



LINGUISTIC FEATURES OF EMOTIONS AND THEIR EXPRESSION IN PHRASEOLOGICAL UNITS

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ABSTRACT

Emotions are a fundamental aspect of human experience, intricately linked to language and its structures. This article explores how contemporary linguistics examines emotions and their expression through phraseological units, highlighting the interplay between linguistic forms and emotional content.

KEYWORDS: Emotions, linguistics, phraseological units, psychology, idioms, expressions, cultural context.

INTRODUCTION

Emotions are not merely psychological states; they are deeply embedded in language. Psychological constructionist theories, such as the Conceptual Act Theory (CAT), suggest that language plays a critical role in shaping emotional experiences by providing the conceptual tools necessary for individuals to categorize and articulate their feelings [3, 6]. This perspective emphasizes that emotions are constructed through linguistic expressions, which help individuals navigate their emotional worlds.

Linguistic studies categorize emotions through various frameworks, including semantic and metaphorical approaches. The semantic approach focuses on how specific words and phrases encapsulate emotional meanings, while the metaphorical approach examines how emotions are expressed through figurative language [1,45-60]. These approaches reveal that language not only reflects emotions but also actively constructs them.

Phraseological units—fixed expressions or idioms—serve as vital instruments for conveying emotions. They encapsulate cultural nuances and emotional connotations, allowing speakers to express complex feelings succinctly. For instance, phrases like "feeling blue" or "on cloud nine" illustrate how language can encapsulate emotional experiences in culturally specific ways. Emotions in the language are expressed in different ways including with idioms, metaphors and interjections.

For example:

(Idiom) Expressions like "break the ice" convey social emotions related to initiating conversation.

Phrases such as "a heavy heart" symbolize sadness through physical imagery. This emotion is expressed metaphorically.

Interjections: Words like "wow!" express immediate emotional reactions.

These units not only facilitate communication but also reflect societal attitudes toward emotions.

Different languages employ unique phraseological units to express similar emotions, revealing the cultural context of emotional expression. For example, while English speakers might say "I'm feeling down," a Japanese speaker might use a different idiom that reflects cultural attitudes toward vulnerability [2, 15]. Comparative studies highlight how various linguistic communities articulate feelings, contributing to a broader understanding of emotional semantics across cultures.

The context in which phraseological units are used significantly influences their emotional impact. Linguists emphasize that understanding the situational context is crucial for interpreting the intended emotional meaning behind an expression. This highlights the dynamic nature of language as it interacts with social and cultural factors.

The study of emotions in linguistics intersects with psychology, anthropology, and cognitive science. Researchers increasingly recognize that understanding emotional language requires an interdisciplinary approach that considers both linguistic structures and psychological processes [5, 123-139]. This collaboration fosters a more comprehensive understanding of how language shapes emotional experiences.

Future research should focus on the evolving nature of emotional expressions in digital communication and social media, where new phraseological units emerge rapidly. Additionally, exploring how global interactions influence local expressions of emotion can provide insights into the changing landscape of linguistic emotion representation. [4, 1-10].

CONCLUSION

The exploration of emotions in contemporary linguistics reveals a complex interplay between language and emotional expression. Phraseological units serve as essential tools for articulating feelings, reflecting cultural contexts and societal attitudes. As research continues to evolve, it will deepen our understanding of how language shapes our emotional experiences and social interactions.

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