

The concept of happiness in the English language, and cultural features

Manzura Ulug'bekovna Sheraliyeva

olimovolim20060906@gmail.com

Zilola Baxrom-qizi Zokirova

zilola.zokirova@icloud.com

Samarkand State Institute of Foreign Languages

Abstract: This article analyzes the concept of "happiness" in the English language and the main features of its expression. It also examines how the notion of happiness is represented through various lexical units, phrases, metaphors, and cultural perspectives.

Keywords: concept of happiness, essence, linguistic analysis, cultural features, lexical units, idiomatic expressions

Introduction

Happiness is one of the most complex and multifaceted phenomena in human life. It is a moral and spiritual concept that reflects an individual's satisfaction with their achievements, lifestyle, and personal development. Happiness may manifest as the fulfillment of dreams, the attainment of goals, or a state of emotional completeness and inner harmony.

Main Part

The interpretation of happiness varies depending on a person's social status, education, age, and worldview. Moreover, perceptions of happiness are closely connected with social systems and the nature of interpersonal relationships within a society. True happiness, therefore, requires not only personal success but also freedom, equality, and the opportunity for individuals to fully realize their abilities and satisfy both material and spiritual needs.

In addition, achieving happiness involves understanding one's role in society and family, as well as fulfilling responsibilities and duties. A person strives for happiness through conscious effort, intellectual growth, and moral behavior. Genuine happiness can be fully realized when an individual harmonizes their personal destiny with that of their community and homeland.

Although happiness is universally valued, it is perceived differently by each individual. For some, happiness may mean birth and existence itself; for others, it may be love, marriage, having children, or engaging in a meaningful profession. Thus, happiness is a broad and dynamic concept that cannot be limited to a single definition.

From a linguistic perspective, the concept of "happiness" in English is expressed through various lexical units such as *happiness* (general state), *joy* (emotional pleasure), and *bliss* (supreme happiness). In cognitive linguistics, it is studied as a "concept" that encompasses personal emotions, achievements, and social well-being.

In English, happiness is often associated with action and personal accomplishment. It is also reflected in idiomatic expressions and metaphors, frequently linked with light, warmth, and positivity. Similarly, antonyms of happiness include concepts such as *sadness*, *misfortune*, *anxiety*, and *failure*.

From a cultural perspective, happiness is not merely an individual emotional state but also a reflection of social harmony, family stability, and spiritual well-being. This highlights the interconnected nature of personal and collective values in shaping the understanding of happiness.

Conclusion

Happiness is a vast and deeply subjective concept, interpreted and expressed differently by each individual. It is often associated with contentment, family harmony, and spiritual peace, and the absence of these values is typically perceived as unhappiness.

In English, the concept of happiness is represented through a rich system of lexical units, idiomatic expressions, and metaphors. Its linguistic and cultural characteristics demonstrate that happiness is not only an emotional experience but also a complex construct shaped by social and cultural contexts.

References

1. Allan, K., & Burridge, K. (1991). *Euphemism and Dysphemism: Language Used as Shield and Weapon*. Oxford: Oxford University Press.
2. Wierzbicka, A. (1999). *Emotions across Languages and Cultures: Diversity and Universals*. Cambridge: Cambridge University Press.
3. Lakoff, G., & Johnson, M. (1980). *Metaphors We Live By*. Chicago: University of Chicago Press.
4. Crystal, D. (2003). *The Cambridge Encyclopedia of the English Language*. Cambridge: Cambridge University Press.
5. Seligman, M. E. P. (2002). *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*. New York: Free Press.
6. Lyubomirsky, S. (2007). *The How of Happiness: A Scientific Approach to Getting the Life You Want*. New York: Penguin Press.
7. Diener, E. (2000). "Subjective Well-Being: The Science of Happiness and a Proposal for a National Index." *American Psychologist*, 55(1), 34–43.