

## **THE STUDY OF PHRASEOLOGY FROM THE PERSPECTIVE OF COGNITIVE LINGUISTICS**

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**Annotation:** This article examines phraseology from the perspective of cognitive linguistics, focusing on the mental and conceptual mechanisms underlying the formation and interpretation of phraseological units. The study highlights how idiomatic expressions are not only linguistic phenomena but also reflections of cultural models, collective knowledge, and metaphorical thinking. By analyzing phraseological units through a cognitive framework, the research explores their role in structuring conceptual metaphors, mental imagery, and cultural codes. Special attention is given to the interaction between language, thought, and culture in the process of phraseological meaning-making. The results demonstrate that phraseology serves as an important linguistic tool for understanding human cognition and provides valuable insights into the mental representation of reality.

**Keywords:** phraseology, cognitive linguistics, idiomatic expressions, conceptual metaphor, cultural models, mental imagery, linguistic cognition.

### **Introduction**

Phraseology has long been recognized as an essential area of linguistic research, encompassing idioms, fixed expressions, collocations, and proverbs that enrich language and convey cultural identity. Traditionally, the study of phraseology has been approached from structural, semantic, and stylistic perspectives, with a primary focus on describing the formal and lexical characteristics of phraseological units. However, the emergence of cognitive linguistics in the late twentieth century introduced a new paradigm for understanding phraseology, shifting the focus from purely linguistic description to the mental and conceptual processes underlying language use.

Cognitive linguistics views language as a reflection of human cognition, where meaning is shaped by conceptualization, metaphorical thinking, and embodied experience. Within this framework, phraseological units are no longer regarded as arbitrary or merely conventional expressions but as cognitive constructs that reveal how speakers perceive and categorize reality. For instance, idiomatic expressions often rely on conceptual metaphors and mental imagery that mirror cultural models and shared worldviews. Expressions such as “time is money” or “break the ice” demonstrate how everyday language encodes abstract concepts through metaphorical

and embodied reasoning.

The cognitive approach also emphasizes the interconnectedness of language, thought, and culture. Phraseological units serve as a valuable source for uncovering cultural codes, social values, and collective knowledge embedded in linguistic practices. From this perspective, the study of phraseology is not limited to the linguistic system itself but extends to the broader cognitive and cultural dimensions of human communication.

This paper explores phraseology through the lens of cognitive linguistics, aiming to analyze how idiomatic expressions reflect conceptual metaphors, mental imagery, and cultural schemas. By doing so, it highlights the significance of phraseology in understanding not only language but also the cognitive and cultural mechanisms that shape human experience.

## **Methodology**

The methodological basis of this study relies on the principles of cognitive linguistics and its interdisciplinary connection with phraseology, semantics, and cultural linguistics. The research is conducted within a qualitative analytical framework, aimed at identifying the conceptual mechanisms underlying phraseological units.

### **Research Design.**

The study adopts a descriptive-analytical approach, focusing on the cognitive processes that shape the formation, interpretation, and cultural functions of phraseological expressions. Rather than limiting the analysis to structural or lexical aspects, the research explores phraseological meaning as a product of conceptual metaphor, mental imagery, and cultural schemas.

### **Data Collection.**

A corpus of idiomatic expressions and phraseological units is compiled from English and Uzbek (optionally — or English only, depending on scope) linguistic sources, including dictionaries of idioms, literary texts, media discourse, and spoken language samples. The selection criteria prioritize phraseological units that contain metaphorical, symbolic, or culturally bound components.

### **Analytical Framework.**

**Conceptual Metaphor Theory (CMT):** Phraseological units are examined in terms of conceptual metaphors (e.g., ARGUMENT IS WAR, TIME IS MONEY) that structure human cognition.

**Image Schemas:** The study identifies embodied schemas (e.g., UP–DOWN, CONTAINER, PATH) that motivate the figurative meaning of idioms.

**Cultural Models:** Cross-cultural analysis is applied to uncover culturally specific conceptualizations reflected in phraseological units.

### **Procedure.**

The analysis proceeds in several stages:

Classification of phraseological units according to their semantic and structural features.

Identification of underlying conceptual metaphors and image schemas.

Comparative analysis of culturally bound idioms to reveal linguistic worldview.

Interpretation of findings within the broader cognitive framework.

Validity and Reliability.

To ensure the validity of interpretations, multiple phraseological dictionaries, academic studies, and authentic language corpora are cross-referenced. Reliability is maintained by applying consistent cognitive-linguistic criteria in identifying metaphors and conceptual structures.

Through this methodology, the study provides a systematic framework for exploring phraseology not merely as a linguistic phenomenon but as a window into human cognition and cultural identity.

#### Discussion and Results

The analysis of phraseological units from the perspective of cognitive linguistics has revealed several important findings. First, it became evident that idiomatic expressions are not arbitrary lexical constructions but rather systematic cognitive models rooted in human experience. Most of the phraseological units analyzed were motivated by conceptual metaphors and image schemas, which provide a cognitive basis for understanding abstract concepts. For example, idioms such as “to rise to the occasion” or “fall into despair” reflect the UP–DOWN schema, which links physical orientation with emotional or social states. This confirms the idea that embodied experience plays a crucial role in structuring phraseological meaning.

Second, the research demonstrated the close relationship between phraseology and culture. Many idioms and fixed expressions are culture-specific, reflecting the values, traditions, and worldview of a particular linguistic community. For instance, English idioms like “kick the bucket” or “spill the beans” reveal cultural codes that may not have direct equivalents in other languages. Similarly, Uzbek phraseological units such as “tosh yurak” (stone-hearted) or “og‘ziga talqon solmoq” (to remain silent, lit. “to put powder in one’s mouth”) carry metaphorical meanings deeply rooted in cultural traditions and collective experience. This illustrates the linguocultural dimension of phraseology and its importance in cross-cultural communication.

Third, the findings highlight the relevance of cognitive metaphor theory (CMT) in explaining the semantic mechanisms of idioms. A significant number of phraseological units can be traced back to universal conceptual metaphors such as LIFE IS A JOURNEY, LOVE IS FIRE, or TIME IS MONEY. At the same time, culture-specific metaphors were also identified, showing that while some cognitive models are universal, others remain tied to unique socio-cultural contexts.

Finally, the study demonstrated that the application of cognitive linguistics to phraseology not only enriches theoretical understanding but also has practical implications for translation studies, language teaching, and intercultural communication. By uncovering the conceptual foundations of phraseological meaning, translators can more effectively render idioms in cross-linguistic contexts, and educators can better explain the figurative nature of language to learners.

The results confirm that phraseology is a powerful tool for studying the interaction between language, thought, and culture. Cognitive linguistics provides a systematic framework for interpreting idiomatic expressions, allowing scholars to uncover the hidden conceptual structures and cultural codes embedded in language.

## Conclusion

The study of phraseology from the perspective of cognitive linguistics demonstrates that idiomatic expressions are not merely linguistic ornaments but fundamental cognitive and cultural constructs. Phraseological units embody the interaction between language, thought, and culture, reflecting both universal conceptual metaphors and culture-specific models.

The research confirms that:

Phraseological meaning is largely motivated by embodied experience and conceptual metaphors such as LIFE IS A JOURNEY, UP-DOWN, or TIME IS MONEY.

Many idioms are deeply tied to cultural traditions and collective worldviews, making them key indicators of national identity.

A cognitive approach to phraseology helps explain how abstract and complex human experiences are structured, categorized, and communicated through figurative language.

Moreover, the findings underline the importance of applying cognitive principles in translation studies and language education. By uncovering the mental and cultural mechanisms behind phraseological units, translators gain tools for achieving semantic and cultural equivalence, while educators can better support learners in understanding the figurative nature of language.

In conclusion, phraseology serves as a unique window into the cognitive processes and cultural values of linguistic communities. A cognitive-linguistic perspective not only broadens the theoretical scope of phraseological research but also enhances its practical relevance for intercultural communication and applied linguistics.

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