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## **METAPHORICAL CONCEPTUALIZATION OF EMOTIONS IN TYPOLOGICALLY DIFFERENT LANGUAGES: INSIGHTS FROM CONTEMPORARY PSYCHOLOGY**

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### **Abstract:**

The deep relationship between language and thought has always attracted researchers. In particular, on the basis of the fields of modern psychology and Linguistics, there is a special connection between emotions and their expression through language, between the categories that are formed in our minds and their metaphorical concept. Emotions are expressed in each language in their own way: their forms of expression, symbolic manifestations, and reflection in the mind are closely related to the culture, mentality, and psychological worldview of society. Under the influence of the directions of modern psychology, the role of linguistic and cognitive approaches in the perception and interpretation of emotions is increasing. Each language owner enriches speech activity with the help of various metaphorical concepts that cover his emotional experiences, manifest a system of knowledge about the world.

**Keywords:** metaphor, thinking, language, emotions, metaphorical concepts, psychology, cognitive approach, society, culture.

Metaphor, as one of the main tools in human thought, is important in the regulation, Assembly and expression of emotional experiences, the concepts associated with them, in the mind. Emotions are usually complex, multifaceted aspects of human experience, in the process of which activity, environment and internal experiences combine to form a specific conceptual space and structure in our mind. The process of expressing emotions in speech, in turn, expands and deepens through metaphorical thinking. When the linguistic system of different peoples is analyzed typologically, it is revealed that each society has its own directions in the perception,



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understanding and expression of emotions. As metaphorical concepts related to emotions are typologically analyzed in research, it can be seen that the customs, mental values and psychological characteristics of each people are reflected. For example, in some languages, emotional experiences are interpreted as more related to body parts, such as the heart, head, blood, or other organs. In some cases, emotions are viewed in connection with natural phenomena, physical processes, social phenomena. Metaphors for emotions come from the real and imaginary experiences of a person, the collective experience of communication, Customs and religious beliefs. Modern psychology approaches the category of emotions and their expression through language from a new perspective. In psychology, emotions are usually imagined in terms of physical phenomena such as energy, force, pressure, flow, and weight. For this reason, many languages have their own forms of expression of the senses, which in many cases make extensive use of metaphorical language. The expression of emotions through metaphors, first of all, makes it convenient for a person to convey his state and inner world to other people. Through this, members of the society can understand and sympathize with each other's experiences.[1]

The metaphorical concept of emotions began to be explored further as a result of cognitive linguistic advances in the field of language. According to the cognitive approach, the perception and management of emotions of each language owner depends on his life experience, psychological state and cultural values. In different languages, both the same metaphors and completely different images and symbols can be used to express emotions. For example, in some languages, grief is expressed in accordance with black color or night, in some with weight, pressure, or bruise, while in some these tones may be described as light, wind, or light blowing. At the same time, in many languages, special concepts of feelings such as happiness, joy, love, fear have acquired originality and have developed in a monad way into different historical-cultural processes in each language. The formation and development of the metaphorical concept of emotions is directly influenced by social facts, culture, traditions, psychological climate of the people. The development of society, social relations, communication mechanisms, the content and function of social institutions also have their influence on this process. Modern research by



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linguists and psychologists is studying language and thought systems, the conceptual structure of emotional experiences, and changes in the structure of consciousness. Therefore, the issue of the expression of the phenomenon of emotion in modern language and its metaphorical conception is one of the most pressing scientific problems today.[2]

The science of psychology is developing new strategies for communicating these experiences through language, giving a modern interpretation of the relationship of thinking and feeling, the ability of a person to realize, control and express his own feelings. Since emotions form a fundamental part of human life, the role of language in this process, its conceptual system, the richness of language tools and the system of metaphors expressed through them are of great importance for scientific research. Language embodies almost all impressions, emotional reactions and their colorful dialectic. And the conceptualization of emotions is a mirror of human thought. On this basis, the collected ahborot develops its conceptual system, forming a new image and structure. The concept of emotions and its linguistic expression are manifested differently in each society. This is primarily due to the diversity of cultural, traditional, and linguistic means of expression, as well as the psychological forms of society. For example, in some languages, happiness is expressed by elements such as light, heat, light, and in some languages through images such as spring, flowering or flight into the sky. Also, emotions such as grief, sadness or fear are metaphorically reflected in some hawks with symbols such as darkness, cold, heaviness or inferiority, depth. These situations arise in relation to the typological characteristics of each language as well as its cultural context. The linguistic expression of emotions and their formation in the mind are directly related to national thinking, the psychology of society, and the worldview of people.[3]

Modern psychology has developed a number of scientific approaches to the analysis of the phenomenon of emotions and their metaphorical concept. According to cognitive psychology, emotions serve as a special unit for a person, a means of communication and communication of important information. Each emotion is, in fact, a branch of a complex conceptual system that concerns the role of a person in society, his interaction with the environment and his cultural worldview. Linguistic scholars analyze this process through linguoculturological categories that are



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decided by the sum of values related to the environment, lifestyle and group. In each nation, emotions, their forms of expression, metaphorical manifestations, conceptualization process, structure and semantic content are manifested in different ways. According to psychological approaches, emotions are one of the most important and constant driving factors of speech activity. The concept of emotions, in general, is assessed as the main qualities of a person's psychic life and interaction with the outside world, the central element of his thinking. The metaphors of emotional experiences are deeply embedded in the language system. Through metaphors, a person expresses complex aspects of mental-psychological states in simpler and socially acceptable forms. As a result, this process becomes important in communication.[4]

Society and Personality Psychology also play an important role in the perception of emotions. A person uses effective approaches to modern psychology in expressing his own experiences or understanding the experiences of others. On the basis of cognitive and linguistic conceptualization methods, emotional images and content are classified into different linguistic and psychological categories. This, in turn, forms a system of special associations, images and emotions in the human psyche. One of the main principles of the metaphorical concept is the expression of the inner world of a person through gradual and diverse linguistic means. In the expression of emotions, the colorfulness of the language system, its richness in content and semantics, the social importance given to emotions in society are significantly manifested. This ensures that the typological identity of each language, closely related to national thinking and psychological worldview, is reinterpreted from both a linguistic and psychological point of view by the reality that surrounds a person and the process of understanding him. Metaphors regarding emotions indicate the psyche and system of thinking of society. This process evolves in its own way in each linguistic environment and culture. Emotions and their means of verbal expression have always been of particular importance for linguoculturological and psychological research. In today's global cultural environment, each person absorbs the concepts of emotion in different languages and cultures, enriching them with the help of linguistic and metaphorical means. As a result, new metaphorical concepts,



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new means of expression are widely used in the activities of managers, linguists, psychologists, as well as representatives of other spheres.[5]

This process has important advantages in the conceptualization of emotions and the promotion of their modern psychological interpretation. This provides a solid ground for Human Development, Information Exchange, social integration, and intercultural communication. Emotions regarding the representative of each language and culture are manifested through the richness of linguistic means, metaphorical interpretations assigned to them, lexical-semantic and associative connections. By identifying the connections between these processes, modern psychology, linguistics, and cognitive sciences are providing the basis for many scientific conclusions and new approaches.[6]

### Conclusion:

In conclusion, since the metaphorical concept of emotions in typologically different languages is analyzed from the point of view of modern psychology, for each representative of language and culture, this process acquires originality. The psychological and cultural values, historical experience, psyche and linguistic system of each society are the main factors in the formation of this process. The metaphorical concept of emotions is manifested as an important tool in the development of the world of human thought, speech and emotion, the exchange of information in society and the improvement of communication efficiency. Modern psychological and linguistic approaches, on the other hand, serve as one of the main scientific and methodological platforms in the deep study, analysis and realization of human thinking, psychological worldview of this process.

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