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**BUXORO DAVLAT UNIVERSITETI**

**EFFECTIVE WAYS OF ORGANIZING  
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IN ENGLISH LANGUAGE CLASSROOM**

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escape and meaning offered by natural protection. Thus he advocates for a delicate balance within the complex bonds between man and overarching natural order.

Analysis of the three selected works reveals Robert Frost's layered perspective on humanity's relationship to the natural order. "Birches" depicts nature's splendor as offering awestruck escape from earthly tribulations. "The Need of Being Versed in Country Things" conversely stresses environment's cold neutrality to mankind's transient dramas. Finally, "Tree at My Window" finds mystical affirmation by bearing witness to nature withstanding merciless elements. Frost expresses reverence for the very indifference making nature indifferent. Overall in Frost's nature poetry, man futilely grasps for dominance, ultimately forced to appreciate the environment's splendor while accepting lack of control over its autonomous power. Frost argues for conciliation within the uneasy partnership between weak mankind and mighty indifferent nature.

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#### **THE CONCEPT OF "SELF-HELP" AND CRUCIAL VIRTUES OF INDIVIDUAL IN SELF-HELP LITERATURE**

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The word “self-help” is taken from the work of bestseller author Samuel Smiles which appeared in 1859. According to Palmetto Publishing the self-help book genre contains nonfiction books written with the intention of instructing the reader on how to solve an issue or improve an area of their life or providing other guidance. These books are also known as “self-improvement” books, often giving advice on how to improve oneself mentally, physically, financially, etc. Common topics of this genre include improving one’s finances, bettering one’s mental health, getting one’s life in order, growing one’s confidence, and strengthening relationships.[1;174]

Ameesha Smith-Green in her article “Self-help vs self-improvement: What is the difference?” divides the self-help books into 2 groups by identifying their main characteristics. They are

1)Self-help books -which are essentially about the reader overcoming problems—especially personal, mental, or emotional ones. This often includes issues such as depression, anxiety, low self-esteem, or relationships with the self or others. The key factor is that the reader is doing so without getting professional help, such as therapists or counsellors.

2) Self-improvement books- they do what they say on the tin: help people to improve themselves without professional help, such as a coach or training program. Self-improvement books are basically about the reader improving themselves to become better. This may include becoming more organised, focused, or efficient. It may mean developing positive habits or becoming a better person.

If it is looked back in history the appearance of this genre is strongly connected with various social concepts such as individualism, self made man, neoliberalism, ideology and “American Dream”. All of these concepts played crucial roles in the development of self-help literature.

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In her research Daniella Lippe tried to connect some of these ideas in order to clarify the reasons of appearing self-help genre. The term *individualism* first appeared in France where it became part of the French dictionary in 1836. It meant “tendency towards an exaltation of the individual as a threat to the stability of social and political order” which changed after a short period of time. It characterized “ideals of a free individual seeking the opportunities for the development of his personality”. In different countries the term was accepted with different meanings. Despite these minor differences, overall, the idea of individualism was met with much acceptance and while the Great Depression and the New Deal led to a brief decline in that acceptance, individualism quickly recovered and has since become “the most cherished ideal for the American people”. There is additional evidence that indicates a rise of individualism. US American parents, for example, value their children’s independence more and their obedience less. For this reason, the occurrence of self-help genre is strongly related with the individualism so that it focuses on the development and progress of every individual.

The “myth of the self-made man”, epitomizes ideas of individualism and highlights the importance of individual success. Due to the idea of the self-made man, personal success and expressive individualism are related to the “processes of nation-building” and “collective success”. As an example Benjamin Franklin is often seen as the “quintessential self-made man” and “a model representative of the American Dream”. In his *Autobiography* Franklin constitutes a “self-improvement scheme” which he himself followed, and which has become popular and has been quoted many times). This scheme encourages readers to adhere to thirteen virtues such as frugality, moderation, humility and etc. It is indicated that Franklin rejects a deterministic social order in favor of individualism and free will. That’s the reason why the concept of self-help strongly highlights the self-confidence which was also a major factor of “self-made man”. [3;6-13]

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While holding a research Koay Dong Liang defines ideology as a dynamic set of beliefs and practices that are socially developed among specific social groups over a period of time. This shared system (e.g., desirable/undesirable) is linguistically observable. By this he implies that it is reasonable to use text analysis to identify the ideologies underlying self-improvement books. Moreover, he mentions about Germer's linguistic classification of ideology and explores how linguistic features relate to the social purpose of the self-help genre. The *location* aspect of Germer's framework includes the dialectical relationship between the three components:

- a) *Thought* – ideology as a set of beliefs
- b) *Behaviour* – ideology as a set of practices
- c) *Language* – ideology derived from linguistic norms [4;380]

He indicates that self-improvement books are closely related to the ideology of the United States. The American Dream is the view that America is the land of choices and with the help of hard work and perseverance, individuals can be successful. Self-reliance, self-determination, and self-made men and women are the main values within the American Dream it is claimed that these values remain major elements in America's identity in the twenty-first century.

American Dream advocates a better, richer and fuller life, and he explains that this is often defined in terms of money. Cullen explains that this can be extended to religious transformation, political reform, educational attainment and sexual expression, to name a few areas. In short, the American Dream is about individual Americans finding personal fulfilment in their lives.[2;40-43]

Furthermore, some important virtues are mentioned in the process of self-making which are also included in self-help literature. They are; entrepreneurship, responsibility, confidence, non-conformity and self-exploitation.

Entrepreneurship has been an important part of self-making throughout US history. Entrepreneurialism among neoliberal selves can be identified from different angles and has been studied from different perspectives. While studying

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young female classical musicians Christina Scharff, for example, was able to identify ten main characteristics of neoliberal entrepreneurs. These are the self as business; constantly active and lacking time; embracing risks; learning from knock-backs and staying positive; hiding injuries; negotiating competing discourses; anxious self-doubting and insecurity; competing with the self; establishing boundaries and blaming others.

The high degree of responsibility which is placed upon the people is also considered one of the key aspects that is helpful to shape self. An additional central aspect of neoliberal responsibility is that individuals are asked to be active in dealing with the unexpected and to be ready to adapt to change. Regardless of the circumstances, it is the response to it that ultimately counts.

In order to live with that high degree of responsibility people must believe in themselves and be confident in themselves and in their abilities, which constitutes a further characteristic of neoliberal selfhood.

Confidence, or excessive self-positivity, refers to the importance of self-love as part of neoliberal selfhood. Emerson once emphasized the importance of believing in oneself for achieving happiness and states that “self-trust is the essence of heroism” the confidence and self-positivity that is demanded from readers of modern self-help books is unique in the way that they forego critical thinking.

Nonconformity plays an important role in neoliberal selfhood. Neoliberalism encourages the rejection of conformity and allows, to a limited extent, some sort of “bohemian posturing, personal experimentation and geographical exploration”.

Voluntary self-exploitation mainly refers to the end of a clear distinction between work and private life. According to Lee “work ought to become a joyful exercise, while play, leisure and holiday have to become part of work, vice versa” [ 2;17-21]

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**UNRAVELING THE POSTMODERN TAPESTRY: JEAN RHYS'S “I USED TO LIVE HERE ONCE” AND ITS MULTIFACETED POSTMODERNIST ELEMENTS**

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**Annotation:** This article examines the postmodernist approach in the works of Jean Rhys, focusing specifically on her renowned story "I Used to Live Here Once." Through a detailed analysis of various examples within the text, the thesis explores the presence and significance of postmodernist elements in Rhys's storytelling. The article delves into the complexities of Rhys's narrative style, highlighting how her use of postmodernist techniques adds depth and nuance to the overall reading experience.

**Key words:** postmodernist, fragmentation, metafiction, intertextuality, skepticism

Jean Rhys, a renowned author, is celebrated for her literary contributions that have left a lasting impact on readers and critics alike. Her unique