

## THE PSYCHOLOGICAL AND SOCIAL IMPACT OF ANTHROPONYMS ON PERSONAL IDENTITIES AND FUTURE LIFE

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**Abstract:** *Personal names are more than linguistic markers; they play a crucial role in shaping an individual's identity, self-perception, and future opportunities. This study explores the psychological and social effects of names, analyzing how they influence personality traits, career paths, and societal expectations. A comparative perspective on English and Uzbek naming traditions reveals that names can carry implicit biases, affect self-esteem, and contribute to success in personal and professional life. This thesis underscores the significance of names as powerful cultural symbols that impact human interactions and identity formation.*

### Introduction

A name is more than just an identifier; it represents an individual's cultural background, familial expectations, and personal identity. Research suggests that names influence how people perceive themselves and how they are perceived by others. In many cultures, names carry deep meanings, symbolizing values such as bravery, wisdom, or prosperity. Uzbek names, for example, often reflect moral and religious significance, while English names are frequently influenced by historical and contemporary trends. By understanding how names shape human psychology and societal interactions, we gain deeper insights into the power of language in identity formation.

The influence of personal names extends beyond individual identity. Names contribute to first impressions, affecting job prospects, social relationships, and educational opportunities. Research suggests that names associated with higher social status or positive connotations can lead to preferential treatment in various domains. In Uzbek society, names carrying meanings related to strength, wisdom, or religious virtues reinforce familial and societal expectations, influencing life choices and ambitions. For instance, the name “*Jasur*” (meaning “brave”) is often associated with courage and leadership, which may subconsciously shape a person's confidence and decision-making skills. Similarly, “*Dilorom*” (meaning “heart's comfort”) may influence perceptions of warmth and kindness in social interactions.

In English-speaking societies, modern naming trends show a shift toward unique and unconventional names, reflecting evolving social norms and individualism. Traditional names such as “*James*” and “*Victoria*” carry historical prestige and are often linked to leadership and reliability. Meanwhile, names like “*Hope*” or “*Grace*” are associated with positive character traits and may shape a person’s self-image. Studies suggest that individuals with more common and socially accepted names tend to have an easier time in professional environments, while those with rare or unconventional names may encounter bias or increased curiosity regarding their identity.

Furthermore, research indicates that names perceived as difficult to pronounce may lead to subconscious biases in hiring decisions. For example, a candidate named “*John*” may be more likely to receive a job interview invitation than someone with a less familiar name like “*Azizbek*” in an English-speaking country. Similarly, in Uzbek society, names with strong national and cultural significance, such as “*Amir*” or “*Zafar*”, may lead to higher expectations in leadership roles.

Names hold significant power in shaping not only personal identity but also the way individuals navigate social and professional landscapes. They influence first impressions, societal expectations, and even career opportunities. This study has shown that while Uzbek names are deeply connected to cultural and moral values, English names often reflect broader social trends and historical influences. The perception and reception of a name can impact confidence, ambition, and opportunities, demonstrating the intersection of language, psychology, and culture. Future research could further investigate the long-term psychological effects of name-based biases and how evolving naming trends shape identity in an increasingly globalized world.

This study analyses the profound impact of names on personality, social mobility, and identity formation. Names are not just labels but deeply influential factors shaping individual experiences and societal perceptions. While Uzbek names often emphasize moral values and cultural heritage, English names reflect broader historical and social transformations. Understanding the role of names in shaping human interactions provides new insights for research in linguistics, psychology, and cultural studies. Future studies could explore the psychological implications of name-based biases and their long-term effects on personal and professional success.

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