

## COMPARATIVE ANALYSIS OF MEDICAL TERMS EXPRESSING HUMAN PSYCHOLOGICAL STATE IN ENGLISH AND UZBEK LANGUAGES

**Iroda Mirzaeva Khamdamovna**

*Department of pedagogy, psychology and philology*

*Kokand University*

**Abstract.** *The language of medicine has evolved to convey human psychological states in precise terms that aid in diagnosis, treatment, and communication. This study compares the terms used in the English and Uzbek languages to describe human psychological states, focusing on similarities and differences in their medical terminology. Through a linguistic and semantic analysis, we identify how each language reflects cultural perceptions of mental health, examining the lexical fields, connotations, and usage in clinical settings. By exploring both languages, this paper provides insights into how language shapes medical understanding and practice, and emphasizes the importance of cross-cultural sensitivity in mental health care.*

**Key words:** *psychological state, medical terminology, language comparison, English, Uzbek, semantics, mental health, cross-cultural understanding.*

Language plays a crucial role in the field of medicine, especially when it comes to diagnosing and treating psychological conditions. Medical terms related to human psychological states serve not only as descriptors but also reflect deeper cultural, social, and historical contexts. The English language, having developed over centuries, has a rich array of terms to describe mental health, often rooted in both classical and contemporary medical practices. Meanwhile, the Uzbek language, as a Turkic language with influences from Persian, Russian, and Arabic, offers unique perspectives on psychological states, shaped by the culture and history of Central Asia.

This comparative study investigates the terminology used in English and Uzbek to describe psychological states. While English medical terms tend to be more standardized due to the global influence of Western medicine, the Uzbek language incorporates both traditional and modern approaches to mental health, influenced by both local and global contexts. This paper aims to explore how psychological terms in both languages reflect the worldview and approach to mental health care in their respective cultures.

Psychological medical terminology plays a crucial role in understanding and communicating complex concepts related to the human mind and behavior. The psychological state of a person can encompass a wide range of conditions, from mental health disorders to everyday emotional experiences. In English, these terms often derive

from Greek and Latin roots, offering a universal language that transcends cultural boundaries within the field of psychology.

As psychological awareness and the importance of mental health continue to grow globally, so does the need for accessible and accurate terminology in various languages, including Uzbek. By exploring these terms in both English and Uzbek, individuals enhance their ability to navigate psychological discussions, fostering a more inclusive understanding and appreciation of mental health across different cultures. A comprehensive grasp of psychological medical terminology is indispensable in promoting mental well-being and supporting those who seek psychological care.

English has a rich vocabulary for describing mental health conditions, and many terms are based on clinical diagnostic criteria, as well as colloquial expressions. These terms can be categorized into a range of conditions such as mood disorders, anxiety disorders, psychotic disorders, and more.

- **Depression:** The term "depression" in English refers not only to a clinical disorder (such as Major Depressive Disorder or MDD) but also to a general emotional state. People might say, "I'm feeling depressed" when they are feeling down, which doesn't necessarily indicate clinical depression. Terms like "melancholy" or "blues" are often used to refer to less severe, temporary forms of sadness.
- **Anxiety:** This is used to describe both a normal emotional response to stress (e.g., "I'm anxious about my exam") and a clinical disorder, such as **Generalized Anxiety Disorder (GAD)**, **panic disorder**, or **social anxiety disorder**. Anxiety in English can cover a broad spectrum, from transient nervousness to more persistent and debilitating conditions.
- **Schizophrenia:** A psychotic disorder characterized by distorted thinking and perceptions. The English term comes from the Greek words for "split" (schizo) and "mind" (phrenia). Schizophrenia is a complex condition that includes symptoms such as hallucinations, delusions, and disorganized thinking.
- **Bipolar Disorder:** Previously known as manic-depressive illness, this disorder involves extreme mood swings between mania (or hypomania) and depression.
- **Obsessive-Compulsive Disorder (OCD):** A disorder characterized by intrusive thoughts (obsessions) and repetitive behaviors (compulsions) that the individual feels driven to perform.
- **PTSD:** Post-traumatic stress disorder is a mental health condition triggered by experiencing or witnessing a traumatic event. It's often associated with veterans, but anyone who has experienced a traumatic event can develop PTSD.

The Uzbek language has incorporated many Russian and medical terms, with a growing influence of Western psychiatric terminology. However, the Uzbek terminology often retains some local conceptualizations of mental health.

• **Depressiya (Depression):** Like in English, the term "depressiya" refers to clinical depression, though it is often used in everyday speech to describe a low mood. In some cases, terms like "g‘amginlik" (sadness) or "yomon kayfiyat" (bad mood) may be used in non-clinical contexts.

• **Tashvish (Anxiety):** This term is used to refer to worry or unease. It is often used in a broader sense, whereas in clinical contexts, words like "nervozlik" (nervousness) might be used more specifically. The medical term "tashvishli buzilish" refers to anxiety disorders.

• **Shizofreniya (Schizophrenia):** This term is a direct loan from Russian, used in both clinical and colloquial contexts. There is also an emphasis on the distinction between "mental illness" and "spiritual disturbances" in Uzbek, which can lead to confusion in translating psychiatric disorders.

• **Bipolar buzilish (Bipolar Disorder):** The term is borrowed from Russian and used in a clinical setting, but there is no direct equivalent in native Uzbek terminology.

• **Obsesiv-kompulsiv buzilish (Obsessive-Compulsive Disorder):** Borrowed from Russian, this term is gradually entering the Uzbek lexicon, although it might not be well understood in all social contexts.

While mental health awareness has grown significantly, especially with the advent of modern psychiatry, stigma remains prevalent in certain areas. People may be reluctant to discuss disorders such as schizophrenia or bipolar disorder, viewing them as more severe or as a source of personal weakness. In English-speaking countries, schizophrenia has long been associated with violent behavior, leading to stigmatization. However, increased mental health education has helped to combat misconceptions, focusing on the idea that individuals with schizophrenia are more likely to be victims of violence than perpetrators.

Many people with mental health conditions like depression or anxiety may avoid discussing their condition at work due to fear of judgment. Although laws in many countries protect individuals from discrimination, the fear of career setbacks often leads to concealment. Over recent decades, movements like "mental health awareness" have reduced stigma around conditions such as depression and anxiety, with celebrities and public figures increasingly discussing their struggles openly.

In Uzbekistan, mental health issues are still widely stigmatized, and there is often a reluctance to acknowledge or discuss mental health problems openly. Family members may feel shame, and the topic is often considered taboo. In many cases, individuals experiencing psychological distress may avoid visiting a psychiatrist, opting instead for consultations with traditional healers or religious figures who may interpret the symptoms through a spiritual or moral lens.

Mental illness is sometimes perceived as a result of moral failing or spiritual imbalance rather than a medical condition. This leads to a greater reliance on family

support and traditional remedies, such as herbal treatments, rather than professional psychiatric care.

Common emotional and psychological states in English include:

- **Sadness:** A normal human emotion often expressed through terms like "feeling down" or "blue." Clinical sadness that lasts for a long time can develop into depression.
- **Fear:** This emotion may be a natural response to threat, but chronic or irrational fear can lead to anxiety disorders. Common fears include phobias (e.g., arachnophobia, the fear of spiders).
- **Guilt and Shame:** Guilt refers to the feeling of responsibility for a perceived wrong, whereas shame is often linked to a sense of being a bad person.
- **Anger:** When a person experiences frustration, displeasure, or hostility, this emotion may result in irritability or aggression. In clinical terms, unresolved anger issues may lead to disorders such as **intermittent explosive disorder**.
- **Happiness:** While it's considered a positive emotion, terms like "euphoria" are used when happiness reaches an extreme.

Or in Uzbek:

- **G'amginlik (Sadness):** "G'amginlik" is used for sadness, often to describe a mild form of sorrow or melancholy. The more intense form of depression is referred to by the borrowed term "depressiya."
- **Qo'rquv (Fear):** Fear is an emotion expressed in Uzbek through terms like "qo'rquv," "tashvish," and "yolg'izlik" (loneliness). Fear-based anxiety may be referred to as "nervozlik" or "yurakni g'ash qilish" (heart troubles).
- **Baxt (Happiness):** Happiness is often expressed through "baxt," but more extreme versions of joy (like those seen in manic episodes) are sometimes described as "cheksiz baxt" (intense happiness).
- **G'azab (Anger):** Anger in Uzbek is often described as "g'azab" or "asabiylashish" (becoming irritable). There is also a distinction between healthy expressions of anger and pathological anger (related to anger disorders).

**Conclusion.** The comparative analysis highlights the influence of culture, language, and history in shaping how psychological states are understood and described in both English and Uzbek. While both languages share some medical terminology due to globalization and cross-cultural exchange, the cultural context in each language plays a significant role in the conceptualization of mental health. In English, there's more openness and clinical precision, while in Uzbek, the medical discourse is shaped by traditional views. Both languages evolve as mental health awareness increases globally.

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