

THE ROLE OF MENTAL STATE IN CONFLICT CORRESPONDENCE. EMOTOLOGY.

Rahimkulova Lobar Hamro kizi
Tashkent State University of Uzbek
Language and Literature supporting
doctoral student

lobarlobar102@gmail.com

UDK 372.6(021)

<https://orcid.org/0009-0004-6238-322>

Abstract. Theoretical views on the issue of Internet linguistics, social networks and the use of linguistic units in them, as well as the mental state of a person, were reflected in the previous chapters. In live interpersonal communication, certain information about the mental state of a person is revealed. In social networks, it is possible to identify and diagnose the characteristics of a person's mental state. Due to this, multimodal expressions in social networks provide an opportunity to obtain a lot of information about the author. In particular, emojis can also serve as a means of assessing the mental state.

Keywords. Mood, emotional state, emotology, affective reactions, mental state, feelings, lexical units, extralinguistic

Introduction. The study of linguistic units expressing emotions is becoming increasingly relevant in world linguistics. Professor John Aitchison of Oxford University regrets that linguists around the world study emotional expressions little. German linguists emphasize that the main purpose of human speech activity in any text is often emotional communication (the factual function of emotions) or emotional impact (the pragmatic function of emotions).

The main lecture of the conference held in Düsseldorf in 1991 was devoted to the role of emotional states and language, the lexical units that express them, syntactic structure, punctuation marks, and metaphorical means. The problem of a new scientific field of “emotology” related to human emotions is being put forward by a number of Russian linguists (Babenko, Nushikyan, Shakhovsky, etc.)¹, As a result of the growing interest of scientists from various fields of science in emotions, including linguistics, in 1985 the International Center for the Study of Emotions was established at Harvard

¹ Бабенко Е.В. Фразеосемантическое поле эмоций: дис. канд. филол. наук: 10.02.19. – Москва, 2003. – 158 с.; Нушикян Э.А. Типология интонации эмоциональной речи. – Киев: Вища школа, 1986. – 160 с.

University. It is emphasized that the study of emotions in linguistics is conditionally called emotology. Emotology is one of the complex fields that studies the expression and understanding of a person's emotional state through language². Emotology is equally important for such fields as linguistics, psychology, sociolinguistics, pragmatics, and linguistic expertology. Emotology is a field that studies the expression of a person's emotional state through lexical units, grammatical forms, syntactic constructions, stress, intonation, and paralinguistic means. Usually, emotions (as the object of emotology research) and mental state have an impact on the communication process.

Literature analysis. Psychologist Paul Ekman found that people cannot hide their emotions, especially anger and disgust, when they are in a certain mental state. This proves that mood and emotions, although they imply each other, are different concepts. The main differences between the relationship and differences between human emotions and mood were substantiated in the psychological research of James William. Psychologist Paul Ekman, who conducted research based on specific experiments on human emotions, emphasizes that emotions are a physiological, universal, expressive category, but mood is cognitive and individual³. Russell and James' research shows, based on a theoretical model, that an emotion is a temporary affective reaction, and a mental state is a stable affective background (mood)⁴. These considerations serve to substantiate the relationship and distinction between emotions and mental state in psychology. A mental state is a relatively stable internal psychological background of a person for a certain period of time, that is, a set of mood, thinking, motivation, attention and volitional processes.

Research methodology. Emotions are a quick, short-term, physiological and psychological reaction of the body to external or internal influences. Thus, a mental state is a stable, long-lasting state, while emotions are a short-term state that arises in response to a certain reality. The duration of emotions is directly related to the mental state. Thus, a mental state and an emotional state are considered different phenomena in psychology. However, a person's mental state involuntarily affects speech, motor functions, and emotions. A stable or changing mental state cannot fail to have its effect on the emotional state. According to Gross, emotions are one of the psychological processes that shape a person's overall mental state. Mood is a broader concept:

² Шевченко Г. В. Диалогические единства с риторическим вопросом-реакцией в современном английском языке. Автореф. дис. ...канд. филол. наук. Пятигорск, 1991. Жельвис В. И. Эмотивный аспект речи. Ярославль, 1990.

³ Ekman P. Emotion in the Human Face. – New York: Cambridge University Press, 1972. – 212 p.

⁴ Russell J. A. Affective Circumplex Model of Affect. – Journal of Personality and Social Psychology, 1980. – Vol. 39, No. 6, pp. 1161–1178.

emotion, motivation, cognitive processes (attention, memory), physiological changes, socio-cultural context all together constitute a mental state. Therefore, a change in emotions → leads to a change in mental state⁵.

In 1991, linguistics took the lead in expressing mood in text, video, and audio recordings on social networks, and in general in Internet linguistics. The linguistic study of mood has commonalities across languages and cultures, as well as specificities. The linguistic units involved in expressing mood, based on the customs of the people and the internal capabilities of each language, serve to demonstrate the specificities.

Analysis and results. The problem of affective relations in language has always attracted attention throughout the history of linguistic-psychological research, which has found expression in the creation of special areas of research: in linguistics - emotology, and in psychology - the psychology of emotions. Such interest is not unfounded, since the relationship between the irrational (emotional sphere) and the rational (language) is one of the central problems of anthropological sciences⁶.

A mental state is a person's response to external and internal factors. Although the terms mental state, psychological state, feeling, emotion, and emotional state are used synonymously, these concepts have different meanings. Mental states are tools that reveal the semantic and communicative aspects of speech⁷. Observation of emotional speech acts belonging to language individuals should lead to a deeper understanding of the emotional mechanisms of speech and the emotional function of language. Mood is a semantically broad concept. Before determining the linguistic expression of a particular mood, it is advisable to clarify the manifestations of an emotional state. The studies of A.N. Leontiev, R.S. Nemov, P. Ekman study the issue of emotional states. According to them, an emotional state is associated with experiences such as feelings, mood, affect, stress, excitement, fear, joy. They indicate the emotional stability or variability of a person.

1. Emotional states can be divided into the following groups:

Mood - a constant emotional background. Mood can change depending on the speech situation, the state of a person, but its existence as an emotional expression indicates its constant.

⁵ Gross J.J. (1998). *The emerging field of emotion regulation: An integrative review*. Review of General Psychology, 2(3). – P. 271–299; Gross J.J. (2002). *Emotion regulation: Affective, cognitive, and social consequences*. Psychophysiology, 39(3). – P. 281–291.

⁶ Хандамова Э.Ф. Вербализация психоэмоциональных состояний в речевой деятельности: Фил. наук. док. дис...автореф. – Москва, 2002. – С. 3.

⁷ Курбонова Ш. Психолингвистиканинг асосий тушунчалари ва инсон нутқида ҳиссий ҳолатлар ифодаси. – Тошкент: ЎЗМУ, 2019.

Affect - a sharp, short-lasting outburst. Such as a sudden shout, stuttering.

Stress is an emotional and mental state that occurs against the background of increased tension, increased cortisol production, and decreased serotonin and dopamine. Emotional states can also include excitement, fear, anger, love, pride, sadness, joy, and dissatisfaction⁸.

2. Mental states related to cognitive processes are manifested in human activities such as attention, thinking, perception, memory, and learning. Such states are directly related to the quality of the thinking process⁹.

3. Mental states related to willpower and motivation are related to a person's goal orientation, internal drive (motive), and willpower, and include determination (I'm taking the IELTS this month), hesitation (should I apply to TashMI or Samarkand), laziness or activity, and motivational ups and downs (I managed to read 10 books this month, we'll increase the "plan" for next month).

Conclusions and suggestions. In linguistics (within the framework of emotology, linguoculturology and psycholinguistics), mental states are classified according to the form of expression:

1. Positive mental state: joy, satisfaction, gratitude, goodwill, surprise, pride.
2. Negative: fear, anger, grief, despair, depression.
3. Neutral: excitement, mood, will¹⁰.

This aspect is more related to the emotional state of mind. The continuous continuation of a certain emotional state leads to changes in the state of mind, and this is also reflected in speech.

So, the state of mind is a psychological process that expresses the emotional, mental and volitional state of a person. Its existence and change are associated with factors such as psychological, psychophysiological, cognitive, emotional, speech situation, communicative purpose. Its manifestation is carried out by verbal and non-verbal means.

REFERENCES USED

⁸ Шаховский В.И. Эмоции в языке и речи. – Воронеж: Издательство Воронежского университета, 2008. – 284 с.; Изард К.Э. Психология эмоций. – Санкт-Петербург: Питер, 2000. – 464 с.; Ekman P. Emotions Revealed: Recognizing Faces and Feelings to Improve Communication and Emotional Life. – New York: Times Books, 2003. – 304 p.

⁹ Neisser U. Cognitive Psychology. – New York: Appleton-Century-Crofts, 1967. – 331 p.; Рубинштейн С.Л. Основы общей психологии. – Москва: Педагогика, 1989. – 328 с.

¹⁰ Воркачев С.Г. Эмоциональная концептосфера языка. – Волгоград: Перемена, 2014. – 256 с.; Сляревская Г.Н. Эмотивный потенциал слова. – Санкт-Петербург: Наука, 2005. – 312 с.; Лукьянова Н.А. Эмоции в тексте и коммуникативная интенция автора. – Москва: Academia, 2010. – 280 с.

1. Бабенко Е.В. Фразеосемантическое поле эмоций: дис. канд. филол. наук: 10.02.19. – Москва, 2003. – 158 с.; Нушикян Э.А. Типология интонации эмоциональной речи. – Киев: Вища школа, 1986. – 160 с.
2. Шевченко Г. В. Диалогические единства с риторическим вопросом-реакцией в современном английском языке. Автореф. дис. ...канд. филол. наук. Пятигорск, 1991. Жельвис В. И. Эмотивный аспект речи. Ярославль, 1990.
3. Ekman P. Emotion in the Human Face. – New York: Cambridge University Press, 1972. – 212 p.
4. Russell J. A. Affective Circumplex Model of Affect. – Journal of Personality and Social Psychology, 1980. – Vol. 39, No. 6, pp. 1161–1178.
5. Gross J.J. (1998). The emerging field of emotion regulation: An integrative review. Review of General Psychology, 2(3). – P. 271–299; Gross J.J. (2002). Emotion regulation: Affective, cognitive, and social consequences. Psychophysiology, 39(3). – P. 281–291.
6. Хандамова Э.Ф. Вербализация психоэмоциональных состояний в речевой деятельности: Фил. наук. док. дис...автореф. – Москва, 2002. – С. 3.
7. Курбонова Ш. Психолингвистиканинг асосий тушунчалари ва инсон нутқида хиссий ҳолатлар ифодаси. – Тошкент: ЎЗМУ, 2019.
8. Шаховский В.И. Эмоции в языке и речи. – Воронеж: Издательство Воронежского университета, 2008. – 284 с.; Изард К.Э. Психология эмоций. – Санкт-Петербург: Питер, 2000. – 464 с.; Ekman P. Emotions Revealed: Recognizing Faces and Feelings to Improve Communication and Emotional Life. – New York: Times Books, 2003. – 304 p.
9. Neisser U. Cognitive Psychology. – New York: Appleton-Century-Crofts, 1967. – 331 p.; Рубинштейн С.Л. Основы общей психологии. – Москва: Педагогика, 1989. – 328 с.
10. Воркачев С.Г. Эмоциональная концептосфера языка. – Волгоград: Перемена, 2014. – 256 с.; Складеревская Г.Н. Эмотивный потенциал слова. – Санкт-Петербург: Наука, 2005. – 312 с.; Лукьянова Н.А. Эмоции в тексте и коммуникативная интенция автора. – Москва: Academia, 2010. – 280 с.