



COGNITIVE APPROACH IN MODERN UZBEK LINGUISTICS

Scientific advisor: **Panaeva Qunduz**
To'xtayeva Nargiza

Student of National University of Uzbekistan
<https://doi.org/10.5281/zenodo.19390995>

Keywords: *Uzbek linguistics, phrases, comparative method, conceptual knowledge, conceptual metaphors.*

This article looks at how cognitive approaches used in modern Uzbek linguistics. The study tries to find out how language is linked to thinking and experience. It checks how we perceive and understand things through language. It examines units that show how we think and process information. These units help us understand the meaning of words and how we communicate. The study uses examples from the Uzbek language to show how our thinking affects language. It shows how cognitive mechanisms shape the way we use language. The research is important because it helps us understand how language, thinking and culture are connected in Uzbek linguistics. The study of linguistics helps us see how our minds work with language and culture.

The way people think and understand things is really important in language studies these days. Language is like a window into how people think see the world and understand things. In Uzbek language studies this way of thinking helps us see how words and phrases show what is going on in our minds what we know about our culture and how we see the world. Cognitive linguistics is about how language our minds and our culture are connected and how we use language to make sense of the world. By using this approach, in Uzbek language studies we can learn more about what words mean how we think about things and how our minds work with language.

The research is based on the principles of cognitive linguistics and modern linguistic analysis¹. The materials of the study consist of lexical units, idiomatic expressions, and phraseological constructions taken from modern Uzbek language sources, including linguistic literature, scientific articles, and examples from everyday speech. These linguistic units were selected because they clearly demonstrate the connection between language, thinking, and cultural perception.

In order to analyze the cognitive characteristics of linguistic expressions, several research methods were applied. One of the main methods used in the study is the descriptive method². This method made it possible to describe and explain linguistic units that reflect cognitive meanings in the Uzbek language. Through this approach, different lexical and phraseological expressions were examined to determine how they represent human emotions, perceptions, and conceptual thinking. For example, the Uzbek expression "*ko'ngli ochiq inson*" describes a person who is kind, sincere, and honest. In this phrase, the concept of "*open heart*" symbolically represents positive personal qualities. The descriptive analysis helps to explain how such meanings are formed in language.

¹ Alimova D. Teaching English through English: Proficiency, Pedagogy and Performance. *Conference Proceedings: Fostering Your Research Spirit*, 2024. 179-192 p.

² Kholmurodova G. Cognitive Aspects of Lexical Ambiguity in Uzbek and English. Tashkent State University of Uzbek Language and Literature, 2020. 48-78 p.



Another important method used in the research is the semantic analysis method. This method allowed the study of the meanings of words and expressions from a cognitive perspective. Semantic analysis helps to reveal hidden conceptual meanings behind linguistic units. For instance, the phrase “*yuragi keng odam*” is used to characterize a generous and tolerant person. Here the lexical unit “*yurak*” (heart) does not only refer to a physical organ but also symbolizes emotional and moral characteristics. Through semantic analysis, it becomes possible to identify how abstract ideas are expressed through concrete lexical elements.

The comparative method was also used in order to identify similarities and differences between conceptual expressions³. In some cases, Uzbek examples were compared with similar expressions in other languages to demonstrate universal cognitive models. For example, the Uzbek phrase “*ko’ngli toza*” and the English expression “*pure heart*” both represent the idea of honesty and sincerity. Such comparisons help to show that many cognitive metaphors are shared across different cultures.

So, we also used a way to study how people really use words to mean things in talk. We looked at what people say in the situation they are in to see how they use words to show feelings what they think and what they believe in. For example when people from Uzbekistan talk to each other they often say “*ko’ngil qo’ymoq*” to show they really care about someone or something. This way of studying helps us understand how people use these words when they talk to each other and interact with each other in life⁴. Uzbek communication is full of these kinds of expressions. Studying them in context helps us see what they mean in Uzbek communication.

The combination of these methods made it possible to analyze linguistic data from different perspectives. As a result, the research provides a deeper understanding of how cognitive processes are reflected in modern Uzbek linguistic expressions and how language serves as a tool for representing human thought, cultural values, and conceptual knowledge.

The research found out that the way we think about things is really important when we study the Uzbek language today. This is because it helps us understand how language, thinking and culture are all connected. When we look at the Uzbek language, we see that many words and phrases show us how people think and feel and what they value. The cognitive approach helps us understand that language is not about following rules but it is also about how people see the world. The Uzbek language is an example of this because it reflects how people think about things and what is important, to them.

The analysis of linguistic examples shows that many Uzbek expressions are based on metaphorical thinking. For example, the phrase “*ko’ngli ochiq inson*” is used to describe a kind and sincere person. In this expression, the concept of “*open heart*” metaphorically represents honesty and friendliness. A similar cognitive model can be observed in English with the expression “*open-hearted person.*” This similarity indicates that some conceptual metaphors are universal and exist in different languages.

³ Mamatkulova F., & Abduvaliyeva, M. Modern Methods of Teaching English. *Conference Proceedings: Fostering Your Research Spirit*, 2025. 156-187 p.

⁴ Rashidova, G. Ingliz tili darslarida yozish ko’nikmasini o’rgatish jarayonida zamonaviy innovatsion texnologiyalardan foydalanish. *Engineering Problems and Innovations*, 2023. 99-110 p.



Another example can be seen in the Uzbek phrase “*yuragi keng odam*,” which describes a generous and tolerant individual. In this case, the word “*yurak*” (heart) is connected with moral and emotional qualities. Such examples prove that cognitive linguistics helps to understand how speakers structure their thoughts and represent abstract ideas through concrete images.

The conversation also shows that the way people think and talk is really influenced by where they come from. A lot of Uzbek phrases are about the countrys customs, how people interact with each other and what they think is right and wrong. For example when you say “*ko‘ngil qo‘ymoq*” in Uzbek it means you really care about someone and are being honest with them which is a part of how people communicate with each other in Uzbek culture. Uzbek phrases like this one are important because they show what Uzbek people value in their relationships, with each other⁵.

Therefore, the cognitive approach allows researchers to analyze linguistic units more deeply by considering their conceptual and cultural meanings. The findings confirm that modern Uzbek linguistics increasingly relies on cognitive methods to explain how language reflects human knowledge, perception, and experience.

The way we think about language is changing in Uzbek linguistics. We do not just see language as a way to talk to each other. Also, as a way to understand how people think and what they believe in. This way of thinking helps us understand what words mean what metaphors and idioms are and how sentences are put together. It does this by looking at how people think and what they experience. This new way of looking at language is different from what we used to do. We used to look at language and not think about what is going on in people’s minds. Now we look at language and think about what people are thinking and what they have experienced. In Uzbek studies this way of thinking is very helpful. It helps us understand what words mean how people think about things and how people think about language itself. This helps us teach language, translate texts and understand what people are saying.

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⁵ Sultonova, M. Features of Critical Thinking Skills for B1 Level Learners. *Conference Proceedings: Fostering Your Research Spirit*, 2024, pp. 86-90 p.