

A Linguocultural Analysis Of Season-Related Idioms In English

Shakhnoza Rakhmatullaeva

Department of English language theory and methodology, A teacher of JSPU, Uzbekistan

Received: 20 October 2025; **Accepted:** 11 November 2025; **Published:** 17 December 2025

Abstract: Idiomatic expressions reflect not only linguistic structures but also culturally embedded ways of conceptualizing reality. Among such expressions, season-related idioms occupy a significant place as they encode collective perceptions of time, nature, and human experience. This study aims to investigate season-related idioms in English from a linguocultural perspective, focusing on their semantic features and cultural symbolism. The research employs a qualitative methodology based on semantic, cognitive, and contextual analysis of idioms selected from authoritative English dictionaries and literary sources. The study demonstrates that these idioms function as linguistic markers of cultural cognition and social experience. The results contribute to a deeper understanding of the interaction between language and culture and may be applied in phraseological studies, intercultural communication, and English language teaching. The paper also outlines directions for further research in comparative and cross-cultural idiom studies.

Keywords: linguocultural analysis, season-related idioms, metaphor, cultural symbolism, English phraseology.

Introduction: Language serves as a repository of cultural knowledge, reflecting how communities perceive and interpret the surrounding world. Idiomatic expressions, in particular, encapsulate culturally grounded meanings that go beyond their literal interpretations. Among various types of idioms, those related to natural phenomena occupy a prominent position due to their strong symbolic and experiential foundations. Season-related idioms in English represent culturally shared conceptualizations of time, change, and human experience, making them a valuable object of linguistic inquiry.

In recent decades, idiomatic language has attracted growing attention within linguistics, especially in the fields of phraseology, cognitive linguistics, and linguocultural studies. Scholars have emphasized the role of metaphor and cultural models in shaping idiomatic meaning, demonstrating that idioms function as cognitive tools through which speakers organize and interpret reality. Research on nature-based and seasonal metaphors has shown that seasons are not merely climatic categories but culturally constructed concepts associated with emotions, values, and social practices. Despite the increasing number of studies on idioms and metaphor, season-related idioms in English

have received relatively limited systematic analysis from a linguocultural perspective. Existing research often focuses on individual metaphors or general classifications of idioms, leaving a gap in comprehensive studies that examine how all four seasons are represented and culturally conceptualized within English phraseology. Moreover, many studies prioritize cross-linguistic comparisons, while in-depth, language-specific analyses remain underrepresented. The present study seeks to address this gap by providing a linguocultural analysis of season-related idioms in English. The main objective of the research is to identify the semantic characteristics and cultural symbolism embedded in idioms associated with spring, summer, autumn, and winter. By applying semantic, cognitive, and contextual analytical methods, the study aims to reveal how seasonal imagery reflects shared cultural values and collective experience in English-speaking communities. The findings are expected to contribute to broader discussions on the interaction between language and culture and to offer practical implications for phraseological research, intercultural communication, and English language teaching.

METHOD

Idioms have long been recognized as a central object of

study in phraseology due to their semantic opacity and strong cultural grounding. Traditional phraseological studies emphasized the fixed and non-compositional nature of idiomatic expressions, while more recent approaches have highlighted their cognitive and cultural dimensions. Scholars argue that idioms are not arbitrary linguistic units but reflect culturally shared patterns of thought and experience, often rooted in metaphorical conceptualization. Within cognitive linguistics, metaphor theory has played a key role in explaining idiomatic meaning. Researchers such as Lakoff and Johnson have demonstrated that abstract concepts are frequently understood through concrete experiential domains, including nature and time. Seasons, as recurring natural cycles, provide a particularly rich source domain for metaphorical mapping, enabling speakers to conceptualize life stages, emotional states, and social change. Studies on conceptual metaphor have shown that seasonal imagery often functions as a culturally salient framework for organizing human experience. Linguocultural studies further expand this perspective by emphasizing the interaction between language, culture, and collective cognition. From this viewpoint, idioms serve as carriers of cultural values, social norms, and historical experience. Researchers examining nature-related idioms have noted that references to natural phenomena frequently encode culturally specific symbolism, reflecting how a community perceives its environment and temporal cycles. However, much of this research remains focused on isolated examples or broad metaphorical patterns rather than systematic classifications. Research specifically addressing season-related idioms has been relatively limited. Existing studies often examine seasonal metaphors within literary discourse or focus on individual seasons, most notably winter as a metaphor for hardship or decline. While cross-linguistic comparisons involving seasonal expressions have gained popularity, these studies frequently prioritize contrastive analysis over in-depth examination of a single language. As a result, the internal semantic structure and cultural coherence of season-related idioms in English remain insufficiently explored.

RESULTS

The analysis of season-related idioms in English demonstrates that idiomatic expressions associated with natural cycles form a systematic and culturally motivated network of meanings. The collected data reveal that each season functions as a distinct conceptual domain through which English speakers interpret time, emotional states, and stages of human life. The findings confirm that seasonal idioms are grounded in shared cultural experience rather than

arbitrary linguistic convention. Idioms associated with spring predominantly express meanings of renewal, revival, and positive transformation. Expressions such as a spring in one's step, spring to life, and no spring chicken illustrate how spring imagery is metaphorically linked to energy, youth, and beginnings. From a linguocultural perspective, spring symbolizes hope and regeneration, reflecting cultural associations with growth and renewal after periods of inactivity. These idioms support the conceptual metaphor renewal and youth are spring, which is deeply embedded in English linguistic consciousness. Summer-related idioms are commonly connected with vitality, abundance, and peak experience. Idioms such as one's summer years and endless summer metaphorically represent the most productive and energetic periods of life. However, the data also show that summer imagery can convey intensity or excess, suggesting cultural ambivalence toward this season. This dual interpretation reflects the understanding of summer as both a time of flourishing and potential exhaustion. Such idioms highlight the metaphor vitality and abundance are summer, while also revealing its contextual variability. Idioms related to autumn tend to encode meanings of maturity, transition, and gradual decline. Expressions like the autumn of one's life illustrate how autumn serves as a metaphor for later life stages characterized by experience, reflection, and preparation for change. Culturally, autumn is associated with harvest and completion, reinforcing its metaphorical link to culmination and transformation. The findings align with cognitive linguistic studies that identify transition and maturity are autumn as a recurring conceptual pattern. Winter-related idioms predominantly express hardship, stagnation, and emotional coldness. Idioms such as a long winter, winter of discontent, and in the dead of winter conceptualize periods of difficulty, scarcity, or inactivity. These expressions reflect historical and cultural experiences of winter as a time of survival and limitation. From a linguocultural viewpoint, winter functions as a powerful metaphor for adversity, supporting the conceptual metaphor difficulty and emotional coldness are winter.

DISCUSSION

Taken together, the results indicate that season-related idioms in English form a coherent linguocultural system structured around dominant conceptual metaphors. Each season contributes specific symbolic meanings that mirror culturally shared perceptions of time, emotion, and human life cycles. Unlike studies that focus on isolated idioms or individual metaphors, the present analysis demonstrates the interconnected nature of seasonal imagery within English phraseology.

The findings confirm that idioms operate as linguistic carriers of cultural memory and collective experience. Moreover, the systematic distribution of meanings across the four seasons highlights the role of natural cycles in shaping metaphorical thought and idiomatic expression in English.

CONCLUSION

This study has explored season-related idioms in English from a linguocultural perspective, demonstrating that such idiomatic expressions function as culturally embedded units of meaning rather than purely linguistic constructions. The analysis has shown that idioms associated with spring, summer, autumn, and winter systematically reflect culturally shared conceptualizations of time, emotion, and human experience. Each season contributes a distinct symbolic framework: spring represents renewal and hope, summer vitality and intensity, autumn maturity and transition, and winter hardship and stagnation. The findings confirm that season-related idioms are structured around dominant conceptual metaphors rooted in collective cultural experience. By examining these idioms as a coherent system, the study extends existing research in phraseology and cognitive linguistics, offering a more comprehensive understanding of how seasonal imagery shapes idiomatic meaning in English. The research highlights the close interrelationship between language and culture and reinforces the view that idioms serve as linguistic repositories of cultural knowledge. The results of this study have several theoretical and practical implications. From a theoretical perspective, the findings contribute to linguocultural and cognitive approaches to phraseology by demonstrating how natural cycles are conceptualized metaphorically within idiomatic language. Practically, the study may inform English language teaching by enhancing learners' cultural awareness and facilitating more effective interpretation and use of idiomatic expressions. The findings are also relevant to intercultural communication, where understanding culturally grounded idioms can reduce misinterpretation and pragmatic failure. Future research may expand this study by conducting comparative analyses between English and other languages to identify universal and culture-specific patterns in seasonal idioms. Additionally, corpus-based and quantitative approaches could provide further insights into frequency, variation, and diachronic change in the use of season-related idioms across different genres and registers.

REFERENCES

1. Lakoff, G., & Johnson, M. (1980). *Metaphors we live by*. University of Chicago Press.
2. Kövecses, Z. (2010). *Metaphor: A practical introduction* (2nd ed.). Oxford University Press.
3. Kövecses, Z. (2015). *Where metaphors come from: Reconsidering context in metaphor*. Oxford University Press.
4. Fernando, C. (1996). *Idioms and idiomaticity*. Oxford University Press.
5. Gibbs, R. W. (2006). *Embodiment and cognitive science*. Cambridge University Press.
6. Dobrovolskij, D., & Piirainen, E. (2005). *Figurative language: Cross-cultural and cross-linguistic perspectives*. Elsevier.
7. Moon, R. (1998). *Fixed expressions and idioms in English: A corpus-based approach*. Oxford University Press.
8. Nunberg, G., Sag, I. A., & Wasow, T. (1994). *Idioms*. *Language*, 70(3), 491–538.
9. Boers, F. (2013). Cognitive linguistic approaches to teaching idioms. *Language Teaching*, 46(2), 208–224.
10. Charteris-Black, J. (2004). *Corpus approaches to critical metaphor analysis*. Palgrave Macmillan.
11. Forceville, C. (2009). Metaphor in discourse and cognition. *Discourse Processes*, 46(2–3), 167–190.
12. Sharifian, F. (2017). *Cultural linguistics: Cultural conceptualisations and language*. John Benjamins.
13. Langlotz, A. (2006). *Idiomatic creativity: A cognitive-linguistic model of idiom representation and idiom variation*. John Benjamins.
14. Wierzbicka, A. (1992). *Semantics, culture, and cognition: Universal human concepts in culture-specific configurations*. Oxford University Press.
15. Littlemore, J., & Low, G. (2006). *Figurative thinking and foreign language learning*. Palgrave Macmillan.