

The Role of a Smile in Interpersonal Communication

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Abstract: There are many secrets and principles of language and speech. Language and speech together are a subject of common use. All their principles are equally important, because in the relationship between language and speech, neuropsycholinguistics also answers. There is always something new in this field of science. Cognitive principles—the brain and its relationship to language—are important in language acquisition and categorization. Although this work is very complicated and difficult, a person can be healed with a kind word. Because the word is also a source of energy in managing the mind. This is one of the practically unsolved problems of neuropsycholinguistics. The brain is a mysterious world, if it is studied from the point of view of the influence of speech, how we perceive language, how we talk becomes easier. A smile also relaxes the human brain. It nourishes the human psyche and renews its spiritual world. A smile is a very delicate matter, it is necessary to know its place and learn ways to give it to someone.

Keywords: language, speech, neuropsycholinguistics, cognitive principles, smile, psychological point, neuropsychological point personologic, Freud's model, psychological structures, [ID – EGO – SUPER-EGO].

Introduction

In the center of Neuropsycholinguistic teaching, the linguistic personality, its integration into a charismatic person and his leadership ability, the influence of speech, the rules of expression of words and sentences in a favorable situation are in focus. This is an urgent topic for the integration of a well-rounded person, a perfect person and a charismatic person in New Uzbekistan. It is clear from this that in the development of society, the correct formation of the linguistic personality and the ability of a charismatic person is of great importance in increasing the value of a person.

When it comes to Neuropsycholinguistic, in the mind of any ordinary person: "What problem could this science make easier for me?!" - It is natural to think.

Neuropsycholinguistics is one of the global problems of the 21st century. It is one of the most necessary sciences that serve for a person's self-awareness, finding his place in society, cultural advancement and improving the skills of speech attractiveness. Neuropsycholinguistics is considered a social science for the whole world, and the problem of the linguistic personality is at its center. This science studies the adaptation of a linguistic person and a charismatic person in personological, communicative, discursive relations in the range of speech, the psychology of speech development and socialization as a conscious being in society.

Neuropsycholinguistics is a scientific interrelationship of psychology, neuroscience and linguistics. The formation of neurolinguistics as a scientific discipline is related to the

development of neurology, psychology and linguistics in one branch, on the one hand, and the need for integration of these sciences with personology, on the other hand. Neuropsycholinguistics, as a modern science, helps to study and prevent speech disorders - aphasia, secondary disorders caused by the effects of a primary defect, as well as systemic diseases caused by functional changes in the brain aimed at restoring impaired function, and stabilization of the systemic function of speech, light serves to treat type of mental illness with "sweet words". Therefore, in this science, among the primary effects of words, phrases and speech expression, the place of smile is of particular importance.

The main part

«In world linguistics, identifying the factors that shape communicative dialogue, defining the principles of establishing communicative dialogue, creating a convenient system for language learning, as well as models of interpersonal relationships, clarifying the set of linguistic mechanisms that shape a linguistic personality have not lost their relevance for many years» [Bobokalonov R. 1, 4; 3, 3-223].

From a psychological point of view, a person is a conscious and active person who has the opportunity to choose a healthy lifestyle. A person, as a member of society, operates within the framework of various mutual relations. In social psychology, much attention is paid to the study of the psychological qualities of a person. In addition to interpersonal relations, existing political circles and ideological views in the society are of great importance to the process of personality formation. A certain system of ideas in society affects a person, contributes to his psychology, worldview, personal and social development. As long as a person lives in a certain social environment, he wants to have a unique position, reputation and mission.

“A person is not only the object of social relations, but also its subject and active participant.” [5, 168] A person is a clearly existing representative of a certain state, society, group, who can establish a conscious relationship with those around him, who can act consciously, who can show his unique human image in all relationships, as well as himself. A person is a linguistic entity with specific individual and social characteristics.

A linguistic person, that is, a modern person who knows a foreign language, thinks, thinks and communicates with others, that is, a linguistic person with neuropsychological significance, is not without emotions: happiness, desire, lust, pity, hatred , is always busy with jealousy, anger and other positive or negative emotions and impressions [6, 21-29].

So, what is a smile and what is its purpose?

In fact, smiling, laughing, and laughing are signs of mental upliftment and happiness. In general, when it comes to happiness, there is no limit between them. Everyone smiles, smiles and laughs as much as they want. It depends on his social origin, character and level of understanding of people. However, accuracy is good in every case. Accuracy does not deceive a person.

And from a scientific point of view, the smile:

1. Increase of mental quotient (IQ) - it is done to perceive something, to determine the level of understanding;
2. Evaluating a person's emotional quotient (EQ) - serves to focus one's thoughts on oneself, to create some new emotions, to encourage one's self-realization [6, 3-147].

A smile is not just a smile. It improves interaction, gives design to communication. First, kindness, attentiveness and respect for others are manifested in its refinement. With the help of a smile, the working environment improves, and the mood of the team improves. An upbeat mood helps any team member overcome fatigue during the day.

Employees get motivation from leaders who look after others with a healthy smile. The work efficiency increases if the team unites towards a great goal. On the contrary, sullenness and

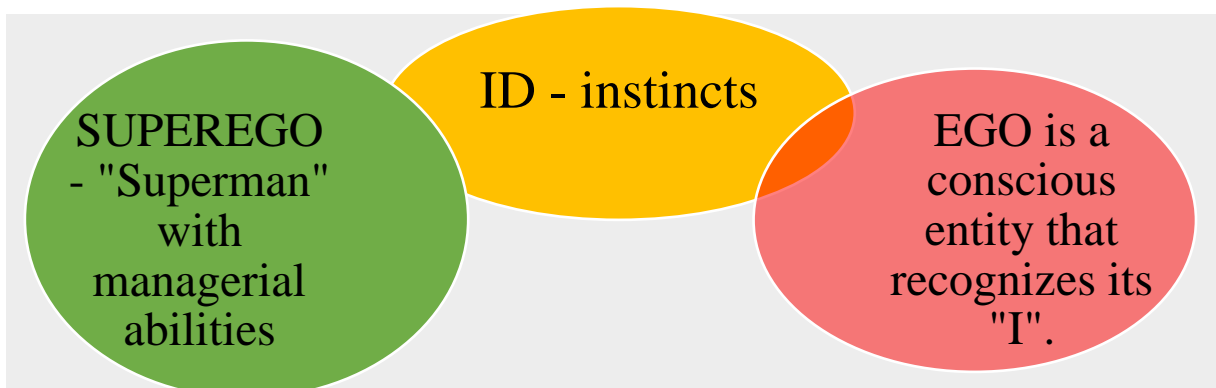
nervousness spoil a person's beauty and damage his spiritual beauty. When he sulks, the atmosphere spoils, any leader looks ugly. Tyranny, personal enmity, chaos will rise.

As you can see, smile is a neuropsycholinguistic and linguocultural phenomenon. To smile, you need to be mentally healthy, talkative, polite and sweet. A sweet conversation or a good speech carried out with the help of a smile is the key to success in captivating others with love. Intellect, understanding, knowledge, ingenuity create the basis for the right choice of smile and meaningful communication.

Analysis and monitoring

According to Sigmund Freud, a linguistic person is a simple, mentally mature person who knows a language, who over the years tries to get rid of the [ID] state and become a charismatic person (a capable mature person). He defends his ``I" and starts claiming to be ``Superman". His life path will consist of a field of struggle [7 ; 8]. A smile also helps to win battles without difficulty.

Compare images:



Freud's Structure of the Human Psyche

Id:
Instincts

Ego:
Reality

Superego:
Morality

About the personological significance of a smile, the German thinker Sigmund Freud compares the human psyche with an "iceberg" in the theory of "Psychology of the Unconscious". In his imagination, a piece of ice is the totality of consciousness and unconsciousness. This wholeness is a model of the human psyche: "The tip of the iceberg, that is, one-sixth, is consciousness, while the five-sixths that lie beneath the surface are unconscious processes. The tip of the iceberg is our mind. However, 5 out of 6 of the huge iceberg lies hidden under the water. This invisible part of it is our unconsciousness" [9]. The study of conscious processes through unconscious processes permeated Freud's imagination.

Famous artist Louise Ward writes about the cultural value of smiling: "I smile and I feel good. I give someone a smile and it makes me feel happy. I'm less stressed when I smile. Even if I am going through a hard time, when I smile I seem to forget all my worries. A smile relaxes and distracts me. Laughter makes us live longer, right? Yes, I believe, there is truth in this ... And why do you say? Because when you laugh, your brain releases endorphins. Endorphins are released in any positive mood, and they play the role of the most important drug in the feeling of pleasure and in helping the brain with painful sensations. In addition, when we laugh, we release less cortisol - the stress hormone. To compensate, the brain releases dopamine, a substance associated with positive emotions. With laughter we also, as Freud said, release negative energy from the body" [10].

Freud considers psychological processes that are "hidden" in a person as unconscious processes. According to Sigmund Freud, the natural instincts of a person that have been repressed from the mind reside in the subconscious. The state of unconsciousness is an innate feature that hides all human actions. In Freud's model, three psychological structures, [ID – EGO – SUPER-EGO], are inextricably linked. [ID] are unconscious instincts; [EGO] – a conscious person in the sense of "I"; [SUPER-EGO], i.e. - "Super-Man", such a person is an ideal leader in society who can influence the environment around him. [SUPER-EGO] controls a person's behavior "from above" spiritually.

He explained that at the initial stage of evolution, the human instinct for self-preservation and foraging determines its behavior in the Id, and then the parallel function of the [EGO] instinct begins to increase.

Freud calls all biological instincts - protection, food search and increased need - in one word "Id". In the inner mental state, the Id is constantly in a relentless battle with the EGO and the SUPER-EGO. Although the [ID] is powerful, the "I" does not allow it to float out of the subconscious. That is why [ID] is aggressive. Instincts seem to become a person's way of life until the "I" takes full control. The development of [EGO] changes a person's lifestyle and takes control of his behavior. [Id] is fixed, and [EGO] is evolving and changing.

Sigmund Freud compares the relationship between [EGO] and [ID] to the relationship between a rider and a horse. The rider does work at the expense of horsepower. At the right moment, the rider must hold the reins tightly, stop the horse, and direct it in the desired direction. Otherwise it will crash. There are times when it's not the rider, but the horse that decides when to stop and which direction to go. For example, the rider falls asleep, tired or sick. This is his state of unconsciousness. The situation of [EGO] (rider) is a bit more complicated than that of [ID] (horse). Because, on the one hand, [EGO] must follow the rules of the environment, that is, the external world, and on the other hand, a strong horse must control [ID]. [EGO] is always anxious to satisfy the demands of the external world, i.e. the Super-Man, and the needs of the Id. In order to fulfill these requirements, [EGO] should always be on the alert, if these requirements are not fulfilled, the feeling of guilt falls on the neck of [EGO]. Therefore, [EGO] is always looking for ways to protect itself.

[SUPER-EGO] is the sum of all [EGO]. Just as a cell lives in an organism, an organism cannot live without a cell. The organism is the [SUPER-EGO]. [SUPER-EGO] is the executor of society's laws, moral norms, state and religious requirements. If [EGO] does not perish, it must live under the requirements of [SUPER-EGO]. In these three structures, [EGO] must

satisfy [ID] on the one hand, and follow the requirements of [SUPER-EGO] on the other hand. According to Freud, the development of neurosis in [EGO] is from this. He traces the development of neurosis in man to these conflicting relationships. In the psychotherapeutic treatment of neuroses, psychoanalysts try to reduce or stop the conflicts between [ID], [EGO] and [SUPER-EGO]. [1, 107-108; 3, 1-127]. Later, Freud (1923) developed a more complex systematic model of the mind that included the [ID – EGO – SUPER-EGO] states, which he called the "mental apparatus". These are not physical areas in the brain, but hypothetical concepts of important mental functions. It generally conceptualized [ID – EGO – SUPER-EGO] as three important parts of human personality.

From a social point of view, "A smile is a pleasant word written without letters." A smile is a lamp that burns without electricity. A smile is a word that needs no translation. A smile is charity." Smiling is an effort to do good to others. Because a smile is the first step on the path to goodness. One of the most useful of such kindnesses and the action that has a quick impact on the people around you is a smile.

In the science of psychology, "19 types of smiles have been identified. They are divided into two groups: "social" and "original" smiles. A genuine smile is said to smile from the heart. Social smiling can also be called "smiling for politeness". It activates 5 muscles in the face. In general, 17 facial muscles are activated when a person smiles.

"A smile is a great exercise for the human face. In a smile, the head turns to the right with a beautiful wish. A smile enhances the positive state of the brain, which works in harmony with the state of the facial muscles, and affects the mood of others. It affects the human body and mind, prevents high blood pressure and heart diseases. Self-confidence is something that is awakened and shaped within an individual. For example, you do not even know that you are communicating with a smile to a person who is smiling sincerely at you. Or someone who sees someone laughing heartily, even though he doesn't know what he's talking about, laughs with him"[11].

From a religious point of view, smiling is also a prayer. Religious leaders say that there is a verse in the Holy Qur'an that says, "If you smile, you will be rewarded." A smile is consent to God's judgment. In a hadith narrated by Abu Zar, the Messenger of God, may God bless him and grant him peace, said: "The smile you make on your friend's face is charity" (narrated by Imam Bukhari). Prophet Muhammad (pbuh) was always smiling. Abdullah ibn Hari said: "I have never met a person who smiled like the Prophet Muhammad. He used to give his smile as charity to his Muslim brothers. The Prophet, peace and blessings be upon him, always looked at those around him with a smile. When he smiled, his bright teeth were visible. "

Furthermore, psychologists suggest that the earlier you smile in the morning, the more positive your mood will be for the rest of the day. One can observe interesting facts about smiles that are widely recognized.

1. Even forced smiling improves mood.
2. Smiling boosts immunity. The body relaxes after a smile. Positive emotions manifest themselves in the body's physical state. The body is more powerful.
3. Smiling banishes stress. Because at this time, the body begins to produce endorphins, which are hormones of happiness.
4. Smiling is also contagious. Swedish scientists say that when a person smiles and yawns, the other person next to him wants to do the same.
5. The muscles of the face engage in physical activity when smiling. Throughout this period, smiling reactivates and strengthens 53 facial muscles, improving blood circulation in them.
6. Babies start smiling from the moment they are born. Smiling is an innate talent for them.
7. Smiling gives a woman extra charm. When they smile, they become a more attractive owner.

8. A woman smiles more than a man. It seems that smiling also raises the human spirit. In social networks, the meaning between smiling and smiling is equally noticeable [12].

Conclusion

In the process of discourse, a linguistic person also uses body language effectively. A smile has a special place in body language. A smile is a non-verbal event in the communication strategy. If the smile is pleasant, gentle and beautiful, it can be felt that the level of charismatic ability of the linguistic person has reached a high level. A pleasant, gentle and beautiful smile suits any face. It shows the spiritual maturity and beauty of a linguistic person, as well as a sign of high culture. A smile is a necessary tool for attracting attention to others and for arousing sympathy. In terms of communicology (the study of communication processes), a smile is seen as the most effective form of body language for a charismatic individual to create a positive connection with the person they are speaking to, to uplift the spirits of those around them, and to emotionally influence them. From a neuropsychological perspective, smiling helps to calm the nerves of the listener and can assist in reducing stress for the individual. The mood of a person who always smiles sincerely when he wakes up every morning, when he overcomes the obstacles of every difficulty is lifted. The important fact is that it is always possible to find a sufficient reason and reason to smile. It can be seen that cultural, personological, communicological, psychological, neurological, discursological and linguistic principles of smile can be distinguished and are very important. We paid more attention to their general social status. We will discuss the neurological, discursological and linguistic principles of the smile during the work.

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