

The Use of The Concept of Happiness in English and Uzbek from The Phraseological Point of View

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Abstract: This article offers a phraseological analysis of the concept of "happiness" in Uzbek and English languages. Although the concept of happiness is universal, its expression in language and culture varies. The article analyzes how happiness is reflected through phraseological units and what language tools are used. By comparing the phraseological combinations of happiness in Uzbek and English languages, it examines the differences and similarities of this concept in the two cultures. Phraseologisms expressing happiness also reflect people's views on happiness and show how cultures can differ through language. This study expands the analysis of the concept of happiness from the point of view of phraseological units and linguistics.

Keywords: Phraseologism, phraseological units, Uzbek language, English language, linguistic analysis, cultural studies, language and culture, expression of happiness, language comparison.

Introduction: Language is an integral part of the spiritual wealth, cultural heritage and national consciousness of any people. Various expressions in it, including phraseological units, give a deep idea not only of the language, but also of the worldview, culture and values of the people. Phraseological units often reflect national cultural identity, through which the historical experience, traditions and philosophy of everyday life of the people are expressed. In this regard, the study of phraseological units is an important source for the study of national-cultural views and language features.

The concept of "happiness" is an important semantic unit that is widely used in both English and Uzbek languages and has a deep cultural significance. In both languages, this concept is expressed through various phraseological units, and these phraseological units reveal the attitude of the people to happiness, social values, and cultural views. While in some cultures the concept of happiness is associated with life success and wealth, in others it may be closely associated with the concept of inner peace or family well-being.

The phraseological study of the concept of happiness in Uzbek and English is of great importance in the comparative analysis of languages and cultures. This study serves not only to reveal the structure and

semantic properties of phraseological units, but also to shed light on the national cultural characteristics of the concept of happiness in both languages.

Main Body

The relevance of the study is that, in the process of globalization, the interaction of different languages and cultures is increasing, and the study of the expressive means of national culture, including through phraseologisms, is gaining importance in linguistics. Therefore, this article analyzes phraseological units related to the concept of happiness in English and Uzbek, studies their lexical and semantic features, and highlights their cultural aspects.

It is worth noting that phraseological units are an important object not only of linguistic research, but also of psychological, sociological and cultural research. Because they reflect the spiritual and ideological world of the people, how they imagine the world, their system of values and their approach to life concepts. The concept of happiness is one of the most important concepts in human life and has its own interpretations in different cultural contexts.

For example, in Uzbek, happiness is often associated with family well-being, health, dignity, and kindness, while in English culture it is sometimes associated more

with personal freedom, professional success, and financial stability. These cultural differences are also clearly reflected in the phraseological system of the language. For example, while in Uzbek, expressions such as “to land on the bird of happiness” are used, in English there are phraseologisms such as “to be on cloud nine”.

Such expressions express vivid states of joy and happiness. These expressions not only convey a sense of happiness, but also add a sense of joy to everyday conversation. Metaphors are tools that enhance the emotional expressiveness of language, allowing complex emotions to be conveyed through vivid images. In Uzbek, similar emotions are expressed through idiomatic expressions such as “his head reached the sky” and “he threw his hat into the sky”. These expressions reflect people beaming with happiness, emphasizing the importance of appreciating moments of joy and gratitude. These linguistic units provide insight into the Uzbek worldview, revealing a deep desire for a life full of happiness, peace, and joy. Metaphor and symbolism play a strong role in expressing the concept of happiness in English and Uzbek. In English, phrases like “in seventh heaven” or “on top of the world” use metaphors to evoke feelings of warmth, brightness, and positivity. These metaphors emphasize the transformative power of happiness, illuminating our lives with joy and light. In Uzbek, similar feelings are expressed through metaphorical expressions such as “swimming in a sea of happiness” or “overwhelmed by happiness.” While the expression of happiness may vary across languages and cultures, some themes and motifs remain universal. Expressions of happiness in English and Uzbek often revolve around themes of love, friendship, and family harmony. Whether it is the joy of spending time with loved ones or the satisfaction of achieving one’s goals, happiness is a universal human experience that transcends linguistic and cultural boundaries. English has a whole group of phraseological units with the general meaning of “happy time, happy time in life,” which, as indicated in each individual phraseological unit, denotes a happy day, a happy fortnight, a happy moment, a happy time: day out – the best day (in life); victory day halcyon days – calm, peaceful days, a happy time [halcyon -kingdom; this, according to an ancient legend, the king of fishermen hatched his chicks in a nest floating in the sea during the winter solstice, and at that time the sea was completely calm for about two weeks]; a high spot – a happy moment, a wonderful event; red-letter day (a day marked with red letters) – a solemn, joyful, happy, unforgettable day [originally, a public holiday marked with red on the calendar]; sweet seventeen – a happy

girl's time (seventeen years old).

This article focuses on a comparative analysis of such phraseological units. The study identifies how the concept of happiness is expressed through phraseological units in two languages, and the cultural and social factors that influence their formation. This serves to highlight the similarities and differences that exist in the two languages. Happiness, a difficult but valuable feeling that transcends cultures and languages, finds its expression in different forms in different linguistic landscapes. These units, consisting of words and phrases with defined meanings, provide an understanding of the values, beliefs and priorities of society. Language serves as a mirror reflecting the values and priorities of society. Phraseological units or idiomatic expressions are a rich source of cultural understanding. For example, in English, expressions such as “on cloud nine” or “walking on sunshine” vividly reflect the connection between a person’s states of happiness or bright life experiences. Many idioms use metaphors and vivid imagery to convey the essence of happiness. English and Uzbek often revolve around themes of love, friendship, and family harmony. Whether it is the joy of spending time with loved ones or the satisfaction of achieving one’s goals, happiness is a universal human experience that transcends linguistic and cultural boundaries. Phraseological units related to happiness often reflect social structures and expectations surrounding well-being. Happiness, a state that is desired by everyone, is expressed in a variety of ways in English. One of the fascinating aspects of this linguistic landscape is the abundance of phraseological units, the presence of a variety of idiomatic expressions that vividly capture the essence of happiness. These euphemisms are often mentioned when talking about happiness. Moreover, idioms such as money can't buy happiness, count your blessings, and happiness comes from within emphasize ethical and spiritual dimensions of happiness. These expressions suggest a culturally embedded view that happiness is not dependent solely on external or material conditions, but rather on internal attitudes and values. This aligns with the Anglo-American cultural emphasis on self-reliance, contentment, and emotional moderation. In contrast to some Eastern philosophies where happiness is often portrayed as a serene, long-term state of being, English phraseology tends to highlight the fleeting, emotional, and spontaneous nature of happiness. Many expressions imply that happiness is temporary and situational, often tied to moments of surprise, success, or personal satisfaction. Pragmatic and Social Functions of Phraseological Units. From a pragmatic perspective, phraseological units perform multiple social and

communicative functions. They serve to:

- Intensify emotional expression: Idioms like *over the moon* or *tickled pink* convey heightened emotional states far more vividly than simple adjectives such as "happy."
- Promote politeness or humour: Expressions like *happy as a clam* introduce humour or lightness into conversations, helping speakers navigate interpersonal dynamics.
- Transmit cultural values: Phrases like *pursuit of happiness* (from the U.S. Declaration of Independence) reflect deeply held national ideologies. In both spoken and written discourse, such idioms and expressions function as socially sanctioned ways of expressing emotional states, often shaping expectations and norms around emotional expression. Emotional Granularity and Lexical Richness. The phraseological units associated with happiness also demonstrate a high degree of emotional granularity —the ability to express nuanced emotional states. For example:
 - Satisfied, content, and pleased as punch suggest a low-intensity, calm form of happiness.
 - *Over the moon*, *walking on air*, and *jubilant* denote high-arousal, ecstatic happiness. This lexical and idiomatic richness allows speakers to tailor their emotional expressions with precision, reflecting subtle psychological differences in experiences of joy, satisfaction, delight, or euphoria. Cultural Variation and Universality. While many happiness-related idioms are unique to English, the underlying metaphors often demonstrate cross-cultural parallels. For instance, the metaphor "HAPPINESS IS UP" appears in various languages (e.g., Spanish *estar en las nubes* – "to be in the clouds"), suggesting a universal cognitive mapping. However, the specific phrasing, usage, and connotations of such expressions are culturally conditioned. English phraseology tends to be rich in metaphors of travel, elevation, and brightness when referring to positive emotions. The use of these metaphors reflects Western ideals of progress, success, and individual agency. Thus, studying such expressions sheds light not only on language structure but also on deeper cultural ideologies. Finally, while English has a rich phraseological field around happiness, the expressions are overwhelmingly positive and emotionally vivid, indicating the importance of this emotion in the English-speaking linguistic worldview.

Conclusion

The results of the study provide new knowledge about the phraseological systems of the Uzbek and English languages, as well as contribute to a deeper understanding of the cultural values, worldviews, and

spiritual views of the two peoples. At the same time, this article is expected to contribute to comparative linguistic studies, translation theory, and research on intercultural communication. The expression of happiness in English and Uzbek provides a fascinating insight into human emotions and experiences. Through idioms, cultural concepts, metaphors and symbolism, we capture the essence of happiness in all its complexity. The pursuit of happiness across languages and cultures remains an eternal and universal quest, uniting us in our shared desire for a life filled with joy, contentment and fulfillment. Phraseological units in Modern English provide valuable insight into the conceptualization of happiness. Through metaphor, embodied imagery, and cultural framing, these expressions map out how English speakers perceive, express, and evaluate the emotion of happiness. The richness of the phraseo-semantic field illustrates the cognitive salience of the concept and its deep entrenchment in language, culture, and communication. This study affirms that idiomatic expressions are not merely decorative but serve as linguistic tools to convey complex psychological and cultural meanings. The exploration of such units enriches our understanding of emotional language and the role of phraseology in shaping human thought.

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