# EXPLORING FARZANA AQIB'S *AN IMPETUS PROMISE* THROUGH HEIDEGGER'S CONCEPTS OF THROWNESS, FACTICITY, AND AUTHENTICITY

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**Abstract**
*This study explores Farzana Aqib's poem An Impetus Promise, from her 2022 collection A Beholden Soul, through Martin Heidegger's existential concepts of throwness, facticity, and authenticity. The main goal is to understand how these philosophical ideas appear in the poem and what they reveal about human struggle and hope. A qualitative textual analysis approach was used to closely examine the poem's language and meaning. The poem's speaker feels trapped in silence and sorrow, which reflects Heidegger's idea of being "thrown" into a world without choice. Her emotional pain shows her facticity, while her gradual shift toward self-awareness and hope reflects a move toward authenticity. The findings show that Heidegger's philosophy helps us see deeper meanings in the poem, showing how literature expresses both human suffering and resilience. This study encourages future research on using existential ideas to analyze modern poetry.*

**Keywords**: Farzana Aqib, An Impetus Promise, Heidegger, Throwness, Facticity, Authenticity, Existentialism, Literary Criticism, Existential Philosophy, Poetic Analysis

## Background of the Study
Existential philosophy focuses on human life, inner struggles, and the search for meaning in a confusing world. Martin Heidegger, a major existential thinker, introduced key concepts like throwness, facticity, and authenticity to explain how people are "thrown" into situations they did not choose, must deal with facts they cannot change, and still have the chance to live meaningfully (Heidegger, 1962). In modern literature, especially poetry, such existential themes are often expressed through emotions like loneliness, silence, and the desire to be understood. Farzana Aqib's poem "An Impetus Promise" reflects these ideas, as it shows a speaker who silently suffers, carries emotional burdens, and longs for a voice and purpose. This study explores how Heidegger's concepts help us better understand the inner world and transformation of the poetic speaker.

## Statement of the Purpose
The purpose of this study is to explore how Farzana Aqib's poem *An Impetus Promise* reflects Martin Heidegger's existential concepts of throwness, facticity, and authenticity. This research aims to show how the speaker's inner struggle, silence, and search for meaning represent these philosophical ideas in a poetic form.

## Literature Review
Many scholars have discussed the connection between literature and existential philosophy, especially in poetry that explores loneliness, silence, and the search for identity.

Existentialism focuses on the individual's emotions, freedom, and responsibility in a world that often feels meaningless. According to Cooper (2003), existentialist themes help readers understand the deep emotions behind a character or speaker's actions, particularly their inner pain and desire to make sense of their life. Heidegger's concept of being thrown into the world, called throwness, reflects how people begin life without choice, in situations shaped by history, society, and personal limits (Heidegger, 1962).

In poetic studies, scholars have shown how modern poetry often captures the feeling of being lost or unheard, which matches Heidegger's idea of facticity. This is the burden of one's past, circumstances, and unchangeable truths. According to Inwood (2000), facticity shapes human experience and limits freedom, but also becomes the ground from which meaningful choices arise. In this way, poems that express suffering, silence, or memory can be seen as poetic reflections of existential facticity. Many contemporary poets express such conditions through symbolic language, fragmented emotions, and inner voices, techniques that align with Heidegger's thought.

Recent studies have also explored authenticity, another major concept in Heidegger's philosophy. Authenticity means accepting one's thrown condition and choosing to live honestly and meaningfully. Guignon (2004) explains that authenticity is not about avoiding pain, but about facing reality with courage. When poetry moves from silence and confusion to a hope for voice, it reflects this shift. Farzana Aqib's poem "An Impetus Promise" follows a similar path: the speaker feels unheard and burdened by past pain but longs for a meaningful change, a "promise", that can help them live more truthfully. This makes the poem a rich example for applying Heidegger's existential lens.

**Methodology**

This study follows a qualitative research design because it focuses on interpreting the inner experiences, emotions, and existential conditions expressed in a literary text. Qualitative research is ideal for literary analysis as it helps explore hidden meanings, philosophical ideas, and deep emotional states rather than numerical data (Creswell, 2013). It allows the researcher to deeply understand the relationship between Heidegger's existential concepts and the poetic voice in "An Impetus Promise" by Farzana Aqib.

The sampling method used in this study is purposive sampling. The poem was purposively selected because it contains rich existential themes such as silence, pain, inner struggle, and the desire for transformation. These elements closely match Martin Heidegger's concepts of throwness, facticity, and authenticity. In purposive sampling, the researcher selects a text that best fits the purpose of the study, and this poem is suitable because of its emotional depth and philosophical tone (Palinkas et al., 2015).

The **data collection** method is textual analysis. The primary data for this study is the text of the poem itself. No outside sources or interviews are used, as the focus is on interpreting the poem's language, structure, and meaning. Textual analysis is commonly used in literary research because it allows for close reading and deep exploration of a text's themes and stylistic features.

For **data analysis**, the study uses thematic analysis, which is a method of identifying, analyzing, and interpreting patterns of meaning (themes) within the poem. This method helps break down the poem into parts such as silence, burden, longing, and voice, and relates them to Heidegger's existential philosophy (Braun & Clarke, 2006). The analysis explores how these themes reflect the speaker's experience of being "thrown" into life situations (throwness), living with unavoidable truths (facticity), and striving for genuine selfhood (authenticity).

**Theoretical Framework**

This study is based on Martin Heidegger's existential philosophy, especially the concepts of throwness, facticity, and authenticity from his book Being and Time (1927). Heidegger believed that human beings are "thrown" into a world not of their choosing, this is called **throwness**. We are born into certain situations, families, or cultures without having any control.

**Facticity** refers to the unchangeable facts of our existence, like our past or circumstances. These facts shape our lives, even if we do not always like them. **Authenticity** means choosing to live truthfully and take responsibility for our lives, even with all these limitations. These ideas help us understand how the speaker in Farzana Aqib's poem "An Impetus Promise" faces silence, pain, and loss, but still holds on to hope and inner strength. The poem becomes a powerful expression of living authentically in the face of difficult realities.

**Analysis & Discussion**

Farzana Aqib's poem *An Impetus Promise* gives voice to a deep inner struggle, a silent cry for understanding, a yearning for meaning, and a hidden burden carried in solitude. These themes resonate strongly with the existential philosophy of Martin Heidegger, especially his key ideas of throwness (Geworfenheit), facticity, and authenticity.

Heidegger believed that every human being is "thrown" into a world not of their choosing a world already shaped by culture, language, and personal limitations. But within this condition, one can either live passively or rise to live authentically, by accepting one's reality and choosing meaningfully.

1. **Throwness (Geworfenheit) in the Poem**

Heidegger's Idea:

Throwness means being "thrown" into life without choice into a specific body, time, family, society, or history. We don't choose these; we are just placed there.

In the Poem:

*One day see me / The way I see myself*
*Feel the whistle of my empty soul*

These lines reflect the speaker's feeling of being misunderstood, as if thrown into a world where no one truly sees or understands them. The "empty soul" shows a sense of being lost or placed into existence with no clear meaning.

*All deep sunken unsaid / All the talk I never out brought*

This suggests the speaker had no control over how they were able to express themselves, possibly due to society, family, gender roles, or inner fear, further reflecting Heidegger's idea that we begin life not with freedom, but with limits.

2. **Facticity in the Poem**

Heidegger's Idea:

Facticity means the real facts of our life our past, emotions, relationships, history all the things we cannot change but must live with. It's about what is real for us, even if we did not choose it.

In the Poem:

*And see all those moments / I neither lived or left dead*

This is a powerful image of unlived life moments that existed but were never fully experienced. These are part of the speaker's facticity memories, failures, silence, and grief that are deeply personal and inescapable.

*All the burdens I solely sought*

The speaker is carrying personal burdens, shaped by their past choices, silence, and suffering. This shows how facticity creates weight, which influences the present, even if one desires change.

### 3. Authenticity in the Poem

Heidegger's Idea:

Authenticity is not about being perfect. It's about facing your reality, accepting your throwness and facticity, and then choosing to live truthfully  not just following the crowd, but creating your own meaning.

In the Poem:

*Give voice to my silence / Drift down my soul*

*An impetus promise / A propitious license*

These lines express the speaker's desire for authenticity. After acknowledging their suffering, silence, and limitations, they long for a spark of hope, a promise, that can push them forward. The phrase "give voice to my silence" is a call to live truthfully to finally speak and act, despite past constraints.

*Least some catalytic evidence*

This shows the yearning for transformation for something, even small, that can confirm their inner worth and begin an authentic journey of healing and meaning.

### Findings

The analysis of Farzana Aqib's poem "An Impetus Promise" shows clear traces of Heidegger's existential concepts. The speaker in the poem feels thrown into a painful and silent world she did not choose, reflecting throwness. Her suffering, lost hopes, and emotional burden show the facticity of her life, the reality she must accept. However, despite the silence and inner struggle, the poem ends with a sense of hope, strength, and personal growth. This reflects authenticity, as the speaker begins to own her pain and move forward meaningfully.

### Conclusion

The poem beautifully captures what it means to be human in an uncertain and painful world. By applying Heidegger's ideas of throwness, facticity, and authenticity, we understand the deeper meaning of the speaker's emotional journey. The study shows that literature and philosophy can work together to reveal powerful human truths. Farzana Aqib's poem is not just about sorrow, but about finding strength through it, a true example of existential courage.

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 **Appendix**
**"An Impetus Promise"**
One day see me
The way I see myself
Feel the whistle of my empty soul
Sing with the rhythm of my
Rapturous heart
One day jump into my dreams
And see all those moments
I neither lived or left dead
Feel all the hushed silent prayers
All deep sunken unsaid
All the talk I never out brought
All the burdens I solely sought

Give voice to my silence
Drift down my soul
Calm the pending violence
Break the quieten
My nugatory heart needs
a little eminence
An impetus promise
A propitious license
Least some catalytic evidence

**Farzana Aqib**