

# Linguistic Units Representing Emotional And Psychological States In Uzbek Explanatory Dictionaries

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**Abstract:** This study examines the linguistic representation of human emotional and psychological states in the Uzbek language, drawing on explanatory dictionaries as empirical material. Emotional and psychological states, arising from the complexity of the human psyche, are expressed through multiple linguistic mechanisms, including nouns, adjectives, verbs, idiomatic expressions, and stylistic devices such as metaphor and metonymy. Linguistic tools conveying these states are categorized into direct and indirect expressive means, with further subdivisions reflecting their semantic and contextual nuances. The study emphasizes the intricate interplay between lexical, grammatical, and stylistic layers in conveying human emotions and highlights the challenges of formal classification within linguistic and psychological frameworks.

**Keywords:** Uzbek language, emotional states, psychological states, explanatory dictionaries, linguistic representation, expressive means, direct and indirect expression, lexical and grammatical means, stylistic devices, metaphor, metonymy, semantic classification, psycholinguistics.

**Introduction:** Human emotions and psychological states constitute a fundamental aspect of personal experience and communication. Language serves as a primary medium through which these internal experiences are externalized. The complexity of the human psyche, combined with linguistic awareness and the specific characteristics of expressive means, renders the study of emotional and psychological expression a significant and challenging domain in linguistics (Vygotsky, 1934; Ibragimov, 2019).

Despite extensive research, no universally accepted classification exists for linguistic units expressing emotional and psychological states (Apresyan, 1995). This gap highlights the need for systematic exploration of lexical, morphological, syntactic, and stylistic means that encode emotions and psychological experiences in language. This study focuses on the Uzbek language and examines explanatory dictionaries as primary sources for identifying and categorizing these linguistic units.

Linguistic resources conveying emotional and psychological states can be divided into two primary categories: direct and indirect expressive means

(Shmelev, 2003). Direct means typically include nouns denoting emotional or psychological states, along with verbs, adjectives, and derived morphological forms that share correlated semantic features. These units enable precise lexical representation of emotions.

Indirect expressive means, in contrast, encompass a broader array of linguistic tools, including verbs, idiomatic expressions, and collocations that convey emotional meaning through contextual, physiological, or associative features. The primary distinction between direct and indirect means lies in their functional scope: direct units provide explicit naming of emotions, while indirect units rely on context and accompanying cues to convey emotional content (Apresyan, 1995; Karimov, 2015).

A subset of lexemes forms an emotional-semantic core, encompassing units that express emotional and psychological meaning more broadly than lexemes denoting discrete emotions (Wierzbicka, 1992). These units enhance linguistic expressiveness by providing contextual, associative, or figurative representations of internal states. Ibragimov and Nurmatov (2017) argue that such units “reflect an individual’s inner

psychological state through contextual usage, enhancing the expressive potential of language” (p. 102).

Certain lexemes do not inherently denote emotional states but acquire psychological significance in context. For example, speech verbs (e.g., aytmoq, javob bermoq) and motion verbs (e.g., bor-, chop-, tur-, o'tir-) can convey emotional nuances when used within specific syntactic or narrative structures (Karasik, 2002; Aliyev, 2017).

In addition to lexical and grammatical mechanisms, stylistic devices such as metaphor, metonymy, and prosodic techniques (e.g., pauses, repetition) play a crucial role in representing complex psychological states (Lotman, 1998). Metaphors, in particular, often animate human traits, natural phenomena, or inanimate objects, enabling nuanced representation of internal experiences. In literary and explanatory dictionary contexts, metaphorical expressions are frequently adapted or creatively modified to enhance expressiveness and reader impact.

The study employs a descriptive-analytical approach, using Uzbek explanatory dictionaries as primary sources. Lexical units expressing emotional and psychological states were identified, categorized, and analyzed based on their semantic content, morphological structure, and contextual usage. Units were classified into direct and indirect expressive means, with further subdivisions for emotional-semantic core units and context-dependent lexemes. Literary examples were included to illustrate the role of stylistic devices in conveying complex internal states.

Directly expressive units primarily include nouns denoting emotions and psychological states. These nouns form word-formation paradigms, generating verbs, adjectives, and other derived forms that allow flexible representation of internal experiences. Examples include:

- **quvonch** → **joy/happiness; derivatives: joyful, rejoiced, to make happy, to feel joy, content/satisfied**
- **tashvish** → **worry/anxiety; derivatives: anxious, to cause worry, uneasy, to become worried**
- **dahshat** → **fear/terror; derivatives: terrifying, to be struck with terror, from terror**
- **umidsizlik** → **despair/hopelessness; derivatives: hopeless, to fall into despair, to become hopeless**

Saidov (2016) emphasizes that nouns directly naming emotions constitute the central tools for analyzing psychological states (p. 71).

Adjectives derived from these nouns further describe emotional qualities and states. For instance:

- **Asabiy** – stress or tension; collocations: “asabiylashmoq,” “asabiylashgan holat”

- **Hayron** – astonishment; collocations: “hayron qoldi,” “hayron bo'lish”

Verbs and clauses expressing internal emotional experiences (e.g., his qilmoq, sezmoq, boshdan kechirmoq) form a specialized subgroup within direct expressive means.

#### Indirectly Expressive Units

Indirectly expressive units are more diverse and encompass lexical items that do not denote emotional states explicitly but convey them through associated physiological reactions, context, or quality features of experience. For example, facial blanching or bodily tension may indicate fear, grief, surprise, or excitement, depending on contextual interpretation.

Idiomatic expressions and collocations also play a critical role. Examples include:

- **Ko'zlari qonga to'lgan** – fear or anger
- **Sochi tik turdi** – astonishment, fear, or intense excitement
- **Boshidagi fikrlar teskari bo'ldi** – internal confusion and psychological conflict

In these cases, the semantic meaning of the expression derives from contextual and cultural conventions, often mediated by literary or rhetorical techniques.

#### Stylistic Enhancement of Emotional Expression

Metaphor and metonymy allow the externalization of internal states by attributing human qualities to objects, phenomena, or abstract entities. Repetition, syntactic variation, and prosodic pauses further intensify emotional impact. For instance, in literary narrative, the description of fear or astonishment may combine visual imagery, pause, and internal monologue to convey the intensity of the experience: “Verandada hukm surgan sukunatning chuqurligini o'lchash qiyin edi. Hatto ofitsiantlardan birining pivosi egilgan krujkadan erga qanday oqayotganini ko'rish mumkin edi.”- “It was impossible to measure the profound stillness that reigned over the Veranda. One could even watch the beer slowly spilling from a tilted mug in the hands of one of the waiters, trickling onto the floor.”

Such constructions demonstrate the interplay of lexical, syntactic, and stylistic resources in representing complex psychological states.

#### Integrated Representation of Emotional States

The analysis shows that fully expressing human psychological states requires an integrated approach that combines direct lexical units, context-dependent

indirect units, and stylistic devices. Nouns and adjectives denote emotional states directly; verbs and clauses convey internal experiences; idiomatic expressions and tropes enhance emotional coloring and intensity. The absence of a single universal tool underscores the interdisciplinary challenge of formalizing emotional expression, requiring both linguistic and psychological expertise (Yo'ldoshev, 2020).

The findings confirm that linguistic expression of emotional and psychological states is a multifaceted phenomenon. Direct expressive units provide lexical precision, while indirect and stylistically mediated units allow nuance and context-dependent interpretation. Emotional-semantic core units play a central role in bridging lexical meaning and pragmatic usage, reflecting both cognitive and affective dimensions of human experience.

Moreover, historical and idiomatic expressions demonstrate the dynamic nature of emotional representation in language, requiring knowledge of lexicon, cultural conventions, and rhetorical strategies for accurate interpretation. This highlights the complementary roles of linguistics and psychology in analyzing emotions: linguistics provides formal and structural tools, whereas psychology contextualizes and interprets the subjective experience.

This study demonstrates that the Uzbek language employs a complex system of linguistic tools to represent human emotional and psychological states. These tools can be broadly categorized into direct and indirect expressive means, with additional subdivisions reflecting emotional-semantic cores and context-dependent nuances. Literary and explanatory dictionary examples illustrate the essential roles of metaphor, idiomatic expressions, and syntactic structures in conveying intensity, nuance, and variation in emotional experience.

The analysis underscores the importance of an integrated approach, combining lexical, morphological, syntactic, and stylistic resources, for a comprehensive understanding of emotional expression. While no single universal tool exists to represent emotions fully, the combination of multiple linguistic layers allows precise and nuanced depiction of human psychological states, reflecting the intertwined nature of language and emotion.

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