

PHRASEOLOGICAL UNITS EXPRESSING EMOTIONS IN ENGLISH AND UZBEK: A CONTRASTIVE STUDY

Pulatova Khilola G'ayrat kizi

Jizzakh State Pedagogical University, Uzbekistan

Annotatsiya: Ushbu maqola ingliz va o'zbek tillarida hissiy holatlarni ifodalovchi frazeologik birliklarning semantik, strukturaviy va madaniy xususiyatlarini o'rganadi. Til va madaniyat kontekstida olib borilgan tadqiqot sevgi, g'azab, qo'rquv, quvonch va g'am kabi hissiyotlarning idiomatik va frazeologik ifodalar orqali qanday namoyon bo'lishini taqqoslaydi. Tahlil shuni ko'rsatadiki, har ikkala til umumiy hissiy kontseptlarni aks ettirsa-da, ularni lingvistik ifoda va madaniy konnotatsiya jihatidan sezilarli farqlar mavjud. Ingliz frazeologik birliklar ko'pincha metafora va tana a'zolariga oid obrazlarga tayansa, o'zbek birliklari esa milliy an'analar, ijtimoiy me'yorlar va kollektiv qadriyatlarga yaqinligini ko'rsatadi. Tadqiqot madaniy jihatdan bog'langan frazeologiyani tushunishning cross-madaniyatli kommunikatsiya va tarjimada muhimligini ta'kidlaydi.

Kalit so'zlar: Frazeologik birlik, Hissiyot, Idiom, Qiyosiy tilshunoslik, Semantika, Madaniy konnotatsiya, Metafora, Tarjima, Ingliz tili, O'zbek tili.

Аннотация: В данной статье рассматриваются семантические, структурные и культурные особенности фразеологических единиц, выражающих эмоции в английском и узбекском языках. Исследование, основанное на лингвистических и культурологических подходах, сравнивает, как такие эмоции, как любовь, гнев, страх, радость и печаль, отражаются через идиоматические и фразеологические выражения. Анализ показывает, что хотя оба языка отражают универсальные эмоциональные концепты, их языковая реализация и культурные коннотации существенно различаются. Английские фразеологические единицы часто опираются на метафоры и образы, связанные с частями тела, в то время как узбекские единицы демонстрируют тесную связь с национальными традициями, социальными нормами и коллективными ценностями. Исследование подчеркивает важность понимания культурно обусловленной фразеологии для эффективной межкультурной коммуникации и перевода.

Ключевые слова: Фразеологическая единица, Эмоция, Идиома, Сравнительная лингвистика, Семантика, Культурная коннотация, Метафора, Перевод, Английский язык, Узбекский язык.

Abstract. This article explores the semantic, structural, and cultural characteristics of phraseological units that express emotions in English and Uzbek languages. Drawing upon linguistic and cultural frameworks, the study compares how emotions such as love, anger, fear, joy, and sadness are reflected through idiomatic and phraseological expressions. The analysis demonstrates that while both languages share universal emotional concepts, the linguistic realization and cultural connotations differ significantly. English phraseological units often rely on metaphors and body-related imagery, while Uzbek ones reveal strong ties to national traditions, social norms, and collective values. The research highlights the importance of

understanding culturally bound phraseology for effective cross-cultural communication and translation.

Keywords: Phraseological unit, Emotion, Idiom, Contrastive linguistics, Semantics, Cultural connotation, Metaphor, Translation, English, Uzbek.

Introduction

Language serves not only as a means of communication but also as a mirror of human thought and emotion. Among linguistic phenomena, phraseological units occupy a special place, as they encapsulate centuries of collective experience, emotion, and worldview. Phraseological units expressing emotions are particularly rich, since emotions are universal yet culturally shaped phenomena.

This study investigates how English and Uzbek phraseological units express emotional states, focusing on similarities and differences in semantics, structure, and imagery. A contrastive analysis of selected phraseological expressions will shed light on how both linguistic systems encode emotional concepts, offering insights into intercultural understanding and translation studies.

Theoretical Background of Phraseological Units

The term phraseological unit refers to a stable combination of words with a figurative or idiomatic meaning, often non-compositional. Scholars such as A.V. Kunin (1970) and N.N. Amosova (1963) emphasize their stability, semantic unity, and idiomaticity. In English linguistics, these units are often referred to as idioms or set expressions. In Uzbek linguistics, phraseological units (frazelogik birikmalar) have been studied by scholars like Sh. Rahmatullayev and U. Tursunov, who define them as fixed combinations of words expressing a single meaning that is not deducible from their components.

Emotional phraseological units are those that describe or evoke emotional states, often metaphorically. For instance, in English, “to lose one’s temper” expresses anger, while in Uzbek, g‘azabga mingan (literally “mounted anger”) has a similar connotation.

The Role of Emotion in Phraseology

Emotion plays a fundamental role in the formation of phraseological meaning. Human experiences of joy, fear, anger, surprise, and sadness are often reflected in idiomatic expressions, which serve as emotional shorthand in communication. According to cognitive linguistics, emotional expressions are frequently metaphorical. For example, anger is conceptualized as heat (“to boil with rage”), fear as coldness (“frozen with fear”), and love as madness (“crazy in love”). These metaphors are deeply rooted in bodily experiences and are shaped by cultural values.

In Uzbek, emotions are often expressed through imagery related to honor, family, and social harmony, reflecting collectivist cultural norms. For instance, ko‘ngli to‘lmoq (to have one’s heart filled) conveys satisfaction or happiness, while ko‘ngli sinmoq (to have one’s heart broken) expresses deep emotional pain.

Methodology

The research adopts a contrastive descriptive method, analyzing English and Uzbek phraseological units expressing emotions across semantic groups. Data were collected from

phraseological dictionaries and literary texts. The main emotional categories considered include anger, fear, love, happiness, and sadness.

Each phraseological unit was analyzed in terms of: Literal meaning, Figurative meaning, Cultural imagery, Equivalent or analogical expression in the other language.

Phraseological Units Expressing Anger

Anger is one of the most vividly expressed emotions in both English and Uzbek phraseology. English examples: to see red- to become very angry, to lose one's temper- to fail to control one's anger, hot under the collar- irritated or annoyed. Uzbek examples: g'azab otiga minmoq- to ride the horse of anger (to be furious), asabi buzilmoq- to lose one's nerves, ko'zi qonga to'lmoq- to be blinded by anger.

In English, anger is often linked to heat or color (especially red), symbolizing intensity. Uzbek expressions, however, frequently use animal or movement metaphors, associating anger with aggression and loss of control.

Phraseological Units Expressing Fear

Fear, a universal human emotion, is also reflected through vivid imagery. English examples: to shake like a leaf- to tremble with fear, scared stiff- extremely frightened, to get cold feet- to lose courage. Uzbek examples: qo'rqqan odam soyasidan ham qo'rqadi- a frightened person is even afraid of his shadow, ko'ngliga vahima tushmoq- to feel sudden fear or panic, yuragi hapriqmoq, to have one's heart suffocate from fear.

The English idioms rely heavily on physical reactions (shaking, freezing, coldness), while Uzbek expressions tend to describe psychological and moral reactions, emphasizing the inner state of the heart (yurak) and spirit (ko'ngil).

Phraseological Units Expressing Love and Affection

Love-related idioms in both languages reveal much about cultural views of relationships and emotions. English examples: to fall head over heels in love- to be deeply in love, to wear one's heart on one's sleeve- to openly show feelings, love is blind- love ignores flaws. Uzbek examples: ko'ngli tushmoq- to develop affection or fall in love, ko'zidan nur so'nmoq- to lose the light in one's eyes (when love is lost), yuragini berib qo'ymoq — to give one's heart away.

While English emphasizes romantic spontaneity and emotional openness, Uzbek phraseology reflects emotional depth and sacrifice, often connected to heart (yurak) and soul (ko'ngil)- central concepts in Uzbek emotional expression.

Cultural and Linguistic Analysis

The contrastive study shows that both English and Uzbek phraseological units share universal emotional schemas- particularly those based on human anatomy (heart, eyes), temperature (hot/cold), and movement (up/down). However, cultural nuances significantly shape their figurative use. English phraseology is often individualistic and experiential, relying on bodily sensations and direct imagery. Uzbek phraseology is collectivist and spiritual, focusing on moral and social emotions tied to family, respect, and the heart-spirit unity. Such differences are crucial for translators, as literal translation may distort emotional meaning or weaken expressiveness.

Implications for Translation and Teaching

Understanding phraseological units expressing emotions is vital for: Translation, to ensure cultural equivalence rather than literal correspondence. Language teaching, as idioms enrich emotional and communicative competence. Intercultural communication, since misinterpreting emotional expressions can lead to misunderstandings. Teaching phraseological units through contextualized examples and cultural explanations enhances students' pragmatic competence and cultural awareness.

Conclusion

Phraseological units reflecting emotions serve as linguistic mirrors of culture and human experience. Through contrastive analysis, it becomes evident that English and Uzbek languages, despite sharing universal emotional categories, differ in imagery, metaphorical bases, and cultural implications.

Understanding these differences not only deepens linguistic knowledge but also contributes to successful translation, communication, and intercultural empathy. Emotional phraseology thus remains an essential component of linguistic identity and cultural heritage.

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