

THE REFLECTION OF HUMAN INNER WORLD THROUGH SOMATIC PHRASEOLOGICAL UNITS IN ENGLISH AND UZBEK LANGUAGES

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Abstract: This article explores how somatic phraseological units (SPUs), which are idiomatic expressions based on body parts, reflect the internal, emotional, and psychological states of a person in English and Uzbek languages. The study analyzes selected somatic idioms from both languages, comparing their semantic content and cultural context. By identifying similarities and differences, the research contributes to a deeper understanding of linguistic worldviews and highlights the anthropocentric nature of phraseological units. The article presents theoretical ideas in this regard and proves them with examples.

Keywords: Somatic phraseologisms, inner world, idioms, English, Uzbek, cultural linguistics, comparative analysis.

Phraseological units, especially those of somatic nature, serve as a vivid linguistic tool to express emotions, psychological states, and mental processes. In both English and Uzbek languages, idioms based on body parts often metaphorically describe a person's inner world, such as thoughts, feelings, desires, and moral attitudes. The aim of this paper is to examine how such expressions reflect the internal state of a person, and what these idioms reveal about the cultural perception of human psychology in the respective languages.

Somatic phraseological units (SPUs) are idioms that include body parts (e.g., head, heart, eye, hand) and symbolically convey non-physical meanings. These expressions are a significant area of study in cognitive linguistics, anthropological linguistics, and cultural linguistics. The human body serves as a universal source domain in metaphorical thinking, yet the target meanings often differ across languages and cultures.

Comparative Analysis of Somatic Phraseologisms

English Examples:

To have a heart of gold – kind and generous personality

To lose one's head – to panic or lose control

To keep an eye on someone – to watch carefully

To give someone a hand – to help

Cold feet – fear or hesitation

Uzbek Examples:

Ko'ngli ochiq (lit. open-hearted) – generous, kind

Boshi qotmoq (lit. one's head is stuck) – confused, overwhelmed

Ko'zi yetmoq (lit. one's eye reaches) – capable of understanding or achieving

Qo'l berish – to help or support

Yuragi orqaga tortmoq – to feel fear or hesitation

Both languages metaphorically associate the heart with emotions and kindness. Head is often linked with intellect or control, and eyes with awareness or attention. However, Uzbek somatic idioms often reflect more culturally embedded expressions (e.g., ko'ngil – a complex



term for heart/spirit), indicating a more spiritual interpretation of the inner world compared to English's pragmatic expressions.

The analysis shows that while both languages share universal metaphorical concepts, cultural context greatly influences idiom usage. In Uzbek, the heart (ko'ngil, yurak) is not only an emotional center but also reflects moral and ethical values. In English, the metaphor is often more behaviorally or socially grounded.

These differences highlight how somatic idioms encapsulate cultural values, mentalities, and the linguistic worldview of each community. The anthropocentric nature of language is evident in how bodily imagery is used to convey internal human experiences.

Somatic phraseological units serve as a mirror to the human inner world, revealing how emotions, thoughts, and experiences are conceptualized across cultures. This study demonstrates that while there is a universal tendency to use the human body metaphorically, the specifics of these metaphors are deeply rooted in cultural and linguistic traditions. Understanding these expressions enhances cross-cultural communication and linguistic awareness.

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