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NATIONAL CULTURAL PECULIARITIES OF USING THE CONCEPT
HAPPINESS IN THE ENGLISH AND UZBEK LANGUAGES

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Abstract: This article discusses the national cultural characteristics of the use of the concept of happiness in English and Uzbek.

Keywords: Linguistics, literary studies, linguistic culture, society, linguistic, Uzbek language, happiness.

Language, as a mirror of the spirituality of a nation, expresses its intellectual wealth in close connection with the unique traditions, past history, culture, aspirations of the people. We can see the unique charm of the folk language, rich philosophical and life observations, and conclusions from many years of life experience in the example of proverbs, which are now recognized as the object of research in such fields as folklore, literary studies, linguistics, ethnography, linguoculturology (linguoculture).

The concept of happiness is one of the main aspects of human experience, but its interpretation and expression differ in different languages and cultures. In English, happiness is often associated with positive emotions, satisfaction, and general well-being. It is usually expressed through a range of linguistic structures and emotional expressions that reflect the cultural nuances and values of English-speaking societies. On the other hand, in Uzbek, the concept of happiness can be shaped by specific linguistic structures and cultural nuances that reflect the specific values and traditions of Uzbek culture. The perception of happiness in Uzbek society can be influenced by historical, religious, and social factors, which lead to specific meanings and expressions of happiness. Understanding the specific features of the concept of happiness in English and Uzbek involves studying the impact of language on emotional well-being, as well as the impact of cultural norms and values. By studying the linguistic and cultural dimensions of happiness perceptions in these two languages, we can gain valuable insights into the ways people experience and express happiness in different linguistic and cultural contexts.

In Uzbek, the word happiness means "a state of mental, physical and social satisfaction in human life." It is often used as follows:

- Nominal: happiness, happiness, happiness-sadness
- Emotional: "My head reached the sky with happiness"

Linguistically, the concept of Happiness is understood differently in different cultures. In the West (in English), it is: Happiness is associated with individual pleasure, personal freedom, independence. In Eastern (Uzbek) culture: Happiness is associated with values such as family, health, blessings, children, faith.



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Happiness in English culture is often associated with the freedom to pursue one's goals and desires, as well as the autonomy to make personal choices that contribute to the fulfillment of one's dreams and a sense of well-being. There is also a growing focus on positive psychology in English culture, which emphasizes the importance of developing positive emotions, strengths, and qualities to increase overall happiness and life satisfaction. In Uzbek culture, happiness encompasses the idea of spiritual maturity and inner wealth, emphasizing the importance of nurturing one's soul and finding meaning in life. It is also worth noting that happiness is often associated with a deep connection to nature and traditional values, emphasizing the importance of living in harmony with the natural world and preserving cultural heritage as sources of happiness and well-being.

In Uzbek culture, happiness is also associated with the qualities of hospitality and generosity. Warmly welcoming guests and sharing one's thoughts with others are seen as sources of happiness and blessing.

The concept of happiness in Uzbek culture often includes the idea of resilience and adaptability in the face of adversity. To achieve lasting happiness, it is important to develop inner strength and the ability to move forward without being discouraged by failures. English culture emphasizes the pursuit of personal growth as the key to happiness. An example of this trait in English culture is the organization of self-confidence-building books and personal development seminars aimed at helping people improve their skills, expand their knowledge, and improve their overall well-being.

The concept of "happiness" in English focuses on individual satisfaction and personal fulfillment, often using metaphors of elevation like "walking on air". In contrast, Uzbek culture views happiness more collectively, tied to social harmony, family, and inner peace, and uses metaphors rooted in nature and emotional depth, such as a heart "blooming with joy" or a "heart as big as a mountain". While English expressions often have an outward, aspirational quality, Uzbek expressions are more grounded and focused on emotional and social well-being.

English:

Focus: Individual and personal satisfaction, inner contentment.

Metaphors: Often linked to elevation and being "off the ground," reflecting a more outward, aspirational view.

Examples: "Walking on air," "in the clouds," "six feet off the ground".

Uzbek:

Focus: Collectivism, social harmony, family, and community well-being.

Metaphors: Draws from nature and emotional depth, reflecting an inward-focused and grounded perspective.

Examples: "Ko'ngli tog'day bo'lish" (to have a heart as big as a mountain), "Yuragi quvonchdan yayraydi" (heart blooming with joy).

Comparative differences

Individual vs. Collective: English happiness is strongly tied to personal achievement and satisfaction, while Uzbek happiness is deeply interwoven with family and social connections.

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Outward vs. Inward: English metaphors often suggest an outward-looking, aspirational state, whereas Uzbek metaphors emphasize an internal, emotionally grounded feeling.

Cultural Roots: The expressions reflect the underlying cultural values; for example, the Uzbek expression "boshing ko'kka yetsa ham, oyog'ing yerdan uzilmasin" (even if your head reaches the sky, let your feet not be lifted from the ground) directly contrasts with English idioms of being "off the ground," as it discourages pride, a cultural value in Uzbekistan.

In conclusion, the concept of happiness in English and Uzbek cultures is shaped by diverse characteristics that reflect the values, beliefs, and social norms of each society. While the importance of personal growth and relationships is central to the pursuit of happiness in English culture, hospitality, generosity, resilience, and adaptability play important roles in the development of happiness in Uzbek culture. Despite differences in their specific characteristics, both cultures share a common goal of seeking fulfillment, joy, and well-being through meaningful connections, personal development, and a sense of community. By understanding and appreciating these specific characteristics, people can gain insight into the different ways in which happiness is perceived and sought in different cultural contexts.

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