

## INTRODUCTION

Recently, a distinctive literary phenomenon has emerged, challenging traditional notions of poetry and democratizing the means of expression (Gawrieh, 2019). Instapoets have somewhat shifted how people see poetry, as they choose social media as their main platform to express themselves. This has made poetry more accessible and allowed new voices to be heard, creating a community where readers can connect and find comfort in shared stories and experiences. Their short poems fit perfectly with the scrolling habits of online audiences, providing quick and thoughtful reflections that are easy to read and share. Instapoets often explore themes such as love, identity, mental health, and social justice, reflecting the diverse voices that populate social media spaces.

Rupi Kaur is one of the most famous Insta poets. The book entitled *Home Body* (2020) was written by her, an Indian-born Canadian Instapoet. In a VOGUE Magazine interview, she mentioned her inspiration for writing poetry: "I do not recall a specific moment that inspired me to write. I think it was more of a build-up of moments that led me to it." Based on what she said in the interview, Kaur draws inspiration for her poems from various moments and aspects of her life, including personal experiences. *Home Body* (2020) is a poem that consists of a collection of raw and honest conversations with oneself. Mind, Heart, Rest, and Awake are the four segments in this poem collection. Each segment offers a look at some critical moments in the poet's life that ultimately shape the woman the poet has become.

Anxiety is a big issue, particularly among Generation Z. The fast-paced nature of modern life and exposure to social media can lead to constant pressure to compare themselves to others, which can significantly contribute to feelings of anxiety and unease. This is further emphasized by the World Health Organization's (WHO) 2023 report, which estimated that approximately 301 million individuals worldwide experienced anxiety. Given how common this issue is, the present study aims to understand how anxiety is portrayed in Rupi Kaur's *Home Body* (2020) by addressing two key questions: (1) what are the sources of anxiety identified in *Home Body* (2020), and (2) what types of anxiety are portrayed in the poems.

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**ANXIETY AS PORTRAYED IN THE SELECTED POEMS OF RUPI KAUR'S HOME BODY (2020)**  
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Furthermore, the selection of anxiety as the focus of inquiry was driven by its resonance to my own experiences. Encountering feelings of anxiety, particularly regarding uncertainties about the future, such as post-graduation prospects, career, and fulfilling family expectations, these emotions often appear as negative thoughts in my head, pointing to possible failure and disappointment. When reading Rupi Kaur's poems, I felt a strong connection to them; Kaur's way of expressing anxiety matches my own struggles, indicating a shared understanding and empathy regarding these common challenges.