



PSYCHOLINGUISTIC STUDY OF EMOTIONAL- PSYCHOLOGICAL STATES

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Abstract. This text explores the significant influence of the speaker's attitude towards reality, the interlocutor, and the speech situation on the expression of emotions in communication. It examines how emotional states manifest through physiological, psychological, and linguistic signs, emphasizing the interplay between direct and conceptualized expressions of emotions. Using examples from Uzbek literature and daily interactions, the study illustrates the crucial role of context, relationships, and situations in shaping emotional communication. The findings highlight the complexity of emotional expression and the importance of understanding both verbal and non-verbal cues to achieve effective communication.

Keywords: emotion, communication, speech context, speaker's attitude, psychological state, linguistic tools, non-verbal cues, direct expression, conceptualized expression

Introduction

The expression of emotions in communication is a multifaceted process influenced by various factors, including the speaker's attitude towards reality, the interlocutor, and the speech situation. These elements shape how emotions are conveyed and understood, impacting the overall effectiveness of communication. This text delves into the intricate relationship between emotions and communication, highlighting the role of context, the dynamics between interlocutors, and the significance of specific situations. By examining examples from Uzbek literature and real-life interactions, we gain insights into the ways emotional states are expressed through both linguistic and non-linguistic means. Understanding these nuances is essential for fostering meaningful and successful communication.

The main part

The expression of emotion in communication is significantly influenced by the speaker's attitude towards reality, the interlocutor, and the speech situation.

1. The Speaker's Attitude Towards Reality. A person's attitude towards reality is reflected in their character and also influences the characteristics of their speech. For example, individuals who constantly complain about reality, life, and other people will reflect these emotions and attitudes in their speech.

Hissiyotlar insonning dunyoga bo'lgan qimmatli munosabatini o'z ichiga oladi. Bu hodisalar o'z-o'zini anglash, belgilash bilan bog'liq bo'lib, shaxsning motivatsion sistematikasini tashkil qiladi. Hissiy reaksiyalar va holatlar shaxsiy individuallik haqidagi tushunchani shakllantiradi. Reaksiya shaxsning voqelikka munosabati haqida signal sifatida xizmat qiladi [6, 81]. In the story "People walking in the moonlight" the main character, Qoplon, is ashamed of his childlessness and constantly tries to avoid arguing with people during conversations, often agreeing with his interlocutors. He fears that if he gets into a dispute, someone might bring up his childlessness, so he consistently takes on a conciliatory role in interactions. This behavior is closely tied to Qoplon's inner psychological state.

Tokaygacha odamlar qoboq-tumshug'iga qarab kun ko'radi? Yo shunday o'tib keta beradimi? Umri oxirigacha-ya? Og'ziga kuchi yetgan bor, yetmagan bor. Bir kun emas bir kun, biroq bilan gapi chap tushadi. Yuziga aytadi... Shunda nima degan odam bo'ladi? Ko'za kunda

sinmaydi, kunida sinadi! Mana, necha yilkim, mung'ayib kun ko'radi. El-yurt bilan muloqot qilsa, gap ketishiga qarab turadi. Birov bir bema'ni gap gapirsa:

– Sizniki ma'qul, – deya bosh iring'aydi. Bordi-yu, shu gapni boshqa birov inkor etsa:

– Sizniki-da ma'qul, – deydi. Inkor etmaydi, e'tiroz-da bildirmaydi. Hayot ketishi, kun o'tishini poylaydi. Tokaygacha? (Tog'ay Murod, "People walking in the moonlight")

In this scenario, the speaker's attitude towards the entire world is manifested in Qoplon's frequent use of the phrase "I agree with you." For Qoplon, neither the identity of his interlocutor, the topic of conversation, nor the situation itself holds any significance. Due to his psychological state, Qoplon feels compelled to agree with everyone, which results in the consistent use of the same linguistic tools and adherence to certain patterns in his communication.

2. In communication, the relationship between the interlocutors is also significant in reflecting emotions. The level of closeness between the interlocutors, as well as their positive or negative attitudes towards each other, influences the expression of emotions, which in turn is manifested in the choice of linguistic tools.

3. At this point, it is also necessary to highlight the importance of the situation. In some cases, the influence of a specific situation may outweigh a person's general attitude toward the world or the interlocutor. The individual's reaction to the situation takes precedence. The expression of emotions through language, when evaluating the situation, is assessed from the perspective of the situation itself.

In communication, the means by which emotions are expressed are determined by the recipient's state, while in text, the expression tools serve the author's purpose. In literary texts, the emotional-psychological state of a character is revealed through linguistic tools chosen by the author and in the way the author depicts the character. For example, linguistic markers such as *qo'rqib ketdi* "got scared," *hayratlandi* "was astonished," and *sevindi* "was happy" reflect emotional states. In oral communication, in addition to the linguistic units used by the participants, extralinguistic tools specific to the interlocutors—such as eye contact, facial expressions, and body movements—also convey emotional-psychological states.

When emotions are expressed, physiological, psychological, and linguistic signs occur simultaneously. The influence of emotions can lead to physiological changes such as accelerated breathing, dry mouth, trembling lips, increased heart rate, and cold hands and feet. Alongside these, changes in voice tone, pitch, and intonation, as well as the selection and use of language units that express emotions, also occur. It is worth noting that even if a person is under the influence of emotions, they may not alter their speech; in such cases, they can manage their psychological and linguistic aspects. However, they often cannot control physiological signs.

In any situation, in addition to having emotional behavior and activity motives, emotions can sometimes become a factor that organizes activities or, conversely, disrupts them. If emotional states become excessively strong or weak, in other words, if their balance is disturbed, the goal-oriented nature of a person's activities is compromised. As a result, objects are incorrectly perceived, they are not interpreted objectively, and logical errors are made in their assessment [2, 120]. In communication, the emotional state of the interlocutor is of particular importance. Emotions can significantly influence the outcome of the conversation, determining whether it proceeds positively or negatively and whether the communicative goals are achieved or not. Strong negative emotions can abruptly halt communication. Therefore, emotional factors play a crucial role in the effectiveness of communication.

During emotional experiences, a person's speech rate changes. Often, the syntactic structure of speech is disrupted, its pace and significance are altered. Research has shown that the voice of a person expressing feelings of sadness and melancholy unintentionally lowers, and their speech becomes fragmented [5, 236]. Such physiological conditions affect the fluency, pace, and content of speech. As a result, interruptions in conversation may occur between interlocutors, leading to ineffective and unsuccessful communication.

Sources in psychology recognize several functions of emotion: evaluative, signaling, motivating, protective, regulatory, and communicative functions [7, 163].

According to J. Forgas's research findings, during conversations on emotional topics in socially difficult situations, sad or distressed interlocutors used more gentle and polite words compared to their happy counterparts [3].

Emotions (a) are conceptualized in languages through various word forms, both literal and figurative meanings, (b) can be directly expressed using prosody, morphology, syntactic constructions, and figurative speech, and (c) serve as a foundation for language processing, its ontogenetic and phylogenetic genesis, and development [1].

In communication, a person's emotional and psychological state is expressed through various linguistic and non-linguistic means. Linguistic tools that convey emotional states include positively or negatively connotated words, interjections, incomplete sentences, interrogative sentences, rhetorical questions, repetitions, unintelligible speech, quasi-communication, and others.

Ed Fullen, examining the relationship between emotions and linguistics, notes that emotions can be expressed in two forms in speech: "People are capable of conceptualizing not only their own feelings but also those of others, and in this respect, cognition serves as an intermediary between language and emotion. However, a speaker can directly express their emotions through language, resulting in what is known as expressive (also called emotive or affective) language" [1]. In the author's view, the direct manifestation of emotion is achieved through interjections. When emotions are expressed in a conceptualized manner, the emotion is first felt by the person and then conceptualized in their mind. During this process, cognitive activities occur, and the felt emotions are verbalized and integrated into language. For example, if a person wants to express regret about an event, a direct expression of emotion might be a sigh with an "Eeh." In contrast, a conceptualized expression of emotion involves cognitive analysis of the event, resulting in a verbal expression like, "You shouldn't have done that."

We observe the reflection of emotions in both forms in Uzbek communication.

The emotional and psychological states are evident in Ikromjon's speech when he hears that his son has fled from the war:

Ikromjon boshini sarak-sarak qildi. Jahl bilan ko'kragiga mushtladi. Mushti qattiq bir nimaga tegib og'ridi. Engashib, ko'kragidagi ordenni ko'rdi. U orden olganini unutib qo'ygan edi. Jon holatda ordenini ko'ksidan yulib oldi.

– Ol, olib qo'y, Toga. Taqishga haqqim yo'q.

– Jinni bo'lma!

– Ha, shunday! Bosh ko'tarib qishloqda yurishga ham haqqim yo'q! odamlarning yuziga qanday qarayman? Nima degan odam bo'ldim endi? **I-ix!** Qani endi, u yaramas shu topda oldimda bo'lsa, tilka-pora qilsam, bo'g'ib o'ldirsam! (Said Ahmad, "Ufq", 289-bet)

In the given example, we observe that the emotional state is expressed through both linguistic and non-linguistic means. The exclamation "I-ix!" used in Ikromjon's speech serves as an example of the direct expression of emotions: Additionally, the conceptualized expression of



emotions is evident in the statements: " *Bosh ko 'tarib qishloqda yurishga ham haqqim yo 'q! Odamlarning yuziga qanday qarayman? Nima degan odam bo 'ldim endi? Qani endi, u yaramas shu topda oldimda bo 'lsa, tilka-pora qilsam, bo 'g'ib o 'ldirsam!*" Additionally, the expression of emotions through non-verbal means is evident in the actions: "shaking his head" and "pounding his chest with anger." These actions demonstrate the physical manifestation of his emotional state.

Conclusion

In conclusion, the expression of emotions in communication is a complex interplay of physiological, psychological, and linguistic factors. The speaker's attitude towards reality, the relationship between interlocutors, and the specific context of the conversation all significantly influence how emotions are conveyed and perceived. The study of emotional expression, both direct and conceptualized, underscores the importance of recognizing and interpreting verbal and non-verbal cues. Effective communication relies on the ability to understand and respond to these emotional signals, enhancing mutual understanding and connection. As demonstrated through examples from literature and daily life, mastering the art of emotional communication is crucial for achieving successful and meaningful interactions.

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