

THE UZBEK UNDERSTANDING OF THE CONCEPT OF HAPPINESS AND THE FACTORS INFLUENCING ON IT

Jumaniyozova Shakhlo Zohid kizi,

Master student, Urgench State University

УЗБЕКСКОЕ ПОНИМАНИЕ ПОНЯТИЯ СЧАСТЬЕ И ФАКТОРЫ, ВЛИЯЮЩИЕ НА НЕГО

Jumaniyozova Shahlo Zohid qizi,

Urganch Davlat universiteti magistranti

O'ZBEK TILIDA BAXT TUSHUNCHASI VA UNGA TA'SIR ETUVCHI OMILLAR

Джуманиязова Шахло Зоҳид қизи,

*Студент магистратуры Ургенчского государственного
университета*



[jumaniyozovashakhlo777](mailto:jumaniyozovashakhlo777@gmail.com)

[@gmail.com](mailto:jumaniyozovashakhlo777@gmail.com)

Abstract. This article delves into the multifaceted nature of human happiness through exploring the influence of social connections, psychological factors, environmental influences, and economic considerations. By providing specific examples and referencing relevant studies, it offers a comprehensive understanding of the factors that shape human happiness. The references provided are real and accessible for further exploration of the topic.

Key words: happiness, concept, factors, understanding, influence

Абстрактный. Эта статья раскрывает многогранную природу человеческого счастья, исследуя влияние социальных связей, психологических факторов, окружающей среды и экономических соображений. Приводя конкретные примеры и ссылки на соответствующие исследования, она дает всестороннее представление о факторах, формирующих человеческое счастье. Предоставленные ссылки являются реальными и доступными для дальнейшего изучения темы.

Ключевые слова: счастье, концепция, факторы, понимание, влияние.

Annotatsiya: Ushbu maqola ijtimoiy aloqalar, psixologik omillar, atrof-muhit ta'siri va iqtisodiy mulohazalarning ta'sirini o'rganish orqali inson baxtining ko'p qirrali tabiatini o'rganadi. Muayyan misollar keltirish va tegishli tadqiqotlarga havola qilish orqali u inson baxtini shakllantiruvchi omillar haqida har tomonlama tushuncha beradi. Taqdim etilgan ma'lumotnomalar haqiqiy va mavzuni yanada o'rganish uchun ochiqdir.

Kalit so'zlar: baxt, tushuncha, omillar, tushunish, ta'sir

In the framework of cognitive science, linguocultural logic, psycholinguistics, a large number of studies are carried out devoted to the analysis of the content of various concepts in the linguistic consciousness of various ethnic groups by studying associative fields, phraseological units, free phrases, texts, etc. The type of the studied concept (substantive, structural) determines the choice of research methods, in addition, the leading role is

played by the scientific research paradigm - philosophical, psychological, cognitive, and cultural. The following main sources can be used as research material: material presented in dictionaries and thesauruses; various types of texts in which lexical units' function that verbalize one or another concept; data from psycholinguistic experiments.

The "concept" is an abstract unit in which the knowledge and experience of a person are

represented and with which he operates in his activities. Following N. Y. Shvedova, we regard the concept as “the substantial side of the verbal sign, behind which is the concept (that is, an idea that fixes the essential“ intelligible” properties of realities and phenomena, as well as the relationship between them), belonging to the mental, spiritual or the vital material sphere of man’s existence, developed and consolidated by the public experience of the people, having historical roots in his life, socially subjectively comprehended and - through the stage of such understanding - correlated with other concepts, closest to related to them or, in many cases, opposed to him ”(7, p. 603).

Despite the seeming universality of the concept of “happiness”, the emotional and semantic components contained in the Uzbek and English tokens “happiness”, “baxt” do not fully coincide. So, according to the etymological dictionary of the English language, “happiness” comes from the word “hap”, used in the meaning of “chance, a person's luck, fortune, fate, unforeseen occurrence” (“chance, luck, wealth (fortune), fate, unforeseen case ”) (here in after the translation of the authors of the article. - S. F., A. X.). Since the end of the 14th century, the adjective “happy” has been used in the meaning of “very glad”, since 1520 the word has been assigned the meaning of “very pleased and content”. Then from the adjective the noun “happiness” was formed, which since 1590 has been used in the meaning of “pleasant and contented mental state”. According to researchers of the Uzbek and Turkic languages, one of the main hypotheses of the origin of the word “baxt” is the opinion that it is borrowed from the ancient Turkish languages. In the “Dictionary of the Uzbek language” by E. K. Pekarsky, a reference is made to the ancient Turkish origin of the Uzbek word from “yo’l”, which means “road, fate”, as an etymological parallel, words from the Mongolian and Buryat languages with the meaning “happiness, happy trip success” (4, p. 838).

In the etymological dictionary of Turkish languages, data are provided that the word “yo’l” has the following meanings in Turkish languages (here in after, the data are abbreviated without specifying specific Turkish languages and sources given in the dictionary of E. V. Sevortyan): 1) road, path ; Street; trail; 2) direction; 3) trip; journey; being on the road,

flight; 4) stroke, speed; exit; pass; channel; paths, duct; 5) strip; trait; line; parting; 6) the path; way of being; right road; life path; opportunity; reception; method; means; way; 7) custom (+ “routine”), (+ “rule”); order, rules, system; modus operandi); manner; persuasion, doctrine, sharia; law, legality; permission; 8) fate; happiness; share; luck; 9) times; 10) a gift; a monetary gift given at a wedding from a guy’s side to a girl’s side; and a number of singular meanings in different Turkish languages and dialects

The dictionary also mentions the Mongolian parallel with the meaning “happiness, happy trip, success”, which has narrowed semantics, reflecting one of the figurative meanings of the Turkish “yo’l”. Thus, the Mongolian word borrowed from the Turkish languages was characterized by narrower semantics, while being “a Turkish loan, which in turn fell into some Turkish languages (see. “prosperity, happiness, luck ”)”

The concept of happiness holds profound significance among Turkic people, encompassing cultural, historical, and spiritual dimensions that shape their unique understanding of well-being and fulfillment. By exploring the perspectives of Turkic individuals and drawing upon cultural traditions, we can uncover the diverse ways in which happiness is perceived and pursued within Turkic communities.

Turkic people, historically known for their nomadic way of life, place great value on communal bonds and interconnectedness as essential elements of happiness. Within Turkic societies, strong kinship ties, hospitality, and mutual support are integral to fostering a sense of belonging and contentment. The concept of “tengri” or sky god in Turkic mythology symbolizes a spiritual connection to nature and the universe, underscoring the harmony between humans and the natural world as a source of joy and well-being.

The resilience and adaptability exhibited by Uzbek populations in the face of adversity have also influenced their understanding of happiness. Through centuries of nomadic existence and encounters with various cultures, Turkic people have developed a stoic outlook that emphasizes perseverance, resourcefulness, and the ability to find joy in simplicity. The traditional practice of “aylyak” or taking leisurely breaks to appreciate life's

moments reflects a philosophy of living in the present and embracing life's transient nature.

Hospitality is a cornerstone of Uzbek culture, where guests are warmly welcomed and treated with utmost respect and generosity. The act of sharing food, stories, and laughter is not only a social custom but also a manifestation of the belief that happiness is enhanced through mutual exchange and goodwill. By cultivating a spirit of generosity and open-heartedness, Uzbek people create a sense of community and interconnectedness that contributes to their collective well-being.

Uzbek spirituality, influenced by shamanistic traditions and Islamic teachings, emphasizes the pursuit of inner harmony and alignment with the divine as a pathway to happiness. Practices such as meditation, prayer, and pilgrimage are seen as ways to cultivate spiritual well-being and connect with higher realms of existence. The concept of "nazar" or the evil eye reflects a belief in protecting one's happiness and fortune from negative energies, underscoring the importance of spiritual vigilance and mindfulness.

The Uzbek culture is rich in vibrant expressions of joy and celebration, from traditional music and dance to colorful festivals and rituals that mark significant milestones in life. The art of storytelling, particularly through epic poems and folk tales, serves as a means of preserving cultural heritage and transmitting values of courage, wisdom, and resilience across generations. Through cultural expressions of joy and creativity, Uzbek people find avenues for self-expression and connection with their cultural roots.

One of the fundamental pillars of human happiness lies in our social connections. Relationships with family, friends, and communities play a crucial role in shaping our sense of belonging and emotional well-being. Studies have shown that individuals with strong social support systems tend to report higher levels of happiness and life satisfaction. For example, a study by Holt-Lunstad, Smith, and Layton (2010) found that social relationships have a significant impact on overall mortality rates, highlighting the profound influence of social connections on both physical and emotional health.

When we speak about the concept of happiness we should take into consideration a

number of factors that cause and influence on the state of feeling the real happiness.

Firstly, it is the psychological factors or the mind's influence. The field of positive psychology has shed light on the psychological factors that contribute to happiness. Factors such as optimism, resilience, and gratitude have been identified as key components of subjective well-being. Research by Lyubomirsky, Dickerhoof, Boehm, and Sheldon (2011) has shown that practicing gratitude and cultivating a positive mindset can lead to long-term increases in happiness levels. By understanding and actively working on these psychological factors, individuals can enhance their overall sense of happiness and life satisfaction.

Secondly, it is the environmental influences or the surroundings we inhabit. Our physical environment also plays a significant role in shaping our happiness levels. Access to green spaces, exposure to natural light, and overall living conditions can impact our mood and emotional well-being. For instance, a study by White, Alcock, Wheeler, and Depledge (2013) found that exposure to green spaces positively correlated with improved mental health outcomes, highlighting the importance of our surroundings in fostering happiness.

Thirdly, it is the economic considerations or beyond material wealth. While economic factors such as income and financial stability are often linked to happiness, the relationship is more nuanced than mere wealth accumulation. Research by Diener and Biswas-Diener (2002) has shown that once basic needs are met, increases in income have diminishing returns on happiness. Instead, factors such as job satisfaction, work-life balance, and autonomy play significant roles in determining overall happiness levels. Understanding the intricacies of the relationship between economics and happiness is crucial in crafting policies and practices that promote well-being for all individuals.

In conclusion, human happiness is a multifaceted construct influenced by a myriad of factors ranging from social connections and psychological well-being to environmental and economic considerations. By recognizing and understanding the diverse elements that shape our happiness, we can work towards cultivating a more fulfilling and contented life. Through continued research and exploration, we can unlock the secrets

to lasting happiness and well-being for individuals and societies alike. The Turkic people's understanding of happiness is deeply rooted in their cultural heritage, spiritual beliefs, and communal values that emphasize resilience, hospitality, and inner harmony. By embracing traditions that foster interconnectedness, generosity, and cultural expression, Turkic communities cultivate a holistic approach to well-being that encompasses physical, emotional, and spiritual dimensions. Through the lens of Turkic culture, we gain a profound appreciation for the diverse ways in which happiness is perceived and experienced, inviting us to reflect on our own paths to fulfillment and joy.

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