



# The Representation of the Daily Life and Habits of the French People in Phraseological Units

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**Abstract:** *This article explores the reflection of everyday life and traditions of the French people through phraseological units, particularly those with gastronomic components. It analyzes how cultural values, national mentality, and social practices are encoded in the figurative expressions of the French language. Using comparative and semantic analysis, the paper highlights the role of phraseology in representing cultural identity and collective experience. Tables and examples illustrate how linguistic imagery is shaped by culinary traditions and everyday life, making phraseological units an important medium of cultural transmission.*

**Keywords:** *French culture, phraseological units, everyday life, traditions, gastronomy, national mentality, linguistic imagery, cultural identity, semantic analysis.*

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**INTRODUCTION.** Language is a means of expressing a nation's spiritual wealth, culture, and traditions. In this regard, phraseological units are valuable linguistic elements that reflect a people's way of life, worldview, customs, and mentality in everyday life. This article analyzes the perceptions of the French people's daily habits and lifestyle through French phraseological units.

Phraseological units are often closely connected to a nation's customs and traditions. They are the result of many years of experience and observation and are passed down from generation to generation through language. Thus, studying the linguistic worldview of the French people through their phraseological expressions makes it possible to understand the specific features of the language, national mentality, and worldview system. In turn, this plays a significant role in deepening intercultural communication.

Language and culture are closely intertwined. For an in-depth study of any foreign language, it is logically correct- and even essential- to be familiar with the culture of the country to which that language belongs. One of the important aspects of a nation's culture is its national mentality. Therefore, when studying the culture of a particular people, it is important to pay attention to the characteristics of their national character.

The relationship between language and culture is a mutual, two-way connection: language helps shape society's understanding of culture, while culture, in turn, determines the direction of language development. Such a strong interdependence between language and culture leads to the formation of national and cultural components within the meaning of language

## LITERATURE ANALYSIS AND METHODS

Phraseological units (such as idioms, expressions, proverbs, etc.) are linguistic elements that reflect the unique features of a national language and culture. They play an important role in expressing a people's daily life, traditions, and mentality. Therefore, the study of phraseological units requires specific scientific research within the fields of linguistics and cultural studies.

The relationship between the concepts of "language" and "culture" has been studied by numerous scholars. Among them are V. Humboldt, J. Herder, D. Likhachyov, Yu. Lotman, A. Potebnya, and others. In addition, the cultural and semantico-semiotic characteristics of gastronomic vocabulary in different languages have also been the subject of research by many scholars. In this regard, the works of O. Lapynina, V. Dmytrenko, I. Derzhavetska, M. Davis, U. Ostera, T. Moles-Cases, and others can be mentioned. These researchers have analyzed the cultural and semantico-semiotic aspects of gastronomic vocabulary units in various languages.

There are numerous scholarly works on the fundamental concepts and methods of phraseology. For example, Wilhelm von Humboldt conducted an in-depth analysis of the relationship between language and culture, emphasizing that language serves as a means of reflecting a nation's spirit and culture. **J. R. Firth**, on the other hand, viewed phraseological units as "bundles" in language learning and highlighted their role in studying how culture is formed and transmitted through language. In this way, the study of the interconnection between phraseology and culture opens the door to developing new approaches and methods in linguistics.

The main theoretical approaches to the study of phraseological units include the following:

- **The semantic method** – focuses on analyzing the meaning and semantic structure of phraseological units. This approach allows for a deeper understanding of national consciousness, culture, and mentality through idiomatic expressions.
- **The cultural approach** – examines the cultural context of phraseological units. It analyzes how idioms are connected to a nation's lifestyle, traditions, and national characteristics.
- **The corpus-based analysis method** – studies phraseological units based on large volumes of texts, observing how they are used in various linguistic contexts. This method clearly demonstrates the role of phraseologisms within the language system and their cultural significance.

Phraseological units are essential linguistic elements that reflect a nation's culture and mentality. Their study is significant not only from a linguistic standpoint but also from the perspectives of cultural studies, anthropology, and social sciences. Therefore, exploring the connection between phraseology and culture can contribute to a deeper understanding of intercultural communication.

**RESULTS.** From a linguistic point of view, phraseological units are not only elements reflecting the structure and functions of a language, but they also serve as carriers of cultural specificity. In the French language, phraseological units are particularly valuable for understanding the mentality, daily life, customs, and values of the French people. For instance, the expression "*Avoir le cœur sur la main*" (to be kind-hearted) reflects the French notion of hospitality and openness, while "*Manger sur le pouce*" (to eat quickly/on the go) illustrates their tendency towards efficiency and time management.

Studying phraseological expressions is essential for comprehending the worldview and lifestyle of the French. These expressions convey the social, psychological, and emotional dimensions of the nation. For example, "*Être dans de beaux draps*" (to be in trouble) demonstrates the French approach to facing and softening challenges. It is worth noting that food is an inseparable part of human life. As such, lexemes from the "food" lexical-semantic field are frequently used as

components in phraseological units across many languages. These food-related expressions not only enrich the semantics of idioms with national coloring but also form a vital fragment of the phraseological worldview.

Phraseological units, with their gastronomic components in each language, serve as cultural information centers that contain distinctive national features and knowledge. This information has been ingrained over the course of the formation and development of a particular nation. Thus, the system of representations provided by phraseological units with gastronomic components in the French language is defined by the specific characteristics of culture (psychological, social, material, etc.) and, at the same time, reflects the experiences and national cultural traditions of a particular people.

To understand the worldview and lifestyle of the French, it is essential to study their phraseological units. These units reflect the social, psychological, and emotional aspects of the nation. For example, the phrase "Être dans de beaux draps" (to be in a difficult situation) reflects the French approach to addressing and overcoming problems, showing their resilience and problem-solving attitude.

Similarly, "L'esprit de l'escalier" (thinking of the right words too late) reflects the French tendency to delay quick responses and sharp reactions, yet strive to express their thoughts clearly and accurately in the end. This phrase demonstrates the French focus on both the timeliness and the careful thought in their social interactions and communication.

Semantic analysis of phraseological units reveals how they are deeply embedded in the cultural and social context. The meaning of phraseological units in the French language is often closely linked to the nation's distinctive traditions and mentality. For instance, the phrase "Faire la fête" (to celebrate) expresses the French positive outlook on various festivals and the communal act of celebrating within society. This phrase also reflects the French appreciation for holidays and cultural events, considering them an integral part of their social life.

Phraseological units are often closely linked to the customs and traditions of a particular people. They are the product of years of experience and observation, passed down from generation to generation through language. In the French language, the following types of phraseological units can be identified:

- Phrases related to eating and drinking
- Phrases related to household chores
- Work and daily activities
- Social relationships and culture

French food culture is deeply reflected in their phraseology. Below is a table illustrating a few examples:

Phraseological unit	Literal translation	Meaning
<i>Mettre du beurre dans les épinards</i>	<i>To add icing on the cake</i>	<i>To improve life</i>
<i>Ne pas avoir un radis</i>	<i>There's not even a radish</i>	<i>No money at all</i>
<i>Être dans le potage</i>	<i>To be in the soup</i>	<i>To be part of the group /</i>

The following French idiomatic expressions are directly related to daily work, activities, and lifestyle.

Phraseological unit	Literal translation	Meaning
<i>Travailler d'arrache-pied</i>	To work with all one's might	Diligence, dedication to work
<i>Mettre la main à la pâte</i>	To take the first step in a task	To actively engage in work
<i>Tourner autour du pot</i>	To beat around the bush	To avoid addressing the issue directly

Among the French, household chores are also reflected in idiomatic expressions: **“C’est la fin des haricots”** – “It’s the end of the beans” – this means there is no hope left.

**“Faire le ménage”** - “To clean the house” – this is used not only for cleaning but also for putting one’s life in order.

**“Mener quelqu’un en bateau”** – “To lead someone in a boat” – means to deceive someone.

A distinctive feature of French idiomatic expressions is that they are often based on concrete daily life and formed through metaphorical expression. Through French idioms, we see that the French often approach life’s problems with humor. Additionally, this nation shows great respect for hard work. In spoken communication, they are polite and often prefer a delicate approach. Through these linguistic units, the values, traditions, and social life of the people are reflected.

## CONCLUSION

**In conclusion**, it should be noted that idiomatic expressions in the French language reflect the richness and culture of the language. By learning them, one can improve communication skills in French. Each idiom has its own specific context and usage, so it is important to pay attention when translating and applying them appropriately.

French phraseology expresses the people's daily life, work culture, attitude toward food, and social relationships in a figurative yet precise manner. Through such expressions, the French language reveals its rich cultural layers. Learning them not only enhances language proficiency but also provides a deeper understanding of the culture.

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