


The Conceptual Component of the Concept of "Health" in English Linguacultures

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	<p>Abstract</p> <p>The concept of «health» comprises complex structured mental formations that include notional, figurative, and value features, partially coinciding and differing in various linguocultures. The paper contains an analysis of origin of the word «health» in linguistic branches of Indo-European stem. It is found that the origin and meaning of the word «sog`lik» (health), fixed in the Uzbek language, is older, than the meaning of health as an «integrity of all systems of the organism», fixed in the Roman and Germanic linguistic branches. Health is a lasting value of universal type, but the content and actualization of peculiar features of the concept is different.</p>
<p>Keywords: Concept, health, state of the body, sog`lik, conceptual, linguoculture.</p>	

Introduction

The concept as one of the components of the concept is, in our opinion, the starting point in its study. Usually defined as one of the forms of thinking and as a result of the “transition from the sensory stage of cognition to abstract thinking”, the concept “gives thinking the character of a generalized reflection of reality”. Thus, it is “the result of generalizing objects of a certain class and mentally distinguishing this class itself according to a certain set of features common to objects of this class - and, in combination, distinctive for them”.

Literary Review

The data of the associative experiment are correlated with the results of the analysis of dictionary and encyclopedic definitions, proverbs and sayings, as well as with the data of the lexical compatibility of the word "health". The results showed that encyclopedic definitions remove responsibility from the individual for maintaining their own health, since this condition depends on a number of external factors, and not on the person himself. In proverbs and sayings, health is not a process or a condition, but a valuable object that exists in constant dichotomy with disease. According to the analysis of lexical compatibility, health is seen as a person with its own will, as well as a valuable asset that the owner is responsible for preserving. In the worldview of children, the notion of health has more in common with the simple and intuitive worldview captured in proverbs and everyday language than with the more precise definitions found in dictionaries.

Method

This article was conducted using the descriptive, comparative, which follows a systematic approach to map evidence and identify main concepts and theories on a topic.

Result and Discussion

A concept is a discrete mental formation and a basic unit of cognitive processes that is formed as a result of the cognitive activity of an individual and society. It structures encyclopedic information about an object or phenomenon and records how social or individual consciousness interprets a given fragment of reality. The content of a concept is described by a set of linguistic means that objectify it. The result is a multi-level structure that includes at least value, figurative and conceptual components.

Let us recall that the factual (conceptual) component of the concept includes:

- 1) everyday knowledge embodied in linguistic definitions;
- 2) elements of scientific knowledge and general erudition;
- 3) stereotypical and prototypical structures.

Consequently, we must, firstly, determine those sets of features that made it possible to generalize the “objects” of the “health” class, and secondly, identify the differences that exist between the “information sets” themselves.

Let us consider the understanding of health in a naive picture of the world. The complex of features that form everyday knowledge is formed as a result of understanding the reality that surrounds a person and influences him in various ways. As a result of this influence, which in most cases is either positive or negative, concepts also acquire a certain opposition. Opposition pairs “set the field of cultural meanings”, thereby introducing the phenomenon of dualism into it.

According to the official definition of the World Health Organization, health is a state of complete physical, mental, and social wellbeing.

The material included the modern dictionaries of proverbs and etiquette models.

The theme of health and healing is clearly expressed in the greetings, wishes, folk proverbs and songs. They were of ritual context and it was believed, they could promote healing or to be harmful to health.

Many proverbs emphasize the value of health, maintaining a positive attitude, and adopting an optimistic mindset. Examples include: "Good health is above wealth," "Happiness is nothing more than good health and a bad memory," and "Health and cheerfulness mutually support each other." A simple smile is often viewed as a cost-free way to enhance one's appearance. The state of the body significantly influences our lifestyle, making physical well-being a central aspect of how health is represented in English folklore. Sayings like "A sound mind in a sound body" and "Cleanliness is next to godliness" highlight this perspective.

English proverbs and sayings generally provide guidance on how to live, eat, work, and rest to maintain health and preserve it over time: Early to bed and early to rise makes a man healthy, wealthy and wise. Temperance is the best physic. An apple a day keeps the doctor away. Majority of the proverbs point to the eating habits: You are what you eat. Eat well, be active, feel good about yourself. Tri-color meal is a good deal. Moreover there is an emphasis on longevity: The less you eat, the longer you live. Gluttony kills more than sword.

The balance in three main concepts - sleep, rest and labor - supports the prosperous future without illness: Hard work never did anyone any harm. A good rest is half the work. Sleep is a healing balm for every ill. Eat well, drink in moderation, and sleep sound, in these three good health abound.

It is worth noting that the health status may be determined by the condition of teeth and oral cavity: He shows the whiteness of his teeth. Who has a toothache, should hold his tongue on it.

In English speech etiquette, the use of the subjunctive mood and interrogative sentences is a notable feature. However, the concept of health is rarely addressed within these etiquette conventions. Discussing personal health or illness is generally considered inappropriate in conversation. Only a small portion of etiquette expressions touch on the idea of health or illness, typically conveyed through idiomatic phrases, proverbs, and sayings: Break a leg! Good health is above wealth. Expressions like To drink to someone's health, Your Health are frequently used to toast someone, to take an alcoholic drink in honor of someone's health; Take care, Stay healthy - phrases to say goodbye.

In conclusion, apart from stereotypical norms of speech behavior in language consciousness of any ethnic group we may find a unique etiquette formula reflecting the interpretative field of universal concept health or its historical layer.

The concept of health in the naive English language picture of the world forms a conceptual space. The core of this conceptual space is a state of physical and mental health, behavior and attitude to health. To obtain a more complete representation of the structure of the conceptual part of the concept health the data on more detailed analysis of the language elements of folklore in all their diversity should be considered and studied.

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