

3.1 HEATHCLIFF'S ACTIONS AND EXTERNAL MANIFESTATIONS

Heathcliff's tumultuous actions and outward expressions remain poignant indicators of the profound inner torment he harbors. The complexity of his suffering finds manifestation in the turbulent waters of his anger and the ominous clouds of vengefulness that linger around him, translating into acts of cruelty and a menacing physical presence. The outward manifestations of Heathcliff's actions serve as a visceral display of the internal turmoil that plagues him. He actively inflicts torment upon others, engages in physical altercations, and resorts to violence, each action serving as a desperate expression of the profound pain and enduring loss etched into the fabric of his being. The pursuit of revenge emerges as his chosen method for momentarily easing the relentless internal agony that courses through him. Each facet of his appearance becomes a deliberate and expressive choice, echoing the depths of his inner pain. Together, his actions and appearance form a harrowing tapestry that eloquently narrates the story of his painful past and the enduring agony it has wrought upon his soul. Heathcliff's actions and outward expressions undeniably lay bare the depths of his inner torment. His solitary demeanor and cruel behavior stand as deliberate channels through which he externalizes the profound suffering that engulfs him, solidifying his identity as a profoundly unhappy being [16, 19].

3.2 HUMAN NATURE AND LESSONS FROM INNER TURMOIL

"Wuthering Heights," authored by Emily Brontë, transcends the boundaries of a mere narrative, offering readers a profound exploration of human nature and internal suffering. The novel serves as a conduit for conveying various lessons and messages, encouraging readers to engage in deep reflections on the complexities of the human experience. At the heart of this literary masterpiece lies the enigmatic character, Heathcliff, whose tumultuous story becomes a prism through which the author examines fundamental aspects of human nature and the internal struggles that define us. This comprehensive study takes a multifaceted approach, dissecting the lessons and messages embedded in the novel from diverse perspectives. Readers are invited into a realm where they can gain not only profound insights into the intricacies of human nature but also practical wisdom for navigating their own internal struggles. The lessons encapsulated in "Wuthering Heights" become empowering tools for readers, providing them with the opportunity to embark on a journey of self-discovery. By delving into the novel's exploration of internal conflicts and potential solutions, readers are encouraged to reflect on their own experiences and engage with the profound insights the work offers. Ultimately, "Wuthering Heights" stands as a literary guidepost, inviting readers to discover the depths of their own humanity and explore viable pathways toward resolving their inner struggles [16, 20, 21].

4. SELF-UNDERSTANDING AND SELF-ACCEPTANCE

A primary avenue to alleviate Heathcliff's internal suffering in the narrative involves the transformative journey of self-understanding and self-acceptance. Throughout the story, Heathcliff's character embarks on a profound exploration of his inner self, confronting challenging experiences and grappling with the scars that mark his soul. The narrative invites readers to bear witness to Heathcliff's introspective odyssey, highlighting the profound significance of self-understanding in the quest for inner peace. Heathcliff's relentless pursuit of self-exploration becomes a compelling narrative thread, emphasizing the notion that comprehending one's innermost self is a pivotal step toward addressing internal pain. Readers, through the lens of Heathcliff's life, come to appreciate the transformative power of self-understanding. This exploration becomes a beacon, guiding Heathcliff and, by extension, the readers, toward the recognition that self-acceptance serves as the foundational step on the path to relieving internal suffering. In the intricate tapestry of "Wuthering Heights," the narrative underscores the profound connection between self-understanding and self-acceptance, portraying them as essential elements in the journey toward inner healing. Heathcliff's narrative serves as a poignant

reminder to readers that embracing one's true self, scars and all, can be the key to unlocking the shackles of internal pain and forging a path toward personal redemption. The lessons embedded in Heathcliff's exploration resonate as a timeless reminder of the transformative potential inherent in the journey toward self-understanding and acceptance [16, 22]. These devoted actions serve as a poignant illustration of Heathcliff's resolute determination to mitigate internal conflicts and bridge the seemingly insurmountable gap between the realms of revenge and love. Heathcliff's story emphasizes the importance of his self-dedication and benevolent actions as significant aspects in exploring his inner conflicts and complex emotions. His life is filled with profound contradictions and struggles between love and revenge, and the narrative delicately portrays his efforts to control and alleviate these conflicts. Heathcliff's self-dedication and benevolent actions, as depicted in the narrative, convey lessons about human nature and internal conflicts. They offer readers reflections on how positive actions can contribute to finding inner peace [16, 23].

5. ENHANCING RELATIONSHIPS WITH OTHERS

The significance of Heathcliff's love and relationships takes center stage in the narrative. The work highlights the crucial role these connections play in the resolution of Heathcliff's inner conflicts. To navigate and resolve his internal turmoil, Heathcliff finds the imperative need to fortify his relationships and actively engage in open communication with those around him. The narrative provides readers with a profound insight into the transformative power of interpersonal relationships, illustrating how these connections become instrumental in assuaging the deep-seated inner pain experienced by Heathcliff. In "Wuthering Heights," the significance of Heathcliff's love and relationships is underscored. The narrative conveys the message that Heathcliff must strengthen and communicate with others to resolve his inner conflicts. Through this, readers can develop a profound understanding of the role relationships with others play in alleviating inner pain. Heathcliff, enduring his past and wounds, seeks stability and solace through relationships with characters who love and understand him. These relationships provide Heathcliff with a sense of purpose and opportunities for communication, serving to alleviate his inner pain. Readers can deeply comprehend the importance of relationships with others and how these connections influence Heathcliff's growth and transformation. Thus, the work imparts a valuable lesson about the significance of enhancing relationships with others in alleviating internal struggles [24].

6. INTENSE EMOTIONS OF LOVE AND REVENGE

Heathcliff's enduring love for Catherine, nurtured since his formative years, remains an all-encompassing force within the depths of his being. The intensity of his emotions towards her shapes the very core of his existence. However, the narrative takes a poignant turn when Catherine, against Heathcliff's fervent desires, chooses to marry another man. This pivotal moment catalyzes a profound transformation in Heathcliff's emotional landscape. The evolution of Heathcliff's love for Catherine transcends mere romantic sentiments, metamorphosing into a complex amalgamation of emotions marked by the poignant pain of loss. The depth of this emotional shift amplifies the existing turmoil within him, creating a maelstrom of conflicting feelings that threaten to engulf his entire being. The love that once served as a source of solace and purpose now becomes a source of profound anguish, setting the stage for a tumultuous journey into the recesses of Heathcliff's soul.

6.1 INTRICATE INTERWEAVING OF POWERFUL EMOTIONS

As the pain of loss takes root, Heathcliff grapples with the profound transformation of his emotions, and the narrative delves into the intricate interplay between love and the inexorable feelings of revenge that begin to

simmer beneath the surface. The flames of revenge, initially kindled by the agony of separation, now burn with an even more fervent intensity, propelling Heathcliff into a relentless pursuit of retribution. In this expanded exploration, the narrative unfolds the complexities of Heathcliff's emotional landscape, offering readers a nuanced understanding of the intricate web of love, loss, and revenge that defines his character. The enduring impact of Catherine's choices reverberates through every facet of Heathcliff's existence, shaping the trajectory of the narrative and laying the foundation for the profound emotional conflicts that will continue to unfold. [16].

6.2 THE COMPLEX INTERPLAY OF LOVE AND REVENGE

This intricate dance of emotions significantly influences Heathcliff's decisions and actions, injecting layers of complexity into the fabric of his life. The narrative invites readers to navigate the nuanced terrain where love and revenge intersect, showcasing the profound impact of these emotions on the intricate tapestry of human behavior. The exploration of this emotional interplay adds depth and richness to the narrative, offering a thought-provoking examination of the intricate and often contradictory motivations that drive human actions. "Wuthering Heights" offers rich lessons on various facets of human nature and internal struggles, prompting readers to contemplate their own lives and relationships. The novel provides profound insights into the complexities of human emotions and suggests paths for personal growth and understanding. Therefore, the work presents readers with an opportunity to comprehend the intricate connection between love and revenge, encouraging them to delve deeper into their own lives and foster personal development [25].

7. DARKNESS AND COMPLEXITY OF HUMAN NATURE

"Wuthering Heights" stands as a literary exploration of a central theme: the inherent darkness and complexity within human nature. Through the character of Heathcliff, the novel serves as a revelatory lens, peeling back the layers to expose the darker facets of humanity through his tumultuous life and actions. Heathcliff becomes a conduit, laying bare the intricate tapestry of emotions, desires, and relentless cravings for revenge and malice that reside within the human psyche. It goes beyond mere acknowledgment, encouraging readers to actively consider strategies for handling and understanding the darkness that resides within. This call to self-reflection becomes a pivotal aspect of the narrative, prompting readers to embark on a personal journey of understanding the intricacies and darkness within their own selves. Ultimately, "Wuthering Heights" serves as a profound recognition that every individual harbors the darkness and complexity inherent in human nature. The novel provides insights into not only understanding but also coping with oneself and others. It becomes a literary mirror, reflecting the intricate interplay of light and shadow within the human condition and challenging readers to navigate this complex terrain with empathy and self-awareness [26]. Heathcliff's narrative unfurls a poignant exploration of his relentless grappling with inner turmoil and his confrontations with the profound tragedies that life thrusts upon him. His character, subjected to intense emotional shocks and embroiled in internal conflicts, serves as a catalyst for readers to ponder the inherent challenges embedded in the human experience. Heathcliff bears the weight of a complex past and carries deep emotional wounds, transforming his life into a tragic narrative that resonates with the complexities of the human condition. Enveloped in the turbulent dance of vengeance and malevolence, Heathcliff stands as a living testament to the relentless endeavors people engage in to alleviate their inner anguish. Caught within the intricate web of retribution and spite, his character embodies the ongoing struggle individuals face in seeking solace for their internal turmoil. His story becomes a canvas upon which the author paints a vivid portrayal of how life's hardships and tragedies mold and shape individuals. In the grand tapestry of the work, Heathcliff's

saga serves as a powerful catalyst for readers to engage in profound reflection on life's inherent pain and tragedy. The narrative serves as a guiding beacon for readers, providing support in understanding their internal struggles and charting paths toward leading more meaningful and purposeful lives [27].

8. THE IMPORTANCE OF MERCY AND FORGIVENESS

Through Heathcliff's narrative, the author underscores the significance of mercy and forgiveness. The work illustrates the tragic consequences that can arise from the absence of mercy and forgiveness in human relationships. Heathcliff, unable to receive mercy and forgiveness, carries the burden of his wounds, living a life marked by revenge and malice. The portrayal of his entrapment between vengeance and evil vividly highlights the destructive impact of lacking mercy and forgiveness. The author encourages readers to deeply contemplate the value of these virtues and presents it as a challenge to be applied in their own lives. Through Heathcliff's life, readers are invited to reflect seriously on the value of mercy and forgiveness and to apply these virtues in their own lives [16]. Within Heathcliff's story, compassion and forgiveness emerge as indispensable tools, capable of healing wounds and dismantling the destructive forces of unresolved conflicts. The vivid portrayal of the tragic consequences that result from their absence serves as a stark reminder of their vital role in fostering well-being. Readers are not merely spectators but active participants in the narrative's call to reflection on the importance of compassion and forgiveness. The work encourages introspection, prompting readers to contemplate how they can integrate these virtues into their own lives and relationships. The absence of compassion and forgiveness, as vividly depicted in the narrative, becomes a cautionary tale, prompting readers to consider the transformative power these virtues hold and how practicing them can lead to more fulfilling and harmonious connections with oneself and others.

9. POSITIVE ACTIONS IN SEARCH OF INNER PEACE

Heathcliff's selflessness and benevolent actions suggest to readers the potential positive contributions toward finding inner peace. The narrative takes a compelling turn as we delve into Heathcliff's complex emotional landscape, where the juxtaposition of love and revenge becomes a catalyst for internal transformation. Heathcliff's willingness to navigate the tumultuous terrain of his conflicting emotions reflects a profound desire to alleviate internal conflicts through self-sacrifice and benevolence. As we scrutinize Heathcliff's actions, a redemptive thread emerges, showcasing his commitment to reconciling love and revenge through positive endeavors. The narrative unfolds as Heathcliff, driven by a newfound self-awareness and remorse for past transgressions, undertakes acts of self-sacrifice for the well-being of his loved ones. "Wuthering Heights" serves as a rich tapestry of insights into the intricate tapestry of human nature and emotions, offering readers a diverse array of pathways to comprehend and transcend internal pain. The author's overarching goal is to prompt profound contemplation among readers, urging them to navigate and overcome their internal struggles through avenues such as self-awareness, benevolent actions, meaningful relationships, and the transformative power of compassion and forgiveness. The narrative weaves a narrative that goes beyond mere storytelling; it becomes a conduit for encouraging readers to embark on a journey of self-reflection. By delving into the characters' experiences, the novel becomes a mirror for readers to examine their own internal pain and contemplate the various ways it can be addressed and overcome. Key themes such as self-awareness emerge as beacons of hope, suggesting that a conscious understanding of one's own struggles can pave the way for healing. Benevolent actions, as exemplified in the characters' choices, become not only redemptive but also transformative, showcasing the potential for positive change in the face of internal turmoil. Moreover, the emphasis on relationships underscores the interconnectedness of human experiences. The novel suggests that

genuine connections with others can be a source of solace and support, providing a counterbalance to the isolating effects of internal pain. The overarching importance of compassion and forgiveness serves as a poignant reminder that the path to inner peace often involves extending understanding and mercy to oneself and others. "Wuthering Heights" stands as a literary masterpiece not just for its narrative prowess but also for its profound exploration of the human psyche. The story beckons readers to engage in deep introspection, offering a roadmap for overcoming internal pain through self-awareness, benevolent actions, meaningful relationships, and the transformative power of compassion and forgiveness. This literary journey serves as an inspirational guide, inviting readers to reflect deeply on their own inner struggles and consider positive changes that can lead to enduring peace [28].

10. DEEP UNDERSTANDING OF INNER PAIN AND SOLUTIONS

"Heathcliff, the protagonist of *Wuthering Heights*, encapsulates a profound journey of internal anguish, offering a poignant exploration of human suffering and the insightful solutions we glean from it. His character, intricately woven into the stormy moors, serves as a conduit for delving into the complexities of internal pain and the transformative lessons it imparts. Heathcliff's inner turmoil is a tempest, shaped by a tumultuous past, unfulfilled love, and a relentless quest for revenge. His character becomes a mirror reflecting the darker corners of the human psyche, allowing readers to witness the visceral struggles that unfold within. The novel unravels the layers of his suffering, inviting us to scrutinize the sources and manifestations of internal pain. The journey toward understanding Heathcliff's inner torment unveils profound insights into the human condition. It transcends the boundaries of a mere narrative, becoming a window into the universal struggles that individuals grapple with. As we navigate the stormy hills of *Wuthering Heights*, we confront the inevitability of pain and the intricate interplay of emotions that define our existence. Heathcliff's story offers not only a portrayal of suffering but a reservoir of wisdom on how to navigate and transcend it. Through his experiences, the novel becomes a guidebook for readers, encouraging a deeper contemplation of internal pain and its potential resolutions. Self-awareness emerges as a pivotal theme, urging individuals to confront their own inner demons and embark on a transformative journey toward healing. Beneath the tumult of Heathcliff's emotions lies a narrative that underscores the redemptive power of love and forgiveness. The novel suggests that even in the darkest corners of despair, there exists a path towards reconciliation and inner peace. Heathcliff's evolution becomes a testament to the resilience of the human spirit and the capacity for positive transformation [15,19]. Amid Heathcliff's tumultuous journey, relationships manifest as both a wellspring of comfort and a crucible of conflict. The novel portrays the intricate dynamics of connections, emphasizing the impact of human bonds on internal well-being. It prompts readers to reflect on the role of relationships in their own lives and the potential for meaningful connections to alleviate internal pain. Compassion and forgiveness, as echoed in Heathcliff's tumultuous journey, become guiding principles for navigating the storm of internal turmoil. The novel suggests that extending mercy, both to oneself and others, is a powerful antidote to the corrosive effects of resentment. The novel stands as a testament to the enduring power of literature to illuminate the human experience and provide insights into the intricate tapestry of our inner lives." Recognizing and comprehending this internal turmoil is a crucial step toward finding effective solutions and achieving inner peace. At the core of this exploration lies the concept of self-awareness. Acknowledging one's own pain requires a deep introspective journey, wherein individuals confront their fears, regrets, and unresolved issues. Literary works, like Emily Brontë's "*Wuthering Heights*," offer nuanced narratives that mirror the complexities of the human psyche, inviting readers to reflect on their own internal struggles and consider potential paths to resolution. A profound understanding of internal pain and its resolutions shows a multi-faceted journey of self-awareness, benevolent actions, meaningful relationships, and the transformative power of compassion and forgiveness. This exploration not only unveils the depth of human emotions but also provides a roadmap for individuals seeking to navigate their internal struggles and forge a path towards enduring inner peace.

11. CONCLUSION

In this study, we conducted a profound exploration of inner pain and human suffering through Emily Brontë's work, with a focus on the protagonist Heathcliff in "Wuthering Heights." The exploration of Heathcliff's past and its impact on his internal pain not only deepens our comprehension of human suffering but also serves as a poignant reminder of the consequences of seeking solace through revenge. Additionally, as we delve into the intricacies of Heathcliff's character, we uncover the profound lessons embedded in the novel about the destructive nature of holding onto resentment. We anticipate that the study will significantly contribute to advancing our understanding of internal human distress, providing valuable insights that can assist in identifying more effective approaches to alleviate suffering. We expect that this research will not only deepen our comprehension of the complexities of inner pain but also lay the groundwork for developing and implementing more efficacious strategies to address the various facets of human suffering.

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