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EXPRESSING POSITIVE EMOTIONS: A PHRASEOLOGICAL PERSPECTIVE

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Abstract

This article delves in to the world of phraseological units, focusing specifically on those that denote feelings and emotions. Phraseological units are important elements of language that encapsulate complex emotions and cultural ideas in just a few words. The article looks at meaning, origins, and how we use common expressions like “all smiles”, “alive with joy”, “as happy as a lark”, “absolutely delighted”, “a burst of happiness”. Understanding these units enhance linguistic skills and deepens appreciation for the English language’s expressive capabilities.

Keywords: Phraseological units, feelings and emotion, happiness, important elements for the English language.

Introduction

Phraseology (from Greek phrases – “way of speaking” and logia – “study of”) is a scholarly approach to language which developed in the twentieth century. Phraseology is one of the sources of vocabulary enlargement and enrichment. It is the most colorful part of vocabulary system, and it describes the peculiar vision of the world by this speaking community. It reflects the history of nation, the customs and traditions of the people field of scholars investigate phraseological units as phenomena of culture context. Thus, phraseology has entered the sphere of sociolinguists. One of the best definitions of phraseological units is as follows: it is stable, coherent combination of words with partially or fully figurative meaning. (Anna Jansone). Moreover, A.V.Koonin classified phraseological units according to the way they are formed. He pointed out primary and secondary

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ways of forming phraseological units. Primary ways of forming phraseological units those when a unit is formed on the basis of free word group [4]. In addition to this, Phraseological units can be classified according to the degree of motivation of their meaning. This classification was suggested by academic V.V.Vinogradov for Russian phraseological units [3]. He pointed out three types of phraseological units and professor A.I. Smirnitsky worked out structural classification of phraseological units, comparing them with words. He points out one-top units which he compares with derived words because derived words have only one root morpheme. He points out two-top units which he compares with compound words because in compound words we usually have root morphemes. Among one-top units he points out three structural types [3].

Individuals frequently employ phraseological units in diverse forms of interpersonal discourse to precisely articulate their emotional states. These expressions enable the listener to comprehend the speaker's underlying sentiments with greater clarity and minimal cognitive effort. According to D.T. Khadjieva following function of proverbs and phraseological units: the first one is communicative function of which is mostly used during our speech or in intercommunication to each other. The communicative function of phraseological units consists in their ability to serve as a communicative or message means. Communication presupposes a mutual exchange of statements, and message presupposes the transfer of information without a feedback with the reader or listener [1]. Human emotion refers to different emotions, to the world around us, to the people with whom we communicate, works as an ability to express an attitude towards the subject of the message: be merry as a cricket – in full pleasure, in awe: a heart of brave, brave man: not worth one's salt – trivial, pointless. This emotional attitude is in the mirror of cultural the figurative basis that reflects emotionality is its concepts, norms, it arises as a result of understanding its stereotypes. Expressing their emotional reactions through the speaker and the listener are added to common cultural relationship and thus

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established identity in their views on the world. Emotion is always expressive and it is evaluate, which is why some scientists believe that this particular component of connotation it is argued that it defines the main and other components [2]. Certainly, these type of phrases play a key role in Phraseology. During this research, we have analyzed many phrases in English language.

Comparative analysis of Phraseological units

In this section, we focus on their grammatical structure, their meaning, etymology, semantic and imagery analysis.

1. “All smiles” is English phrase. The phrase is used to express a state of very happy, joyful, and in a very good mood, as can be seen from people’s face. The person’s face is depicted as if it were just a smile. Grammatically, this phrase is Noun verb. In a sentence, it usually follows a linking verb (like be, seem, or look). It describes the state or appearance of the subject. Structure: Subject + Linking Verb + All smiles. Now that we have looked at it’s structure, the phrase carries a significant etymological history. While people have been smiling forever, the specific phraseological usage of “all smiles” began to stabilize in the late 18th and early 19th centuries. Before “all smiles” became a fixed phrase, writers used similar structures like “He was all joy”, or “She was all sweetness”. In 1800s this is when the phrase started appearing frequently in English literature and newspapers to describe someone’s overall demeanor. Semantically, the phrase employs a synecdoche where the repeated act of smiling represents the subject’s entire emotional state, creating vivid visual imagery of a person who is not merely happy, but is personified by the very essence of joy. For example, “While he said this in tones of the greatest indignation, he handed us into the little phaeton with the utmost gentleness and was all smiles and pleasure” [5, 368]. In this context, the phrase “all smiles” is used to describe Mr. Boythorn’s outward cheerfulness, emphasizing the contrast between his indignant speech and his genuinely warm, friendly behavior. Moreover, “Isabella’s countenance was once more all smiles

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and good humour, and James too looked happy again” [6, 111]. In this sentence, “all smiles” phrase meaning that it shows Isabella’s appearance like joy, happy. By this phrase, we can describe people’s face, feelings and emotion. In addition to this, “...when the roll of destiny still retains its full thickness, when the heart, full of desirable love, still possesses beats which can be returned to it, when one has time for redress, when all women and all smiles and all the future and all the horizon are before one, when the years has ten on, growing ever paler, to that twilight hour when one begins to behold the stars of the tomb?”[7, 1946]. In this sentence, author talk about stars of the tomb, he describe this object with emotional and beautiful words like “full of desirable words”, “going ever paler” and he uses “all smile” phrase. He said this object is gorgeous like “when all women and all smiles”. So he used this phrase.

2. “Alive with joy” is also English phrase. It means filled with joy, as of energy and excitement were following from within, alive. Grammatically, it is adjective phrase. Structure: Adjective + Prepositional phrase. Most commonly, a subject complement after a linking verb (like be, seem, look). Historically, the phrase “alive with joy” became more prevalent during the 17th and 18th centuries, as English language shifted from using “alive” to mean strictly “living” toward its metaphorical use as a synonym for “vibrant” or “overflowing” with emotion. Semantically, the word “alive” is used to show that living is not just about surviving pain or sadness, but about having joy. It suggests that being happy is what makes a person truly feel alive, making joy a necessary part of the human experience. For instance, “...but close by great swells of long grass undulating in waves to the breeze, and woods and sounding water, and the whole world awake and alive with joy”[8,314]. In this context, “alive with joy” functions as a descriptive adjectival phrase that personifies the whole world, emphasizing that nature is filled, animated, and overflowing with a vivid sense of happiness and vitality rather than literal life. Moreover, “Home! said Pierre, and despite twenty-two degrees of frost Fahrenheit he threw open the bearskin cloak from his broad

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chest and inhaled the alive with joy” [9,1127]. Here “alive with joy” is used as an adjectival phrase describing the Pierre’s emotion and feelings. Because, he going to his home and at that time he enjoyed that the air and this situation. This phrase shows that his insight feeling.

3.”As happy as a lark” is also English phrase that meaning a person who is exceptionally cheerful and carefree, drawing a comparison to the lark – a bird famous for its beautiful, energetic singing as it flies high into the sky at sunrise. Grammatically, it is adjective phrase. “As happy as a lark” is a simile that uses the “as + adjective + as + noun” structure to function as a predicative adjective, comparing a person’s mood to the cheerful singing of a bird. Historically, the phrase “as happy as a lark” dates back to the early 19th century,[13] originating from the observation of the European skylark, a bird known for its spectacular “song flights” where it sings joyfully while soaring high into the sky at dawn. The lark has been a symbol of happiness and morning energy in English literature for centuries [14], but specific “as...as...” comparison became a common idiom as people began using nature to describe human emotions in a more poetic, everyday way. Semantically, this phrase uses the “lark” (a bird) to represent pure happiness. It shows that the person’s joy is natural, free, and loud, just like a bird singing in the morning without worries. For instance, “He was in his native element and as happy as a lark. The heat and the manual work had even given him a pretext for reverting to shorts and an open shirt in the evenings” [10, 187]. In this sentence, “as happy as a lark” functions as a predicative complement after “was” describing his emotional state and intensifying his cheerful mood by using lark’s natural liveliness. Furthermore, “Only tip him a nod every now and then when he looks off his paper, said Wemmick, and he will be as happy as a lark. We are all attention, Aged P” [11, 421]. In this context, “as happy as a lark” functions as a simile complement after “he will be”, meaning perfectly content and pleased, and it shows that even a small gesture(a nod) is enough to give the old man simple, cheerful satisfaction.

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4. “Absolutely delighted” is English phrase that means to be extremely pleased or exceptionally happy about something, where “absolutely” acts as a strong intensifier to show that the feeling is complete and total [15]. Grammatically, it is a adjective phrase where an adverb of degree (absolutely) modifies a participial adjective (delighted). Historically, “delighted” comes from the Old French word *delitier*, which entered English in the 14th century. It originally meant to take great pleasure or “allure” someone. “Absolutely” comes from the Latin *absolutus*, meaning “finished” or “perfect”. It started being used as an intensifier (meaning “totally” or “completely”) around the 16th century [16]. Using them together as a common emotional expression became very popular in 19th century. Semantically, it describes a feeling of joy that is 100 percent complete. The word “absolutely” acts like a wall, meaning there is no room for any other feelings like sadness or doubt. For example, “I cannot express how absolutely delighted they both were, by the idea of my aunt’s being in difficulties; and how comfortable and friendly it made them” [12, 794]. In this sentence, the speaker explains that he is unable to describe how extremely pleased they were at the idea of his aunt being in financial trouble, and that this situation made them feel unusually joy and happy. In addition to this, “Upon my word, rejoined Traddles, absolutely delighted if you had seen them running away, and running back again, after you had knocked, to pick up the combs they had dropped out of their hair, and going on in the maddest manner, you would not have said so” [12, 1229]. In this sentence, “absolutely delighted” means very pleased or amused, and it function as a past participle adjective describing Traddles’s emotional state while he speaks, showing his cheerful and ironic enjoyment of the situation.

In conclusion, phraseological units help people express positive emotions clearly and vividly. Through grammatical, semantic, and etymological analysis, phrases such as all smiles, alive with joy, and as happy as a lark demonstrate how language reflects human emotional experience and cultural values. Studying such phrases helps us better understand the richness of English language.

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