PAPER

LINGUOCULTURAL FEATURES OF JOY AND SADNESS IN ENGLISH AND UZBEK

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Abstract

This study explores the linguistic and cultural representation of joy and sadness in English and Uzbek. While emotions are universal to human beings, their verbal expression is shaped by cultural traditions, values, and communicative practices. By comparing idioms, metaphors, phraseological units, and ritualized expressions, this study identifies both similarities and differences in the conceptualization of happiness and grief. The findings reveal that English discourse emphasizes individuality, abstraction, and metaphorical imagery, while Uzbek discourse stresses collectivism, directness, and ritualized forms of emotional expression.

Key words: linguoculture, emotions, joy, sadness, metaphor, cultural worldview, English, Uzbek.

Introduction

Language functions not only as a means of communication but also as a mirror of cultural worldview. Emotions such as joy and sadness are central to human life and are frequently verbalized in everyday interaction. However, the linguistic expression of emotions differs across cultures.

Wierzbicka (1999) argues that every culture develops its own "emotional scripts" guiding how people speak about and display their feelings. Kövecses (2000) likewise observes that metaphors of emotions are partly universal—rooted in bodily experience—but also culture-specific, shaped by local traditions and values.

A comparison between English and Uzbek is particularly relevant because English represents an individualistic, Western tradition, while Uzbek reflects a collectivist, Eastern worldview.

Aim: To analyze how joy and sadness are expressed in English and Uzbek and to identify the cultural factors that shape these expressions.

Objectives:

1. To identify idioms and metaphors that represent joy and sadness in English and Uzbek.

2. To compare similarities and differences in emotional expression.

3. To demonstrate how cultural worldview influences linguistic conceptualization of emotions.

Methods

This study applies a comparative linguocultural approach combined with semantic analysis.

Data sources:

· Idioms and metaphors from English and Uzbek dictionaries and corpora.

· Phraseological units and proverbs used in everyday communication.

· Ritualized expressions of greetings, blessings, and condolences.

Procedure:

1. Collecting emotional expressions related to joy and sadness from both languages.

2. Classifying them into categories: idioms, metaphors, phraseological units, proverbs, and ritualized forms.

3. Analyzing their semantic content and cultural implications.

4. Comparing English and Uzbek data to identify universal and culture-specific patterns.

Results

The analysis revealed the following patterns:

1. Expressions of Joy

English: Joy conceptualized as elevation or lightness (on cloud

nine, over the moon, walking on air). Expressions highlight personal achievement and individual satisfaction.

Uzbek: Joy expressed through nature and light (ko'ngli tog'dek ko'tarildi, dunyosi yorishdi). Ritualized blessings (quvonchingiz doimiy bo'lsin) emphasize collective harmony.

2. Expressions of Sadness

English: Sadness often expressed indirectly (I feel down, I'm feeling blue). Metaphors include heaviness (a heavy heart), fragmentation (heartbroken), and colors (feeling blue).

Uzbek: Sadness expressed directly and vividly (yuragi ezildi, dili vayron bo'ldi). Ritualized condolences (boshingiz omon bo'lsin) show empathy and solidarity.

3. Cross-Cultural Contrasts

Individualism vs. Collectivism: English focuses on personal states; Uzbek stresses group belonging.

Indirectness vs. Directness: English employs softened forms; Uzbek uses emotionally intense imagery.

Metaphorical Preferences: English favors abstract imagery; Uzbek relies on body- and nature-based metaphors.

Spontaneous vs. Ritualized: English expressions are spontaneous, Uzbek discourse includes many fixed formulas.

Discussion

The findings confirm that emotional expressions reflect both universal bodily experiences and culture-specific conceptualizations.

· Universally, joy is associated with "upward" metaphors, while sadness is linked with "downward" or "heavy" imagery.

· Culturally, English discourse reflects individualism, abstraction, and understatement, while Uzbek emphasizes collectivism, directness, and ritualized practices.

These results align with broader cultural orientations of Western individualism versus Eastern collectivism. They also demonstrate how emotional units act as cultural symbols, shaping identity, solidarity, and communicative norms.

Conclusion

Although joy and sadness are universal emotions, their linguistic representation varies across cultures. English emphasizes individuality, metaphorical abstraction, and indirectness, while Uzbek highlights collectivism, spiritual depth, and ritualized communication.

This study contributes to linguocultural research by demonstrating how cultural worldview influences emotional discourse. The findings are significant for translation studies, intercultural communication, education, and emotional linguistics, underlining the inseparable link between language, culture, and human experience.

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