

STORIES, ANECDOTES, JOKES

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Abstract. *This paper examines the role and functions of stories, anecdotes, and jokes in human communication from a scientific perspective. Stories provide structured narratives that transmit cultural knowledge and shape social identity. Anecdotes, while shorter and more personal, often serve as informal evidence or examples in discourse. Jokes rely on humor mechanisms such as incongruity, exaggeration, and timing to generate laughter and strengthen social bonds. The study highlights psychological, linguistic, and sociocultural aspects of these narrative forms and discusses their influence on memory, persuasion, and group dynamics.*

Keywords: *Narrative. Humor. Social communication. Cognitive psychology. Cultural context. Storytelling. Anecdotal evidence.*

Narratives play a crucial role in human communication. Among the most common forms are stories, anecdotes, and jokes, each serving different communicative purposes. Understanding them scientifically provides insight into cognition, culture, and interpersonal relationships. Stories are organized narratives containing characters, events, conflict, and resolution. Many scientists argue that humans are “storytelling beings,” meaning we make sense of the world by turning experiences into narrative form. Main Functions of Stories .Using stories that reflect traditions or beliefs you want to pass on for example:Folktales like Cinderella teach values such as kindness and fairness. Enhancing memory and comprehension.When learning something new, turn the information into a short story.Students remember historical events better when taught through a narrative about a key figure. Teaching moral lessons,Include a clear message or moral at the end, for example:Aesop’s fable “The Boy Who Cried Wolf” teaches the importance of honesty. Strengthening social identities ,share stories that highlight group achievements or shared history.For example: Family stories passed down through generations create a sense of belonging and identity.

Anecdotes are short, personal accounts used to illustrate a point. They are persuasive because they feel real and relatable—even when not scientifically strong. Short and personal anecdotes ,keeping anecdote brief—2–3 sentences are enough,for exampmle: “I once met a doctor who said the best way to reduce stress is to take short breaks throughout the day.Intended to illustrate a concept. Using an anecdote right before introducing the main idea. Before discussing time management, a teacher might say, “When I was a student, I often left assignments to the last minute, and it always caused stress.”Enhances persuasion

in conversations. Appeals to emotions rather than statistics, focus on feelings fear, joy, surprise to make your point stronger. Jokes usage of humor to provoke laughter and connect people. Research shows that humor activates the brain's reward system and improves emotional well-being. Types of jokes :Incongruity jokes, create a surprising twist.[4]

Wordplay and puns come up a lot in funny moments. The main tip here is to go for words that carry double meanings. For instance, a person could say, I am reading a book on anti-gravity. It is impossible to put down Slapstick humor relies on over the top physical stuff. You want to show exaggerated actions or those silly accidents that make people laugh. Think about classic bits where someone slips right on a banana peel. Dark or ironic humor needs a careful touch. It works best for audiences that can handle mature themes. One good line goes like this. The early bird gets the worm. But the second mouse gets the cheese. Stories, anecdotes, and jokes play a big role in how we remember things, feel emotions, talk to each other, and build social ties. They really help shape the way we understand information and connect with people around us. Stories and jokes can improve how well we retain memories. The tip is to change complex facts into short stories or add some humorous lines to them. Medical students tend to remember symptoms much better when they link them to a funny mnemonic. These elements also boost emotional engagement in a strong way. You should include feelings that people can relate to right in your narrative. A tale about a child's first day at school pulls in empathy almost right away. Jokes help reduce social tension pretty effectively. The tip is to bring in light jokes that help everyone relax.

Niels Bohr, a founding developer of quantum mechanics, had a horseshoe placed above the door to his office. When he was asked if he really believed it would bring luck, he said, "of course not". "Then why have it?" "Well it works whether you believe in it or not." Einstein and Bohr were having an intense discussion when they boarded a bus in Copenhagen.[2] They became so engrossed that they missed their stop and ended up going to the end of the line before they realized it. When asked by the driver were they getting off they said they had missed their stop and would have to go back in the other direction. On the way back, still talking furiously, they missed their stop again and ended up at the other end of the line. They again stayed on and kept talking. They would have gone past their stop again, but the driver stopped the bus and went back and interrupted them, and finally they got off, still talking with great animation. Talk about being absorbed in your topic. We know that the ancient Greeks liked a laugh from tantalising references to two lost books. In the first volume of Aristotle's *Poetics* (c. 335 BCE) he writes that in the second volume he will explore comedy and focus upon what makes things funny, but sadly this volume no longer exists.² Around the same time Philip II of Macedon (father of Alexander the Great) paid for someone to write down all of the jokes cracked in a social club in Athens so that he would have a handy book of quips, but again no trace of this remains.[1]

The Greeks did, however, produce the oldest joke book still in existence (*Philogelos* or 'Love of Laughter', sometimes called *The Jests of Hierocles and Philagrius*) was seemingly written by two men, Hierocles and Philagrius, about whom nothing is known and

is *probably* around 1,700 years old. It contains 265 jokes (although some are more or less identical) many of which work for a modern audience. For example, we have the first known ‘Doctor, doctor’ joke:

A man visited his doctor and said “Doctor, please can you help me? Every morning I feel dizzy for half an hour after waking up!” “Well,” said the doctor, “have you tried waking up half an hour later?”

Stories, anecdotes, and jokes, though different in structure and function, contribute significantly to social communication and cognitive development. Their study helps researchers understand how humans interpret information, express identity, and build relationships.

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