

---

**Title : ‘Confession As Confetti’ - A Peep Into Sylvia Plath’s Selected  
Poem****Priya Gautam\*, & Dr. Seema Rathore\*\****\*Research Scholar, Career Point University**\*\*Research Supervisor, Associate Professor, Govt. Commerce College, Kota (Deptt. Of English)***ABSTRACT:**

*One of the pioneers of this shape was Sylvia Plath. Confessional poetry changed everything with respect to what a lyric could be composed about. W.D. Snodgrass, Anne Sexton and Robert Lowell are likewise considered as confessional writers. This style of poetry is developed in the 1960s and highlights open investigation of very individual topic. Confessional poetry is the poetry of individual or "I". Lowell's book *Life Studies* was a profoundly individual record of his life and familial ties and significantly affected American verse. **Plath** and **Sexton** were the two understudies of Lowell and that his work impacted their own particular written work. The confessional poetry of the mid-twentieth century managed topic that already had not been transparently talked about in American verse. Individual encounters with and emotions about death, injury, wretchedness and connections were tended to in this kind of verse, even in a personal way. A genuine confessional writer puts no obstructions between him/herself.*

**KEY WORDS:** *Frankness, Boldness, Self-expression, Confession, Depression, Feminine Sensibility, Poetic Outlook*

**INTRODUCTION:**

Confessional poetry stresses over the self. It incorporates the confessional with a spiritualist. These kind of anthems share individual notions while keeping an eye on incredibly private, frequently irritating, matters, for instance, destruction, damage, melancholy and associations. Disregarding the way that confession isn't for the most part self-depicting and in a couple of cases the essayist must be ousted from the persona. It is in like manner basic to remember that all lyrics have broad concerns. Sylvia Plath is in some degree acclaimed confessional artist and surely worth looking. Wherever you look today, you can find people talking about themselves. When you go on the web, people post their most individual insights and notions by means of online systems administration media and in composing, no individual point is taboo. Confessional style was developed in 1960s. One of the pioneers of this edge is Sylvia Plath, anyway there were other individuals who advanced the shape. They fuse Anne Sexton, Robert Lowell, W.D. Snodgrass and John Berryman.

Confessional poetry: an autobiographical mode of verse that reveals the poet's personal problems with unusual frankness. The term is usually applied to certain poets of the United States from the

late 1950s to the late 1960s. Other important examples of confessional poetry are *Lady Lazarus*, *Daddy* etc.

**I have done it again,  
One year in every ten  
I manage it....  
A sort of walking miracle, my skin  
Bright as a Nazi lampshade  
My right foot**

**---Lady Lazarus**

Confessional poetry is blended with the poet's inner psychology and directly related with their lives and personal experiences. Confessionals use their own personal experiences or major personal traumas, depression, and relationships as a source of their works. Confessionals use spontaneous language, and they show the creation of new poetic forms and content. In confessional poetry, poets reflect their personal stories in their works. For that reason, intimate connections between poets and their texts are easily found. Sylvia Plath experimented with confessional poetry, not as a place for her to share her personal experiences and thoughts, but as a new stage to be explored with candor and art. Moreover, by means of the style and the structure, Sylvia Plath's poems are really different from traditional poetry.

#### **A CASE FOR CONFESSIOAL POETRY**

Confessional Poetry is a method of verse that comes to presence as a result of the promotion of mental examinations. Confessional Poetry implies objective logical or even clinical perceptions of episodes from one's life. These writers consider themselves to be casualties and saints, endure their affectability and are brave in their misery which renders an impossible tone – apprehensive and extreme. It is a sort of solid response against sentimentalism and optimism of its forerunners. Confessional poetry is a type of verse initially distinguished in the decades instantly following the Second World War. It was started with the diary of Robert Lowell's *Life Studies* (1959); different artists whose work encapsulates this style incorporate *Sylvia Plath*, *Theodore Roethke*, and *Anne Sexton*. With its starting points in the British sentimental artists of the nineteenth century, for example, Wordsworth and Coleridge, confession booth verse of the cutting edge time concentrated on internal articulations of contention and feeling through the utilization to a great degree individual subtle elements from the writer's life. Commentators now and then incorporate the Beat writers, especially Allen Ginsberg, in this development.

Plath's verse gives a more extensive range. She is concerned not just about her own particular self-body what's more, personality, yet in addition every one of the individuals who are smothered by the ground-breaking components of the world. In *Daddy* she relates to the Jews drives to inhumane imprisonments by the Nazis (her dad and spouse) while in *Lady Lazarus* she discusses the physical misuse of ladies in the world managed by men. The outrage and guarantee

---

of retaliation to herself which one finds in the lyrics of Plath are additionally present in the sonnets of Eunice. Plath in Lady Lazarus guarantees herself a stupendous and triumphant rebound.

**Out of the ash**

**I rise with my red hair,**

**And I eat men like air.**

**- Lady Lazarus**

Indeed, confessional mode suffers from suffocating solipsistic tendencies, mirroring all forms of reality in the self of the poetic persona. But in the hands of Sylvia Plath this mode develops as a technique to accommodate the external world in the form of concrete imagery and symbolic representations of an objective type. With the utilization of target symbolism, Plath takes confessionalism to the statures of an extraordinary significance and greatness. Plath much of the time externalizes her internal eagerness with the picture of ocean and its limitless world inside. She utilizes most solid pictures in her lyrics.

The confessional writers have gathered a considerable measure of basic intrigue, yet there is an inclination to conflate their specialty and lives too completely - the utilization of an individual pronoun in their work isn't an unequivocal welcome to accept that the subject of the lyric is dependably the artist. Critic Mary A. Murphy expounds on the artists that "their sonnets are not open injuries on the page. Their work is a made reaction to their mind-boggling enthusiastic motivations. They utilize the strongly characterized tactile prompts and the regular dialect of the normal individual gained from the imagist school. The significant closeness of the verse requests such an openness." While the stories of individual tragedies may be the most intriguing part of their work for some perusers, the confessional artists were likewise experts of their art. Plath is surely known as an impression of the two sides of the discussion.

The following clashes that emerge in their oblivious personalities result in the advancement of dejection and dissatisfaction in them. Albeit both the writers have a place with two distinct nations and societies, yet they share a similar disappointment with the given world request, and their inward want of the requirement for the change in the condition of ladies abandons them confounded and bewildered. Them two wound up got between the contention of custom bound self and the self searching for the opportunity. They uncover intense consciousness of the lamentable destiny which accompanies the sentiment of being conceived as a lady.

**CONFESSION AS CONFETTI – A PERUSAL:**

Sylvia Plath was born in Boston, Massachusetts, on October 27, 1932. Plath met and wedded British writer Ted Hughes. The depressive Plath submitted suicide in 1963. She additionally confronted an incapacitate battle with despondency that may have been a piece of bipolar issue. Her verse is credited with characterizing and promoting confessional poetry. She was one of the main American writers to put her own misery on the page. Plath is maybe the most fascinating and disputable figure in Post Colonial Indian English Poetry. She composes with honesty and receptiveness bizarre in Indian setting. Plath is maybe the most intriguing and questionable figure in Post Colonial Indian English verse. Being a Confessional Poet Sylvia Plath brings the

peruser into the universe of her own and private life and divulges the sensitive actualities. The topics of the vast majority of her ballads are love.

**“The silence depressed me. It wasn't the silence of silence. It was my own silence.”**

— Sylvia Plath, *The Bell Jar*.

She is by all accounts the same as other individual that likes each other person. She is now and again wicked and at some point devout. Sylvia Plath recognizes her disappointments to accomplish a required measurement in man-ladies relationship. Her feedback of man is suitable in light of the fact that she doesn't locate an equivalent reaction from the man. Sylvia Plath is ordinarily observed as a confessional writer, even though a few commentators debate her arrangement inside this development, contending that her work is more general than regularly expected. However, *Ariel*, distributed after death in 1965, manages the specific individual issues of suicide, sex, her kids, and, most drastically, her mind boggling association with her left dad. Ballads like "**Daddy**," "**Ariel**," and "**Lady Lazarus**" are incredible in their creativity, mind, and brutality.

Plath's poem "**Daddy**", from her book "**Ariel**", is a poem that explores the intense love – hate feelings she had for her late father, including the betrayal she felt with his death.

**“I have always been scared of you,  
With your Luftwaffe, your gobbledygook  
And your neat mustache  
And your Aryan eye, bright blue  
Panzer-man, panzer-man, O You—  
And she confesses an early suicide attempt  
‘At twenty I tried to die  
And get back, back, back to you”**

**--DADDY, SYLVIA PLATH**

Being a confessional poet Sylvia Plath takes the reader into the world of her personal and private life. The poet's feminine sensibility influences her poetic outlook as well as poetic world. Her voice becomes so powerful in her poems that she seems to be a mouthpiece of feminine movement in India. The poet does not hide anything and her voice is candid and direct. The poet is mostly concerned with herself as and went in deep depression. Confessional Poetry sounds so appealing and so convincing. It frequently takes resorts to personal failures and mental illness of its composer.

#### **CONCLUSION:**

Sylvia Plath has justly been labeled as a confessional poetess. In support of this, critic's views for Plath are really noteworthy. Wagner – Martin Linda one of the best critic spent lot of time with Plath. Few more critics have also given their exclusive views on confession.

They tell us that “confessional” for Sylvia Plath’s poetry is perfectly appropriate because she frankly and frequently confesses in her poetry. In her intensely confessional tone, she gives us descriptions of her bodily experiences, her jobs and failures in love.

Indian English poets refer to a variety of modes ranging from single melancholy to bitter disappointment. The confessional poets do not adhere to this view, instead writing from a deeply personal perspective and filling their work with intimate and controversial details from their private lives.

Like other confessional artists Sylvia Plath utilize verse as a medium to convey to the world. She writes in the verse what she really feel, utilize examples that occur in their life. In the wake of perusing their verse, we came to know a considerable measure about them and what they have experienced in their life. After the careful examination of the verse of these two confession booth artists it has been discovered that these artists are still amidst dualities, in light of the predicament between what they really need to do and what they anticipated that would do.

Sylvia Plath is dedicated confessional writer, alongside Robert Lowell and others, since they uncovered cozy individual emotions in their verse. Second, she talked about basic issues in their verse like dad little girl relationship, their fixation on death, treatment of female in male-ruled society, female misuse and so forth. Confessional Poetry is a medium of correspondence to the world.

#### WORK CITED :

- i. Plath, Sylvia, “*Ariel*” (New York: Harper Perennial)
- ii. Plath, Sylvia “*Daddy*” in *Ariel* 49 -51
- iii. Plath, Sylvia, *The Bell Jar* (New York, Harper and Row, 1971)
- iv. Wagner – Linda Martin, *Sylvia Plath*. (Critical Heritage) London: 1988
- v. Axelrod, Steven. Sylvia Plath. *The Literary Encyclopedia*: 17 Sept 2003
- vi. Rose, Jacqueline, *The Haunting of Sylvia Plath*, Virago (London, England), 1991
- vii. Hughes, Ted, *Birthday Letters*, Farrar, Straus (New York, NY), 1998.
- viii. Kroll, Judith, *Chapters in a Mythology: The Poetry of Sylvia Plath*, Harper (New York, NY), 1976.