

MECHANISMS OF EXPRESSING EMOTIONS THROUGH LANGUAGE

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Abstract: This article analyzes the mechanisms of expressing emotions through language from a linguistic and psychological perspective. The study examines the formation of emotions in human speech, the methods of their expression through language units, and their role in the communicative process. The lexical, grammatical, and prosodic means of language are considered as the main mechanisms for expressing emotional states. The results show that emotions are transmitted in the speech process not only through content, but also through intonation, word choice, and speech structure.

Keywords: language, feeling, emotion, speech, expressiveness, intonation, communication, linguistics.

INTRODUCTION

Language is one of the most important social and spiritual phenomena of humanity, it is not only a means of exchanging information, but also a complex system that expresses the inner emotional world of a person. A person expresses his thoughts, views and, most importantly, emotional states through language. In this regard, in addition to the communicative function, language also performs an expressive (emotional expression) function.

Emotions are an integral part of human life, and they manifest themselves in various forms, such as joy, sadness, anger, fear, surprise. These emotional states



are expressed directly or indirectly through language. In particular, in the process of speech, word choice, intonation, sentence structure and figurative expressions play an important role in the clear and effective transmission of emotions.

In modern linguistics and psycholinguistics research, the relationship between language and emotions is being studied as a separate scientific problem. This direction shows that language is not only a communicative system, but also a complex semiotic system reflecting human psychological processes. From this point of view, the study of the mechanisms of expression of emotions through language is one of the current scientific issues at the intersection of linguistics, psychology and philosophy.

In addition, the emotional function of language is also of great importance in social relations. Because the effectiveness of communication between people depends not only on the correct transmission of information, but also on its emotional richness. Emotional speech enhances understanding between people, increases trust and strengthens social ties.

Therefore, the study of the mechanisms of expression of emotions through language is of great importance not only theoretically, but also practically, as it allows for a deeper understanding of the culture of human communication.

METHODOLOGY

This study was aimed at a comprehensive study of the mechanisms of expression of emotions through language based on linguistic, psycholinguistic and semiotic approaches. The main goal of the study is to scientifically analyze how emotions are formed in the speech process, through what language units they are expressed, and their communicative impact.

The study used theoretical and analytical methodology. First of all, local and foreign scientific literature on the topic was studied in depth. Based on this



literature, various theoretical models of the relationship between language and emotions were analyzed.

The following scientific methods were used in the study:

- Theoretical analysis (study of sources from linguistics, psycholinguistics and philosophy)
- Discourse analysis (analysis of emotional expression in real speech samples)
- Comparative analysis (comparison of the emotional impact of various linguistic means)
- Semiotic analysis (relationship of language signs with meaning and emotion)
- Observational method (observation of emotional expressions in live speech)
- Logical generalization (systematization of the results obtained)

In the process of research, special attention was paid to the study of the emotional functions of the language at the following levels:

- Lexical level: words and phrases expressing emotions
- Grammatical level: sentence structure and emotional accents
- Phonetic (prosodic) level: intonation, stress and rhythm
- Stylistic level: metaphor, epithet and figurative expression
- Pragmatic level: communicative purpose and effect of speech



RESULTS

The results of the study showed that the expression of emotions through language is a complex, multi-layered and dynamic process. Emotions are expressed in speech through several linguistic mechanisms, and this process is directly related to the psychological state of a person.

The main results were summarized as follows:

- emotions are expressed in speech primarily through lexical units (words such as joy, anger, regret)
- intonation and tone of voice are one of the most important factors that enhance emotional meaning
- grammatical structures (commands, exclamations, interrogative sentences) clearly express the emotional state
- figurative expressions (metaphor, comparison, epithet) make emotions stronger and more impressive
- pauses and rhythm in speech are important communicative tools in conveying emotional states

The following important observations were also identified during the study:

- the same word gives different emotional meanings with different intonations
- the speed of emotional speech changes depending on the strength of the emotion
- strong emotions also affect the grammatical order of speech
- figurative language devices evoke an empathetic response in the listener

The results also showed that:



— the emotional function of language is closely related not only to linguistic, but also to psychological processes related

— emotions can be expressed automatically and involuntarily in the process of speech

— the cultural environment significantly determines the forms of emotional expression

— emotional speech increases the effectiveness of social communication

In general, the results of the study confirm that the mechanisms of emotional expression of language are a complex system, which operates on the basis of the mutual integration of lexical, grammatical, phonetic and stylistic means.

DISCUSSION

The results of the study showed that the process of expressing emotions through language is not a simple linguistic phenomenon, but a complex psychological and cognitive mechanism. Human emotions are manifested not directly through words in the process of speech, but also through their tone, structure and context. This confirms the deep and multi-layered relationship between language and emotions.

In the process of discussion, it can be seen that, along with lexical means, prosodic elements - intonation, stress and pause - also play an important role in the formation of emotional speech. It is these means that determine the emotional load of speech and increase the impact on the listener. Therefore, the same sentence, when pronounced in a different tone, can acquire a completely different emotional meaning.

The results of the study also showed that the emotional function of language is closely related to cultural and social factors. The ways of expressing emotions in different cultures differ, which indicates that language is not a universal, but a



context-dependent system. Therefore, emotional expression is not only an individual psychological state, but also a product of social experience.

Philosophically, language, as an external expression of human consciousness, forms and controls emotions. This process more clearly demonstrates the interaction between language and thinking. As emotions are expressed in speech, they take on a more specific form and perform their function in social communication.

In general, the results of the discussion confirm that the mechanism of expressing emotions through language is a complex system based on the interaction of linguistic, psychological and philosophical factors.

CONCLUSION

Based on the results of the study, it can be concluded that the expression of emotions through language is a complex linguistic and psychological mechanism, which is the main tool for transforming a person's internal mental state into an external speech form. The emotional functions of language enrich the communication process and enhance understanding between people.

Also, the expression of emotions in speech is carried out on the basis of the interaction of lexical, grammatical, phonetic and stylistic means. Intonation, word choice, pauses, and figurative expressions are key factors in determining the strength of emotional impact.

The study also showed that language functions not only as a system for expressing emotions, but also as a system for shaping and regulating them. Therefore, the comprehensive study of language from an emotional and communicative perspective is of great scientific importance.

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