

**ANALYSIS OF PHRASEOLOGICAL UNITS
EXPRESSING MENTAL STATES****Shomurodova Nilufar Alisher kizi**

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ARTICLE INFOReceived: 08th May 2026Accepted: 10th May 2026Online: 12th May 2026**KEYWORDS***mental states, phraseological units, emotional expression, phraseology, cognitive expression***ABSTRACT**

This article researches phraseological units (fixed expressions) that represent mental (psychic) states in language. The purpose of the study is to recognize semantic patterns in these phraseological units, determine classification parameters (emotions, cognitive states, and the degree of intensity of experience), and represent the lexical-grammatical mechanisms through which phraseologism encodes “inner life”.

Moreover, the article investigates different linguistic approaches given by prominent scholars in phraseology. The findings show that phraseologisms expressing mental (psychic) states are deeply connected with emotional perception and worldview, making them an important object of linguistic research.

Introduction

Phraseology is considered to be one of the richest and most expressive branches of linguistics. This branch had been developed in the 19th century. Since its creation, this branch has been widespread all over the world. Many people are using these fixed expressions in their daily lives to intensify or add figurative coloring to their communicative language (Crystal, 2008). Phraseological units are also called idioms or fixed expressions in the English language, portraying a combination of set of words that cannot be understood by their individual components. However, phraseological units have also become part of folk oral creativity. According to Bally (1966), phraseology represents the emotional and stylistic possibilities of language. Mental states, such as feelings, emotions, and psychological experiences, are expressed through phraseological units in both written and spoken discourse. Additionally, the study of phraseological units which is expressing mental states has become exceedingly important in modern linguistics, as these fixed expressions show how humans visualize feelings, emotions, and psychological experiences. Phraseological units contain metaphorical imagery and cultural symbolism, which allow people to convey sophisticated mental conditions efficiently. Phraseological units which express mental states, such as “be on cloud nine”, “lose one’s mind”, and “feel under the weather”, illustrate how figurative language reflects upon emotional and cognitive experiences.

This article intends to examine phraseologisms expressing mental states from a semantic perspective.

Literature review

The theoretical foundations of phraseology were established by a number of notable linguists, such as Viktor Vinogradov. He classified phraseological units in terms of their semantic cohesion. This classification remains significant in this study. Alexander Kunin (1970) pointed out that phraseological units play a significant role in expressing emotional and evaluative meanings. Furthermore, George Lakoff and Mark Johnson (1980) stated that metaphorical thinking forms human perception of emotions and mental states. According to Vladimir Telia (1996), phraseologisms conserve cultural memory and convey values from one generation to another.

Classification of phraseological units expressing mental states

Phraseological units conveying mental states can be categorized into several semantic groups. If phraseological units express a positive emotional state, they can contain lightness and movement. Examples of such fixed expressions are:

“be on cloud nine”

“walk on air”

“in high spirits”

If phraseological units represent a negative emotional state, they can include symbols of darkness and heaviness. Examples of these phraseological units are:

“feel blue”

“down in the dumps”

“heavy-hearted”

Moreover, phraseological units express anger and frustration; these fixed expressions strengthen emotional condition through vivid imagery and hyperbole. Examples of these phraseologisms are:

“see red”

“lose one’s temper”

“blow one’s top”.

Lastly, phraseological units express intellectual states, as well. They represent intelligence, confusion, and psychological instability, such as :

“have a sharp mind”

“lose one’s mind”.

Conclusion

Phraseological units conveying mental states pose a great area of linguistic research because they unite emotional expression, cultural symbolism, and cognitive perception (Moon, 1998). Their semantic, figurative nature help speakers communicate sophisticated psychological experiences efficiently. Phraseologisms perform stylistic, expressive and communicative functions in discourse. Future research can focus on comparative analyses of phraseologisms across universal patterns of emotional expressions

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