

SHE'RIYAT VA INSONIY HIS-TUYG'ULAR

(EMOTSIONAL UNIVERSALLIKNING ADABIY VA NAZARIY TAHLILI)

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"Ipak yo'li" turizm va mavdaniy meros
xalqaro universiteti talabasi Samarqand

Annotatsiya**She'riyat va insoniy his-tuyg'ular**

She'riyat chuqur psixologik va hissiy reaksiyalarni uyg'otish uchun eng kuchli adabiy vosita sifatida tan olingan. Ammo adabiy nazariya shuni ko'rsatadiki, she'riyat nafaqat his-tuyg'ularni ifodalaydi, balki hissiy tajribalarni faol ravishda yaratadi, talqin qiladi va tarqatadi. Ushbu maqolada she'riyat va insoniy his-tuyg'ular o'rtaisdagi munosabat klassik estetika, romantizm, strukturalizm, germenevtika va zamonaviy kognitiv adabiy tadqiqotlar kabi nazariy va adabiy asoslar orqali o'rganiladi. Aristotelning katarsis kontseptsiyasi, hissiy xotiraning romantik nazariyalari, Jacobsonning lingvistik modeli, Ricourtning metafora nazariysi va ta'sir ko'rsatishning eng so'nggi kognitiv usullariga asoslanib, tadqiqotlar she'riyat sub'ektiv hissiy holatlarni umumiy kognitiv va axloqiy ma'noga aylantiradi, deb ta'kidlaydi. She'riyat his-tuyg'ularni irratsional yoki shaxsiy deb hisoblash o'rniga, ta'sirni rasmiy, ramziy va talqin mexanizmlari orqali tashkil qiladi. Qattiq adabiy nazariyani fanlararo hissiy tadqiqotlar bilan birlashtirish orqali ushbu tahlil she'riyatni hissiy bilish uchun vizual vosita sifatida belgilaydi, bu she'riyat xizmatlarining turli madaniy landshaftlar va turli tarixiy davrlarda izchil faoliyat yuritadigan universal kognitiv ko'priq ekanligini ko'rsatadi.

Kalit so'zlar: she'riyat, his-tuyg'ular, adabiy nazariya, estetika, ta'sir, bilish

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Аннотация**Поэзия и человеческие чувства**

Поэзия давно признана, пожалуй, самым мощным литературным средством для вызывания глубоких психологических и эмоциональных откликов. Но литературная теория показывает, что поэзия не только выражает эмоции, но и активно создает, интерпретирует и распространяет эмоциональные переживания. В этой статье рассматривается взаимосвязь между поэзией и человеческими эмоциями с помощью теоретических и литературоведческих основ, включая классическую эстетику, романтизм, структурализм, герменевтику и современные когнитивные литературоведческие



исследования. Основываясь на концепции катарсиса Аристотеля, романтических теориях эмоциональной памяти, лингвистической модели Якобсона, теории метафор Рикура и новейших когнитивных методах воздействия, исследования утверждают, что поэзия преобразует субъективные эмоциональные состояния в общее когнитивное и этическое значение. Вместо того чтобы рассматривать эмоции как иррациональные или личностные, поэзия организует воздействие посредством формальных, символических и интерпретативных механизмов. Благодаря интеграции строгой литературной теории с междисциплинарными исследованиями эмоций, данный анализ устанавливает поэзию как визуальный инструмент эмоционального познания и демонстрирует, что стих служит универсальным когнитивным мостом, функционирующим последовательно в различных культурных ландшафтах и разных исторических эпохах.

Ключевые слова: поэзия, эмоции, литературная теория, эстетика, аффект, познание

POETRY AND HUMAN EMOTIONS

(LITERARY AND THEORETICAL ANALYSIS OF EMOTIONAL UNIVERSALITY)

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Abstract.

Poetry and human feelings

Poetry has long been recognized as perhaps the most potent literary medium for eliciting profound psychological and emotional responses. But literary theory shows that poetry not only expresses emotions, but also actively creates, interprets, and distributes emotional experiences. This article examines the relationship between poetry and human emotions through theoretical and literary foundations, including classical aesthetics, romanticism, structuralism, hermeneutics, and modern cognitive literary research. Based on Aristotle's concept of catharsis, romantic theories of emotional memory, Jacobson's linguistic model, Ricourt's theory of metaphors, and the latest cognitive methods of influence, research claims that poetry transforms subjective emotional states into a common cognitive and ethical meaning. Rather than treating emotions as irrational or personal, poetry organizes the impact through formal, symbolic, and interpretive mechanisms. By integrating rigorous literary theory with interdisciplinary emotional research this analysis establishes poetry as a visual instrument for emotional cognition it demonstrates that verse serves as a universal cognitive bridge functioning consistently across diverse cultural landscapes and various historical epochs.

Keywords: poetry, emotions, literary theory, aesthetics, affect, cognition

Introduction

The combination between poetry and human emotions has been a major issue in literary research since ancient times poetry is often intuitively understood as an emotional art however, such a concern risk oversimplifying its theoretical and cognitive complexity. Literary theory argues that poetry not only reflects emotions, but also transforms them into a structured aesthetic experience (Eagleton, 2007).

From Aristotle's early reflections on tragedy to modern cognitive theories, scholars have focused



on poetry's ability to transform personal feelings into universal meanings. This article explores how poetry acts as an intermediary system between subjective emotional experience and general human understanding. The main argument presented here is that poetry acts as a cognitive-aesthetic mechanism that organizes emotions through language, form, and interpretation, thereby giving the emotional experience philosophical and ethical meaning.

Classical literary theory and emotional order



<https://www.britannica.com/biography/Aristotle>

Aristotle and Catharsis

In *Poetics*, Aristotle is known for the fact that tragedy awakens empathy and fear in order to achieve catharsis (Aristotel, 1996). Although catharsis is often misunderstood as emotional cleansing, it is better interpreted as emotional clarification and regulation. Poetry in this sense does not enhance emotions in a chaotic way, but rather subordinates them to narrative and formal logic.

This point of view presents poetry as a rational connection with affect. As Nussbaum (2001) later said, emotions do not contradict reason, they make value judgments about the world. That's why poetry helps readers not only feel emotions, but also make them think.



Romanticism and emotional memory

Romantic literary theory offered a fundamental rethinking of the relationship between poetry and human emotion by prioritizing reflection and conscious shaping over immediate emotional release in this framework. William Wordsworth understood poetry as originating from powerful emotional experience that are not expressed instantly but later reconsidered and artistically transformed through a state of calm contemplation. Such an approach implies that poetic emotion is the result of an intellectual and imaginative process rather than a direct outpouring of feeling. Consequently, Romanticism does not encourage excessive or uncontrolled emotional expression; instead, emotions are filtered through poetic conditions where they are refined, structured, and given form within this process. Deployed as soon as an immediate role translating feeling into communicable aesthetic language through this meditation, personal feelings gain broader relevance, allowing poetry to resonate with readers by transforming individual emotion into shared emotional and social meaning.

This change highlights the social and communicative functions of poetry.

Structuralism and linguistic construction of emotions

Structuralist views shift the focus from the author's feeling to linguistic systems. Jacobson's concept of poetic function emphasizes how sound, rhythm, and repetition create emotional meaning independent of personal intent (Jacobson, 1960).

From this point of view, emotion is not an already existing content included in poetry; rather, it is created by a linguistic structure. The emotional impact of poetry stems from the formed language that guides the readers' reactions. Eagleton (2007) argues that form itself is a carrier of affect, revealing poetry's technical control over emotions.

Hermeneutics and emotional interpretation

Hermeneutical theory emphasizes the interpretative dimension of poetic emotion. Ricœur's analysis of metaphors shows how poetic language reveals aspects of emotional and existential experience that literal language cannot express (Ricœur, 1978).

Emotions in poetry arise through interpretation, not direct transmission. Readers actively participate in creating meaning, turning emotion into an intersubjective phenomenon. This logical process allows poetry to rise above individual psychology and acquire a more general meaning.

Cognitive literary research and influences

The latest cognitive techniques further reflect the emotional functions of poetry. Cognitive theorists argue that emotions involve complex processes of perception, memory, and evaluation (Gross, 2015). Poetry stimulates these processes by demonstrating emotionally charged scenarios in a symbolic framework.

Neurobiological studies show that reading poetry activates brain regions associated with emotional regulation and self-reflection (Zeman A., 2013). These results support the claim that poetry not only evokes emotions, but also increases emotional awareness.

Universal and intercultural resonance

One of the characteristics of poetry is its ability to transform culturally known experiences into universal emotional forms. Aristotle's distinction between poetry and history highlights this



universality: poetry refers not only to what happened, but also to what could have happened (Aristotel, 1996).

Themes such as love, loss, fear, and Hope recur in poetic traditions, demonstrating the shared emotional structures of human experience (Oakley, 2012). Poetry thus acts as a bridge between cultures, providing emotional recognition beyond historical and geographical boundaries.

Ethical and emotional understanding

The connection of poetry with emotions has ethical implications. By developing empathy and emotional imagination, poetry promotes moral thinking. Nussbaum (2001) believes that literary participation promotes the ability to accept the suffering of others, which is a prerequisite for ethical judgment.

That's why emotions in poetry are not only aesthetically pleasing, but also ethically shaping. Readers learn to appreciate emotions instead of accepting them without criticism.

Results

This research in SDGs the intersection of poetic expression and human effect through various critical lenses by synthesizing classical romantic structural cognitive frameworks the study asserts that poetry operates as a sophisticated system for structuring emotional life rather than viewing emotions as a matter subjective impulses poetry converts them into coherent symbolic and universally accessible form of meaning This research in SDGs the intersection of poetic expression and human effect through various critical lenses by synthesizing classical romantic structural cognitive frameworks the study asserts that poetry operates as a sophisticated system for structuring emotional life rather than viewing emotions as a matter subjective impulses poetry converts them into coherent symbolic and universally accessible form of meaning

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