

SHORT PHRASES CONTAINING FEAR IN ENGLISH AND UZBEK AND THEIR PSYCHOLOGICAL IMPACT

Dilafroz P. Doniyeva

Termez State University,

Department of English Language and Literature, teacher

Annotation:

The purpose of this article is to study short phrases containing fear in English and Uzbek languages and their psychological impact. The study analyzes the manifestations of fear from the point of view of linguistics and psychology. Short phrases in English and Uzbek languages differ in their structure, content and linguistic features. The goal is to determine how these phrases affect the human psyche through psychological impact, and to study their role in creating fear and anxiety. The analysis allows us to study the differences and similarities between languages.

Keywords: English, Uzbek, Georgian, short phrases, psychological impact.

Introduction

Fear is one of the strongest and main emotions in a person's life is manifested in various forms when expressed through language. Short phrases and aphorisms with the content of fear in English and Uzbek are psychologically important, because they serve as one of the powerful tools that affect the human psyche. This article will show you how to learn English and Uzbek short phrases in the content of the wormwood and their psychological effects are studied.

Fear is one of the strongest and most fundamental emotions in human life, and when it is expressed through language, it manifests itself in various forms. Short phrases and aphorisms in English and Uzbek about fear have psychological significance, as they serve as one of the most powerful tools for influencing the human psyche. This article discusses short phrases expressing fear in English and Uzbek and their psychological impact.

Analysis and Result: Short phrases expressing fear in English and Uzbek are similar, but expressed in their own unique language. To evoke fear, an English phrase such as (Qorong'ulikda biron narsa yashirinib turibdi) "Something is lurking in the dark" is used. In Uzbek, expressions such as "Something is moving in the dark" (Qorong'ulikda nimadir yuribdi) kabi have a similar effect. Both phrases evoke a feeling of fear by representing darkness. Such short phrases enhance the psychological impact due to the structure of the language.

Fear plays an important role in understanding the psychological state of a person. Psychologists analyze fear in terms of its biological and psychological aspects. Freud's work "The Psychological Development of Man" (1900) explores how fear affects life processes. According to Freud, fear is a psychological state that arises from a person's internal unrest, anxiety, and worry. Expressing fear through language triggers psychological processes and affects a person's psyche. In his revolutionary psychological approach, Freud viewed fear as a conflict between the id, ego, and superego. According to him, fear, anxiety, and stress are some of the most powerful factors that shape a person's psychological state.

English psychologists John Bowlby and Mary Ainsworth studied the influence of fear on child psychology and emphasized the influence of fear on social relations between children and adults. They analyze the first and main stages of fear development, in which the feeling of fear arises under the influence of dangerous situations, situations that cause anxiety, as well as physical or mental experiences.

Short expressions containing fear content are common in English, and they are often expressed through images and imagery. Edgar Allan Poe, one of the most famous writers in the English language, was able to vividly portray fear and anxiety. In his novel "The Tell-Tale Heart" (1843), not only the story, but also the inner world, guilt and anxiety are revealed through short expressions expressing fear.

Poe expresses fear in a "strong" and "hidden" way, leading the reader into terrifying situations. Such short but powerful phrases evoke acute psychological reactions in the reader.

In English, short phrases such as "The darkness is closing in" (The darkness is coming) or "You are not safe here" psychologically increase anxiety and fear. These phrases create strong images of darkness, danger and threat that create fear in the human psyche.

Another example: images of fear in Uzbek folklore are also very strong. For example, in Uzbek folk tales and songs, fear is conveyed through short expressions such as (Qorong'ulikda biron narsa yashirinib turibdi) "something is hiding in the darkness" or "voices are heard from another world." These expressions in the context of culture and language show how they affect the human psyche.

For example, in Uzbek folk tales and songs they are immediately conveyed through short expressions such as "something is hiding in time" or "a voice heard from another world." There are differences and similarities between short expressions of fear in English and Uzbek. While English uses figurative images and more figurative expressions, Uzbek uses more concrete and direct expressions. However, both languages believe in the psychological effect of language in enhancing fear. While English fear images are sometimes magical and abstract, Uzbek has more images based on real life and folk traditions.

By analyzing the psychological impact of short phrases containing fear, we can see how they affect the human psyche [4]. The feeling of fear often causes anxiety and worry. Short phrases in English and Uzbek help to strengthen these feelings, as they are usually clear and concise, conveying a direct meaning. This quickly causes fear in the listener or reader.

For example, the English phrase “You’re not safe here” explains that a place is dangerous and there is a threat there, which arouses anxiety and fear in a person. The Uzbek phrase “Bu yerda xavfsiz emassiz” has a similar effect. In both languages, these phrases have a psychological effect, increasing fear.

There are both differences and similarities in the expression of fear in English and Uzbek. Both languages use short phrases to create an atmosphere of fear, but their structure and cultural context may differ. While English uses more figurative and metaphorical expressions, Uzbek uses more direct and specific expressions. For example, in English, the phrase “Darkness is coming” increases the feeling of fear, since the image of approaching darkness increases anxiety. In Uzbek, the phrase “Qorong‘ulik tushmoqda” is simple and clear, but it is this image that evokes fear.

Conclusion

Short phrases and aphorisms containing fear in English and Uzbek are a powerful tool for creating psychological impact. When studied from a linguistic and psycholinguistic point of view, they help us better understand the influence of languages on psychological aspects and how they affect the human psyche. The differences and similarities between languages demonstrate different approaches to creating a sense of fear. This analysis allows us to better understand how language and psychology interact.

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