

Field of Fear in English and Uzbek

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ABSTRACT

In this article, I will give information about "Fear", the concept of fear, what people are afraid of, and my thoughts about fear.

KEYWORDS: *Fear, feeling of fear, fear in people and creatures*

Fear is one of the mental states of man; due to the lack of a clear idea about the true nature and appearance of things and events, the occurrence of feelings of restlessness, stuttering, and anxiety. Fear is often expressed in people's increased heart rate and sweating. Fear occurs in people accidentally, in emergency situations, in neurotic situations, in mental trauma. Fear makes a person feel unpleasant and uncomfortable, but often he cannot control himself. Predominance of unconsciousness over consciousness creates such a situation. As a result of deep excitement, a person suffers greatly mentally. Different types of fear have been studied in psychology. The main manifestations of fear: fear of getting sick, fear of being followed by many people, fear of blushing, fear of being alone at home, fear of transport, fear of the doctor, fear of conflict, fear of the grave, fear of animals, fear of silence, fear of the corpse, fear of rights fear of law enforcement officers and fear can be reduced by teaching and training other people to correctly understand and perceive the realities of nature and life. It is possible to reduce the external expression of fear by revitalizing a person's sluggish, weak nervous system, exercising body parts, and eliminating unpleasant experiences. With the help of psychotherapeutic agents, it is possible to gradually eliminate fear.

Often, when the word fear is used or spoken, the first thing that comes to mind is fear of some event or fear of something, object, person, movie and various other events. I will try to give an example of each fear in my article. For example: if we take a person, he is afraid of the doctor, so this feeling started in him from a young age, because many children take various drugs when they go to the doctor when they are young, because the drugs are bitter and painful. It makes him feel afraid of this person and drugs for years. This feeling may or may not disappear over the years. This fear was just a feeling of being afraid of an object or a person. Some people are afraid of the hill, at this time their heart can change from constant diet and cause various diseases. As mentioned above, people have different fears, Fear of human or animal corpse, Most people feel fear when they see a human corpse or an animal corpse, that's why they rarely see such a situation. it will be in their habits. After a fear, a person can suffer and be oppressed mentally, in such cases, people often sign up for a psychiatrist to overcome their fears.

I also have a sense of fear of some things and events. For example, a few years ago, when I was young, I was afraid of "The Doctor", but as the years passed, this feeling

disappeared from me. I don't have a very strong presence in cars, planes, ships and the like. I have a sense of fear not of any creature or person, but in abstract feelings, I am always afraid of losing someone close to me. For example; Father, mother, sister, brothers, relatives and other close people. The reason for this fear is that we always talk to them, share our secrets with them, spend sad and happy days together. We are afraid to live far away, because a person also has a sense of fear of loneliness. In my opinion, fear of a movie or an animal or an event is a temporary phenomenon, it is likely that they will be forgotten in time!

Of course, fear can make a person feel bad, it can make him sick, or he can hurt himself under some mental consciousness. For example, when a person is accidentally threatened, if he has a problem with his heart, this may cause him to experience a heart attack. A person can get rid of fear only if he believes in himself, it all depends on his own mental state, if a person does not want to overcome it, it is unlikely that a Spiritualist will help him. Fear is a psychological process that occurs in a person.

Fear arises in different situations and is divided into several phobias. A person can be afraid of very simple situations or not afraid of very scary situations. And this is related to human psychology. As we mentioned above, there are many types of fear and intimidation. For example, a person can be afraid of heights, animals, darkness, water and other things, and these phobias have different names in science. There are also different methods of intimidation. For example, each of us sometimes watches a scary movie. The continuation of watching movies keeps us afraid and why does this happen? Filmmakers add infrasound to the film, which we cannot hear but which our senses perceive. Our body feels fear through these sounds. By seeing and feeling, a person begins to develop fear. We cannot say that fear is unnecessary for a person. Because sometimes feeling fear can be beneficial to a person. We can take young children as an example. For example, in children under 3 or 4 years of age, the feeling of fear is not fully formed yet. Because they don't feel this sensation, children can touch different things without fear or even go out at night. Fear is a form of defense, just as we feel pain in our body. The child cannot speak and warns his parents about the pain in his body by crying. Fear also protects the child from hot objects, sharp objects like knives or forks

The real facts about fear

- Fear is contagious and we can smell it! A group of women who smelled men's shirts—half anxiety sweat and half exercise sweat—could tell the difference between the two types of sweat.
- We remember being scared. When we are afraid, our brain stores the situation in our memory so we can remember not to repeat the situation.

- Our brains can overwrite fear!
- Fear of death is possible. When our bodies produce too much adrenaline, our hearts begin to overwork and we may pass out.
- Fear is genetic! Epigenetics is real and our genetic makeup can alert us to fear and be wary of something.
- The fear gene, known as stathmin, is stored in the amygdala and separates us into those who can jump off cliffs and those who can't.

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