

Neuropsychological Symptoms of Smile and Laughter

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Abstract: Among the non-verbal actions that are not expressed in words, smiling and laughing have a special place, and this is a very important xenic position: there are gestures, facial expressions, gestures and expressive facial signs in international culture. Learning and knowing how to smile and not smile in interpersonal diplomatic relations is considered to be a strategy of keeping the interlocutor close to oneself. Neuropsycholinguistics helps to study subtle aspects of smile. 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. Laughter and smiling also calm the human brain. They also nourish the human psyche and renew his spiritual world. A laughter and a smile are 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, non-verbal actions, smiling and laughing, xenic position, gestures, aspects of smile, friendly smile, askiya, anecdote, humor, hangoma, anecdote, joke, humor.

Introduction

When it comes to neuropsycholinguistics, the mind of any ordinary person is: "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 appeal. 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 the range of speech in personological, communicative, discursive relations, the psychology of speech development and socialization as a conscious being in society.

Neuropsycholinguistics is a scientific interrelationship of psychology, neuroscience and linguistics. The development 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 the impaired function and stabilizing the systemic function of speech, mild mental illness is called "sweet word" "is used for treatment. Therefore, the primary effect of words, phrases and speech expression is of particular importance in this science. Among them, a smile and a smile, which are always active

as a xenic phenomenon, have their own spiritual and spiritual energy, and its study is an urgent topic [Bobokalonov, 2023, 4-109].

The main part

Smile is a cultural and spiritual need. According to L. G. Brutyan, "A smile has many meanings not only within one culture, but it is manifested and interpreted differently in the cultures of peoples with different languages.» [Brutyan, 2016] Smile is a cultural and spiritual need. According to L. G. Brutyan, "A smile has many meanings not only within one culture, but it is manifested and interpreted differently in the cultures of peoples with different languages.

So, a smile is expressed and interpreted differently in different cultures. Studying the characteristics of smiling across cultures may be the subject of separate studies and an opportunity to consider it in more detail.

A.P. Sadokhin says that in all Western cultures, a smile is primarily associated with joy and positive emotions, while the typical smile of Asians is an expression of positive emotions (solidarity, sympathy, sympathy, joy, etc.) and a means of hiding the negative (discontent, surprise), confusion, etc.) is considered [Sadokhin, 2010,163-288]. A.V. Pavlovskaya writes: "Each nation smiles in different situations. Of course, smiling is part of English culture, a high level of politeness, education and good manners. The American smile is overly formal, mechanical muscle movements, teeth showing, and often without any positive meaning. But in every nation there are moments when emotions are unnaturally and uncontrollably expressed in a smile. Behind the smile, the real movement of the heart and soul is clearly felt. This is especially noticeable among peoples who are used to hiding their feelings. In general, "facial expressions and especially smiling are an important part of non-verbal communication. Studies show that only 7% of the importance is given to the verbal component, 38% to the paralinguistic means, and 55% to the non-verbal means of communication. It turns out that 93% of meaning comes from how we say it, not what we say"¹.

According to A.V. Pavlovskaya, for Russians, in political, social and economic matters, in other and similar situations, smiles and laughter are considered nonsense: "Western people are surprised by the Russians' unsmiling, gloomy look and sadness. And sometimes they are afraid: in the Russian mind, a smile is not perceived as an offer to someone, whatever the communicative meaning in it, the symptoms reflecting it are perceived as a signal of well-being. Smiles and laughter can be heard only in moments of joy, relaxation, lightness of spirit. They are: "Это серьезно. Это абсолютно серьезно. Это несмешно. Это вообще несмешно» they like to use such speech derivatives and they repeat it a lot in conversation [Pavlovskaya, 2005, 272]. Uzbeks read someone's mind with a smile: « *Ma'qul. Xo'p bo'ladi. Shunday, albatta. Balli. Yashang. Bor bo'ling. Barakka toping. Ha-ya. Rostan ham. Yo'g'e! Bo'lishi mumkin (emas)* and choose short speech units like these. Smiles and facial expressions are well-studied in xenic movements in Russian linguistics and cultural studies. According to N. I. Formanovskaya, "a smile exists in human nature, it does not have a certain value "in itself", but it has a truly magical power directed at the interlocutor» [Formanovskaya, 1989. 119-159].

V. V. Soloukhin describes: "The fact is that people have a smile at their disposal. Note: besides a smile, eyes - to look, legs - to walk, mouth - to absorb food: everything is necessary for a person, almost everything is intended for a person: And a person's smile is his not necessary for himself [Soloukhin, 2014]". A person cannot give himself a smile - he is attached to someone and to someone's smile. So, a smile is chosen to attract the attention of others. It opens the way to the discourse that soothes the human heart and charms others.

A smile is not to hurt your heart, but to cheer you up. As a means of non-verbal communication, it has many semantic features: with the help of a smile, people share their good mood, show sympathy to the interlocutor, express polite sarcasm or goodwill towards others, and show good

¹ <https://ru.wikipedia.org/wiki>

manners. A smile lifts someone's mood. It opens the door to easy communication and gives resonance to the conversation.

Many studies have shown that smiling has a positive effect on human health:

1. A smile creates a warm attitude; 2. A smile facilitates mutual understanding; 3. A smile keeps the brain healthy; 4. A smile improves mood; 5. Smiling reduces stress; 6. Learning to smile improves communication skills and IQ.

When you smile, you let yourself go. Smiling improves blood circulation, lowers blood sugar levels, helps with stress and improves sleep. Also, smiling helps the immune system work well. An example from real life:

A twelve-year-old girl was diagnosed with an oncological disease, chemotherapy was stopped, and she had a short life left. Although everyone was sure that she would accept her fate, she could not see the death of the girl. They wanted to hide their state of regret from him. One day, the girl's classmates come to ask for her favor. The girl was happy to hear this, but she was embarrassed by the loss of her hair and worried about it. Then the father called the head of the class and asked the children not to pay attention to her daughter's hair and not to ask her about her hair.

During lunch, all the girl's classmates come to see the girl under the leadership of the class leader. The father opened the door and saw with his own eyes that all the children, starting with the head of the class, had their hair cut and decided to look the same as the little girl. The girl, who had not laughed for a long time, saw her friends in this situation and burst out laughing with joy. His father joined them in laughing.

World science has achieved many new results about "laughter and smile". In medicine, the positive results of laughter and smiles related to the human psyche are noted many times. There is a difference between a smile and a laugh [Bobokalonov, 2022.].

When laughing, the human brain is forced to perform two tasks at the same time. In the process of laughing, a person both smiles and laughs. A person smiles for others, and laughs for himself. There are several types of laughter states. When laughing, the symptoms of laughing, smiling, working, grinning, curling, shy, shy, squealing, snorting, sounding, soundless, drumming, looking around, startling, shuddering, stuttering depend on the mental state of a person and his character. Such laughter interferes with the graceful gift of a smile. In this respect, smiling and laughing cannot be evaluated as the same phenomenon. For this reason, in some cases, a smile cannot find its place in the process of communication. Therefore, it is necessary to distinguish and express a smile from appropriate and inappropriate situations of laughter. Therefore, showing a smile requires a certain art, responsibility and caution. Among the people: "If you respect, you will be respected." If you give charity, your risk will increase. If you are humble, your career will be high. "If you smile, you will be rewarded," they say.

The famous Russian writer Leo Tolstoy describes a smile like this; "A smile consists of what is called the beauty of the face: if it adds charm to the face, then the face is beautiful; if the smile does not change the beauty of the face, it is normal; if it violates it, it is bad. Gabriel Garcia Marquez also describes a smile and writes: "Never stop smiling, even when you are sad, because someone may fall in love with your smile." A smile is a tool to mentally capture others. It is often shown to be worthy of a woman rather than a man [Sayfullayeva, Bobokalonov, 2023, 3-149].

Gelotology studies laughter, humor and its effects on the human body. The science of laughter and its influence on human health - glottology (Greek *gélōs* - "laughter", *logos* - teaching), founded by psychiatrist William Fry, appeared in the 60s of the 20th century at Stanford University in the USA.

In earlier times, many doctors and philosophers turned to the study of the effect of laughter on health: Avicenna's book "The Laws of Medicine" contains good recommendations about the

effect of a sweet word on human health in providing refreshment of the soul. Sweet music relaxes the brain and helps it to be well nourished. Also, on the same issue of laughter, smiles and sweetness, Democritus ("The highest good consists of peace and joy of the soul"), I. Kant ("When laughing, the soul becomes the doctor of the "body"), A. Schopenhauer ("The joy of joy manifested in humor, subjective Philosophers such as physiological joy, which reflects "the peak of human health") also provided valuable information.

Analyses

Laughter therapy (heliotherapy, humor therapy) is the use of laughter techniques and therapeutic humor aimed at improving the client's understanding of himself, his behavior, and mood [Franzini, 2001, 170-193] It is known from history that Norman Cousins (comedy "The Man Who Made Death Laugh"), Michael Tietze ("Hospital Clowns"), W. Frankl ("Paradoxical Intention") and others, who have found success in laughter therapy, have contributed to the development of laughter therapy. Many seriously ill people who watched their comic works were easily cured by laughter [Kulikova, 2009. — 478]. In Uzbek cinematography, the films "Maskaraboz" and "Iron Woman" developed by Sharof Boshbekov can be an example of our opinion.

A person who does not laugh is devoid of emotion and is very boring. An emotionless person cannot please people. A little smile during the work process overcomes fatigue, gives people strength, helps them relax, and adds enthusiasm to work. It helps to unite the team towards the goal. Increases the spirit of general work, harmony and solidarity within the team. However, Chinese medicine states that too much laughter is harmful, and that less laughter is not harmful to health. The Uzbek people also have a proverb that says, "He laughs a lot, he cries." This is probably why the Chinese people are more serious about political and economic issues. Uzbek people have wise sayings such as: "A good person laughs after everyone else", "If you laugh too much, your mouth will tear", "Think about the consequences of laughing at someone", "Don't laugh at someone, you are a fool, there are people who laugh at you too". It turns out that you need to find a serious innocent reason to laugh. This is used to describe someone's shortcoming, defect, or a series of events that cause laughter in society. Folklore genres such as comedy, askiya, anecdote, humor, hangoma, anecdote, joke, and humor serve to raise human mood. However, it is forbidden from a moral point of view to make fun of a person's personality, to talk about his flaws and shortcomings, to laugh at someone's personality, and to allow this is considered uncivilized. The fact that some "funny" in quotation marks show their identity by laughing at their fatness, lead a goat on stage and parody the artist's voice without words to laugh, first of all, harms their own repertoire.

Phonostylistic elements are not important in a smile. But laughter is based on gestures and vocalizations. Physiological changes appear in laughter, humor is based on puns. The mouth opens uncontrollably; the larynx from the oral cavity to the pharynx opens and becomes tense. An unusual vibration - "angel of laughter" appears in the whole body. Blood circulation accelerates, nerve fibers bulge from laughter, and faces turn red.

A smile is the opposite, the whole body is relaxed. In it, the figure is rejuvenated and the face is imperceptible expression, chastity and modesty embodied. That's why a smile is a bouquet that brings happiness to people.

Charles Gordy said, "A smile is an inexpensive way for anyone to make themselves feel loved." A smile makes a person love. Advantages of smile over laughter: Laughter is short-lived with words and phrases and has a very short lifespan in the time dimension. And the smile is manifested in human nature in silence, not during the day, but over time.

Not everyone can do a smile on their own. For this, a person needs aesthetic sophistication, grace, understanding, understanding, intelligence, adaptability to the situation and attention. Otherwise, the border between love and hate - the "wall of smiles" will be broken. Anger and jealousy creep in between the walls and easily turn love into hate. According to psychologists, love is a very delicate ring. He is calm and unbalanced in front of jealousy. Hatred is a sign of

malice and stubbornness. Jealousy and hatred cause various human conflicts: a person unknowingly commits bad deeds - villainy, betrayal and even crime.

Many works have been written about them. Take an apple and cut it in half. Put half in sugar water and the rest in salt water. One turns into jam, the other into vinegar. These two ingredients were actually one apple. But the environment changed them. »

People are also changed by the environment. So is Julien. If we compare the simple, pure-hearted, intelligent and knowledgeable Julien at the beginning of the play with the murderous Julien at the end of the play, it will not be difficult to understand how the life of the boy who was looking for happiness has changed, and frankly, the mental changes that can be observed in the character of this character.

Conclusion

The conclusion that can be understood from the work: every person should know how to make the right decision mentally in order to achieve his goal. Smiling has its place and addressee. Don't waste your smile and smile. The conclusion is that in any case, a smile and a laugh should find their destination. A sincere and friendly smile, a smile and a laugh will not allow a beautiful face to change into an ugly person. Laughter is an expressive movement of the face, lips, eyes, and arms, showing a tendency to laugh, or expressing pleasure, greeting, joy, benevolence, or ironic derision. Laughter and smile are not the same thing, but a couple in the human psyche that complements each other. Where there is laughter, a smile is its companion and embodiment. But it turns out that laughter can never be a smile, and a smile can never be a laugh. A psycholinguistic line is drawn between these completely different concepts. So, "the family you create is more important than the family you were born into." It should not be forgotten that, as the people know, "When a black man is angry, a yellow man's soul comes out." » A person should always try to keep his temper. To conclude one question: Why is the price of pistachios expensive? Our answer: Because he is always smiling.

Conclusion for everybody: If you want to be appreciated, always smile!

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