STYLISTIC AND SEMANTIC NUANCES OF SYNONYMOUS PSYCHOLOGICAL TERMS IN THE UZBEK LANGUAGE

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Abstract
This paper analyzes the stylistic and semantic differences among synonymous psychological terms in the Uzbek language, focusing on the words tashvish, havotir, and bezovtalik. Although often treated as equivalents, these terms vary in tone, usage, and emotional intensity. The study is based on a descriptive linguistic analysis using examples from Uzbek texts, dictionaries, and media sources. Findings suggest that synonymy in psychological vocabulary reflects both linguistic and cultural nuances, which are important for effective communication, translation, and psychological education.

Keywords: synonymy, psychology, Uzbek language, semantics, stylistic variation, emotion vocabulary

Introduction

In recent years, there has been a growing interest in the intersection of language and psychology, particularly in how emotions and mental states are expressed through words. In the Uzbek language, several psychological terms often share similar core meanings but differ in usage, emotional tone, and stylistic value. These subtle distinctions can play an important role in how psychological states are perceived, described, and discussed in various communicative settings. This paper focuses on synonymous psychological terms in the Uzbek language and investigates their stylistic and semantic differences. The study particularly examines words such as *tashvish* (worry), *havotir* (anxiety), and *bezovtalik*(restlessness), which are commonly used to describe states of mental discomfort. While these terms are often treated as interchangeable in translation and informal discourse, they convey distinct emotional shades and are associated with different registers and contexts.

By exploring the nuances between these terms, this research aims to contribute to a better understanding of how psychological concepts are encoded in the Uzbek lexicon. The findings are expected to be useful for language educators, translators, and psychologists working in multilingual contexts.

Theoretical Framework

The concept of synonymy, though traditionally associated with simple lexical substitution, becomes significantly more complex when analyzed in specialized domains such as

psychology. In this study, synonymy is defined not merely as the relationship between words with similar meanings, but as the coexistence of terms that differ in emotional tone, stylistic level, and contextual usage. Psycholinguistics provides insight into how language reflects cognitive and emotional states. As Wierzbicka (1999) and Pavlenko (2008) argue, emotion words are culturally embedded and their interpretation is influenced by sociolinguistic norms. In the Uzbek language, psychological expressions are shaped by both linguistic structure and cultural attitudes toward mental health. This study also draws upon theories of stylistic variation (Crystal & Davy, 1969), which emphasize how register, formality, and tone influence word choice. The differentiation between terms like *tashvish*, *havotir*, and *bezovtalik* is therefore not only semantic but also pragmatic and stylistic. These distinctions are essential for accurate communication in psychological contexts, especially in translation, education, and public discourse.

Methodology

This study adopts a qualitative, descriptive approach to analyzing psychological synonyms in the Uzbek language. The methodology consists of the following steps:

3.1. Data Collection

The data were gathered from a combination of sources, including: Uzbek language dictionaries, academic and media texts on psychology in Uzbek, Corpora of modern Uzbek texts

3.2. Selection Criteria

Terms were selected based on their frequency, semantic similarity, and contextual usage in psychological discourse.

3.3. Analysis Techniques

Each term was analyzed based on:Semantic meaning, stylistic level (formal, informal, neutral), emotional tone, context of usage

Analysis and Discussion

Tashvish – General Concern or Worry

A neutral term often used in daily speech, indicating moderate concern.

Havotir – Anxiety with a Slightly Elevated Tone

Used in more formal settings, often expressing deeper, future-oriented anxiety.

Bezovtalik – Restlessness or Emotional Discomfort

Reflects inner unease or emotional discomfort, more informal in nature.

Comparative Table:

Term	English Equivalent	Emotional Intensity	Register	Typical Context
Tashvish	Worry	Medium	Neutral	Daily concern
Havotir	Anxiety	High	Formal	Collective/future fear
Bezovtalik	Unease	Medium-High	Informal	Inner emotional unrest

Implications

Understanding such distinctions helps in:Accurate translation of psychological content Enhancing emotional literacy in education Improving cross-cultural communication

Conclusion

This study explored the semantic and stylistic nuances of synonymous psychological terms in the Uzbek language. The analysis revealed that *tashvish*, *havotir*, and *bezovtalik* differ in emotional tone, register, and use. Recognizing such distinctions is essential in psychological communication, translation, and education. Future research may explore similar terms in other domains such as education or medicine.

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