

THE FEATURES OF THE CONCEPT "HAPPINESS" IN PHRASEO-SEMANTIC FIELD

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Annotation: *This article contains information about the features of the concept of "Happiness" in the phraseological-semantic sphere, as well as information about the meanings of this word, phraseological units, semantic manifestations, and emotional and psychological effects.*

Key words: *“happiness”, phraseological units, semantic manifestations, luck, love, peace, misfortune, "light", "golden mean", "paradise", "flight"*

The concept of “happiness” in the phraseological semantic field is a multifaceted and polysemantic unit that reflects both individual and social ideas about a positive state of a person. "Happiness" is subject to debate on usage and meaning, and on possible differences in understanding by culture.⁴⁰ When analyzing the features of the concept of "happiness" in the phraseological-semantic sphere, it is possible to see how it is expressed and its meaning in language and culture is quite extensive. There are many phraseological combinations, expressions, proverbs and views about happiness, which reflect the attitude and understanding of the people towards happiness.

The word is mostly used in relation to two factors:⁴¹

the current experience of the feeling of an emotion (affect) such as pleasure or joy, or of a more general sense of 'emotional condition as a whole'. For instance Daniel Kahneman has defined happiness as "*what I experience here and now*".⁴² This usage is prevalent in dictionary definitions of happiness.

appraisal of life satisfaction, such as of quality of life. For instance Ruut Veenhoven has defined happiness as "overall appreciation of one's life as-a-whole."⁴³ "Happiness" is often used, in ordinary life, to refer to a short-lived state of a person, frequently a feeling of contentment: 'You look happy today'; 'I'm very happy for you'. Philosophically, its scope is more often wider, encompassing a whole life. And in philosophy it is possible to speak of the happiness of a person's life, or of their happy life, even if that person was in fact usually pretty miserable. The point is that some good things in their life made it a happy one, even

⁴⁰ Veenhoven, Ruut (2010). "How Universal is Happiness". In Diener, Ed; Helliwell, John F.; Kahneman, Daniel (eds.). *International Differences in Well-Being*. New York: Oxford University Press.

⁴¹ Wolff-Mann, Ethan (13 October 2015). "What the New Nobel Prize Winner Has to Say About Money and Happiness".

⁴² "Why Nobel Prize Winner Daniel Kahneman Gave Up on Happiness"

⁴³ Veenhoven, R. "Does Happiness Differ Across Cultures?".

though they lacked contentment. But this usage is uncommon, and may cause confusion.' Kahneman has said that this is more important to people than current experience.

The characteristics of the concept of happiness in the phraseological-semantic sphere include the following. Phraseological units and expressions: There are many phraseological units associated with happiness, for example:

"To be happiness", "To attain happiness", "To be happy".

These phrases express happiness in relation to a person's life and achievements.

Some usages can include both of these factors. Subjective well-being (swb) includes measures of current experience (emotions, moods, and feelings) and of life satisfaction. For instance Sonja Lyubomirsky has described happiness as *"the experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful, and worthwhile."*⁴⁴ Eudaimonia, is a Greek term variously translated as happiness, welfare, flourishing, and blessedness. Xavier Landes⁴⁵ has proposed that happiness include measures of subjective well-being, mood and eudaimonia.⁴⁶

Semantic manifestations of happiness include the following.

Happiness is not just a feeling or state that depends on external factors, luck, but has many semantic variations. Happiness can sometimes be understood as inner peace, spiritual satisfaction, or goal achievement. At the same time, there are also social and personal aspects of happiness.

In phraseology, one can single out expressions in which the concept of "happiness" interacts with other concepts, such as luck, love, peace, etc. Examples of phraseological units: "happiness in the hands", "to be on cloud nine", "happiness in reality", "happiness to be nearby".

Positive-negative perception of happiness is following. In the phraseological semantic field of "happiness" there are often contrasts with the concept of "misfortune", which opens up space for studying the attitude to life's difficulties and happiness as a phenomenon opposite to suffering.

Psychological aspect. The language often contains metaphors that associate happiness with specific images or states. For example, happiness can be described as "light", "golden mean", "paradise", "flight" - these images reflect a positive coloring and harmony.

The concept of happiness depends on the value system of a people. For example, in one country, happiness may be associated with family well-being, while in another it may be associated with career advancement or material wealth. These semantic differences can also be seen in linguistic expressions.

The following are examples of the emotional and psychological effects of the word happiness. Phraseological units related to happiness are often associated with a person's

⁴⁴ Kashdan, Todd B.; Biswas-Diener, Robert; King, Laura A. (October 2008). "Reconsidering happiness: the costs of distinguishing between hedonics and eudaimonia". *The Journal of Positive Psychology*. 3 (4): 219–233.

⁴⁵ Landes, Xavier (9 May 2019). "Kas ir laime?".

⁴⁶ "Why Nobel Prize Winner Daniel Kahneman Gave Up on Happiness".

mental state and mood. For example, Phrases like "happiness lit up one's face," "one's eyes lit up with happiness" describe happiness in a positive, upbeat way.

German philosophy professor Michela Summa says that the distinction between joy and happiness is that "joy accompanies the process through and through, whereas happiness seems to be more strictly tied to the moment of achievement of the process... joy is not only a direct emotional response to an event that is embedded in our life-concerns but is also tightly bound to the present moment, whereas happiness presupposes an evaluative stance concerning one period of one's life or one's own life as a whole."⁴⁷

The concept of happiness and misfortune. As an antonym of happiness, the concept of "misfortune" is also often found in phraseological units. Expressions that indicate the difference between happy and unhappy states, for example, "to lose one's happiness", "to be unhappy", are also widespread.

In conclusion, it can be said that the concept of "happiness" in the phraseological semantic field is enriched through various lexical, cultural and psychological layers, reflecting the diversity of perception of this state in the language. Moreover, the concept of "happiness" is broad and diverse in the phraseological-semantic sphere, arising from the worldview, mental state, personal and social values of the people. This concept is variable and is formed differently depending on the culture.

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