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CORPUS-BASED ANALYSIS OF MENTAL HEALTH DISCOURSE USING VOYANT TOOLS IN A JOURNAL ARTICLE

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ABSTRACT

This study examines discussions of mental health through a corpus-based approach using Voyant Tools. The analysis focuses on a selected journal article titled "From Mental Health Crisis to Existential Human Suffering: The Role of Self-Transcendence in Contemporary Mindfulness." The purpose of this study is to identify frequently occurring words and explain how these words reflect discussions of mental health. Qualitative corpus-linguistic methods were applied to analyze word frequency and linguistic patterns. Voyant Tools was used to generate frequency data and identify recurring words in the text. This analysis focused on nine keywords, including self, mindfulness, transcendence, mental, Buddha, student, existential, health, and medical. This study shows that the word "self" appears most frequently, indicating a strong emphasis on individual experience and self-awareness. The presence of "mindfulness" and "transcendence" reflects psychological and spiritual aspects. The terms "mental," "health," and "medical" indicate a clinical perspective. The word "students" highlights the connection between mental health and the educational context. The results of this study indicate that discussions of mental health are shaped by individual, psychological, spiritual, and medical perspectives. Voyant Tools provides a systematic approach to identifying linguistic patterns and supports the process of in-depth understanding in academic texts. This study makes a significant contribution to the field of corpus linguistics by demonstrating how digital tools can assist in analyzing discussions of mental health.

Keywords: *Corpus Analysis, Voyant Tools, Mental Health*

A. Introduction

Mental health is defined as a condition that includes emotional, psychological, and social well-being that influences how a person thinks, feels, and acts (WHO 2025), In many studies, mental health is understood through a medical lens focused on

diagnosis and disorders (Gautam et al., 2024). This approach is considered insufficient to fully explain human life experiences, so a deeper, alternative approach is needed to understand mental health (Kohrt et al., 2020).

In the field of mental health, there is a shift from clinical approaches toward more integrative ones. To gain a deeper understanding of individual experiences, concepts such as the self, mindfulness, and transcendence can be utilized (Martín et al., 2023). This approach focuses not only on symptoms or disorders but also on the meaning of life, self-awareness, and psychological well-being (Goldberg et al., 2017). This indicates that mental health is a complex phenomenon with multiple facets. Analyzing the language used in this discussion is crucial for understanding the conceptual overview (Gautam et al., 2024).

Language plays a crucial role in explaining mental health concepts. According to Curry & McEnery (2025), corpus linguistics provides a way to identify patterns of language use in texts. Voyant Tools enables researchers to analyze word frequencies and identify linguistic patterns. This study focuses on selected keywords related to mental health discussions (Souza & Scott, 2022). The aim of this study is to identify frequently occurring keywords using Voyant Tools and to explain how these words shape mental health discussions.

This study addresses the following research questions: What are the most frequently occurring keywords based on an analysis using Voyant Tools of the selected journal articles? How do these keywords relate to mental health? How does Voyant Tools identify linguistic patterns in mental health studies?

B. Method

This study employs a qualitative method with linguistic corpus analysis (Hu & Chang, 2017). The research data was drawn from the article titled “From Mental Health Crisis to Existential Human Suffering: The Role of Self-Transcendence in Contemporary Mindfulness” by Renata Cueto de Souza & Charles Scott (2022), and analyzed using Voyant Tools to determine word frequency (Curry & McEnery, 2025). The analysis focused on the words self, mindfulness, transcendence,

mental, Buddhist, students, existential, health, and medical. These words were selected based on their relevance to the topic of mental health.

The analysis process was conducted in several stages: data collection, word frequency analysis, and interpretation of results. First, the text was entered into a corpus analysis tool called Voyant Tools to generate frequency data (Curry & McEnery, 2025). Second, the words with the highest frequency and those that appeared frequently were identified and grouped. Third, the results are analyzed to determine why these words appear frequently. The analysis results are also linked to relevant theories in mental health research (Gautam et al., 2024). This study focuses on understanding the meanings associated with language use.

This method was chosen because it provides an objective and systematic analysis (Hunt & Brookes, 2020). Corpus analysis also allows researchers to identify broader linguistic patterns. This study not only identified frequently occurring words but also explained how those words relate to mental health (Ong, 2025). The findings from this method were then used to support the results and discussion sections of the study.

C. Results and Discussion

Results

This section answers the research questions by presenting the frequency of the keywords analyzed using Voyant Tools and explaining how those words shed light on the discussion of mental health. The results of a corpus analysis of the journal article “From Mental Health Crisis to Existential Human Suffering: The Role of Self-Transcendence in Contemporary Mindfulness” and discusses how discourse of self, mindfulness, transcendence, mental, buddhist, students, existential, health, medical is constructed in the selected text. The analysis focuses on word frequency of dominant terms, which are commonly used techniques in corpus linguistics to identify recurring linguistic patterns.

Figure 1. Screen display while analyzing a mental health journal using Voyant Tools



Figure 1 a screenshot of the corpus analysis results for a journal on mental health using Voyant Tools. This figure displays the frequency of word occurrences used to identify dominant words in the text, such as self, mindfulness, transcendence, mental, buddhist, students, existential, health, medical, and others.

Figure 2. Word frequency analysis using Voyant Tools



Figure 2 illustrates a word frequency analysis using Voyant Tools, which identifies the most frequently occurring words to determine the dominant words in the text. Such as self, mindfulness, transcendence, mental, buddhist, students, existential, health, medical, and others.

Table 1. Results of frequently occurring words when analyzing journals in Voyant Tools

Rank	Word	Frequency
1	self	135
2	mindfulness	85
3	transcendence	65
4	mental	46
5	buddhist	46
6	students	44
7	existential	42
8	health	38
9	medical	30

The results of the corpus analysis in Table 1 first place, show that the word “self” is the most dominant term, appearing 135 times. This high frequency indicates that the term “self” in the analyzed journal places a strong emphasis on individual perspectives and self-experience. The focus on “self” also indicates an emphasis on self-awareness and personal reflection in understanding mental health conditions. This word suggests that the individual is the primary focus in the process of understanding the meaning of life experiences, particularly regarding mental health. This aligns with contemporary trends that place an individual’s experience at the center of analysis. This individual perspective serves as the primary foundation for the discussions found in this corpus.

In second place is the term “mindfulness,” which appeared 85 times, highlighting the significant role

of this concept in the overall discussion. This high frequency indicates that mindfulness is not merely viewed as a technique but also as a biological, psychological, social, and environmental factor in understanding mental health. This consistent occurrence indicates that mindfulness is a relevant approach within the analyzed theme. It also suggests a tendency toward taking direct action in daily life. Mindfulness serves as a primary strategy for managing mental well-being. This concept stands as one of the main pillars in the journal analyzed by the author.

In third place, the word “transcendence” appears 65 times, indicating a focus on conventional psychological aspects. This concept is often associated with an individual’s effort to explore the boundaries of personal experience in pursuit of a broader meaning of life. This high frequency indicates that spiritual or transcendental aspects play a significant role in discussions of mental health. The presence of this concept also broadens our understanding of mental health as a multifaceted phenomenon. This suggests that mental experiences are not merely internal but are also connected to broader aspects encompassing both psychological and spiritual dimensions.

The word “mental” ranks in fourth place and “Buddhist” in fifth place in Table 1 both appear 46 times, indicating a connection between the concept of mental health and a specific religious perspective. The frequency of the word “mental” suggests that the main topic of the research is mental health. The word “Buddhist” indicates that a Buddhist approach is used in the journal’s topic. This suggests an integration of psychological and spiritual approaches in the analyzed corpus. The use of this religious perspective also provides a viewpoint for understanding mental health, and the analyzed journal also explains this specific approach.

In sixth place is the word “students,” which appears 44 times, indicating that students are the main subject of the discussion. This high frequency explains that mental health issues are frequently linked to the educational context. This indicates a growing concern for the mental well-being of students, who are particularly vulnerable. This discussion also

highlights that the academic environment plays a role in shaping an individual's mental experiences. This journal analysis helps to understand mental health within an educational context, with a focus on students.

The word "existential" appeared 42 times, ranking seventh in Table 1, indicating discussions of existential issues in the context of mental health. This concept relates to the search for meaning in one's life, human existence, and profound subjective experiences. The relatively high frequency suggests that the personal aspect is a key component of the analysis. This indicates that mental health is also understood as a philosophical experience. It demonstrates that mental health is a philosophical experience, and the approach employed is both profound and holistic.

In eighth place is the word "health," which appears 38 times, further reinforcing the primary focus on health in general. The inclusion of this word indicates that the text addresses not only mental health but also health from a broader perspective. This suggests that there is a way to view a person's well-being as a whole. The use of this term highlights the connection between physical and mental health. The text considers mental health to be an important part of overall health. This approach demonstrates that there is a relationship between various aspects of health.

The word "medical" appeared 30 times, indicating a medical approach to the discussion of mental health. Although its frequency was lower than that of other words, these occurrences were still significant in demonstrating a clinical perspective. This suggests that the journals analyzed addressed not only conceptual or philosophical issues but also medical ones, with the medical perspective providing a scientific understanding of mental conditions. This corpus analysis shows that psychological, spiritual, and medical perspectives are combined. Overall, the texts adopt a broad perspective on mental health.

Discussion

Mental health is the absence of mental illness or can be defined as a condition that also encompasses biological, psychological, or social factors affecting a person's mental health and their ability to function in their environment (Gautam et al.,

2024). This aligns with the findings of the corpus analysis, which show that the word “self” is the central focus of discussion. This discussion of the “self” indicates that individuals are actively involved in shaping their mental state. It also focuses on personal experiences that reveal a tendency toward individual meaning-making regarding current issues. Understanding one’s sense of self is crucial for comprehending mental health (Martín et al., 2023).

The frequent use of the term “mindfulness” reflects the prevalence of mindfulness-based approaches in the field of mental health (Goldberg et al., 2017). Mindfulness is associated with the tradition of Buddhist psychology (Boxer et al., 2025). This indicates a connection between scientific and spiritual perspectives (Wang, 2025).

The concept of “transcendence” supports the idea that the meaning of life is part of psychological well-being (Kruger & Klerk, 2023). Transcendence is a term used to describe a person’s efforts to understand life from a perspective different from their own personal experiences. Existential aspects are closely linked to human experience and mental states (Baldini et al., 2024). From a mental health perspective, this refers to a state related to meaning, awareness, and personal existence.

Research by Bharti (2025), practices within the Buddhist tradition, such as meditation and mindfulness, play an important role in improving mental well-being. This is consistent with the overlap between the terms “mental” and “buddhist” identified in this corpus analysis. This relationship indicates a connection between psychological and religious perspectives in understanding mental health. Buddhist teachings offer an alternative that allows individuals to think more deeply and reflect on what they perceive. This text explores mental health across various academic disciplines (Marques, 2021; Ong, 2025).

Students are a group that faces mental health challenges in academic settings (Chu et al., 2022). The use of the term “students” indicates that the focus is on the educational context within the analyzed text. The academic environment is associated with various psychological demands that affect mental well-being. Students' mental health is also

influenced by developmental and social factors. Mental health in an educational context is recognized as an important field of study (Lipson et al., 2018).

The existential approach, as outlined by Frokedal et al. (2025), emphasizes the importance of seeking meaning in life for psychological well-being. This aligns the term “existential” in the analyzed corpus. The existential approach makes a significant contribution to mental health research by demonstrating that mental health is not only related to clinical conditions but also to an individual's experiences. This approach also broadens our understanding of the life challenges faced by humans (Tongue & Lidforsen, 2025).

WHO (2022) states that health must be understood holistically, encompassing physical, mental, and social aspects. This is evidenced by the word “health” in the analyzed corpus. The analyzed discussions indicate that mental health must be considered as a component of various other aspects of health. A holistic approach also allows for a more comprehensive understanding of an individual’s well-being, and mental health is positioned as part of a broader health system (Gautam et al., 2024; Patel et al., 2018).

The medical approach remains an important part of the diagnosis and treatment of mental disorders (Harvey, 2020). This is related to the word “medical” in the analyzed corpus and indicates a clinical perspective. The medical approach is no longer the sole foundation for understanding mental health. Modern studies increasingly integrate psychological and spiritual approaches. The understanding of mental health is based on a more comprehensive approach and involves various fields of science (Bryndin, 2025).

D. Conclusion

This study addresses the research question by identifying frequently occurring keywords using Voyant Tools and explaining their role in discussions of mental health. The analysis results show that mental health is described through individual, psychological, spiritual, and medical perspectives. The keyword “self” describes individual experiences. “mindfulness” and “transcendence” represent awareness and meaning. “mental,” “health,” and “medical” represent the clinical perspective. This

study has limitations related to the use of a single journal article as a data source. The analysis focused on word frequency without deeper semantic analysis. Future research could use a larger journal corpus and apply additional corpus analysis techniques to explore mental health discussions in a broader context.

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