



## CONCEPTUAL AND LINGUISTIC METAPHORS IN ENGLISH AND UZBEK: A COGNITIVE LINGUISTIC PERSPECTIVE

**Hazratqulova Muborak Rajabovna**

*Assistant teacher, University of Economics and Pedagogy*

[hzratkulovamuborak@gmail.com](mailto:hzratkulovamuborak@gmail.com)

**Abstract .** Metaphor has long been regarded as one of the most important phenomena in language and thought. Traditionally, metaphor was viewed as a rhetorical device used to enhance the aesthetic quality of speech and writing. However, the emergence of Cognitive Linguistics in the late twentieth century fundamentally changed the understanding of metaphor. According to Conceptual Metaphor Theory developed by Lakoff and Johnson (1980), metaphor is not merely a linguistic ornament but a cognitive mechanism through which people conceptualize abstract experiences in terms of more concrete ones. This perspective distinguishes between conceptual metaphors, which exist in the human mind, and linguistic metaphors, which are their observable manifestations in language. The present article examines the relationship between conceptual and linguistic metaphors in English and Uzbek.

### **Introduction**

Metaphor is one of the most pervasive features of human language. People use metaphors not only in poetry and literature but also in everyday communication. Expressions such as “time is money,” “life is a journey,” and “he is boiling with anger” are commonly used without speakers being consciously aware of their metaphorical nature. The development of Cognitive Linguistics brought a new understanding of metaphor. Lakoff and Johnson argued that metaphor is primarily a matter of thought rather than language. Human beings understand abstract concepts through more concrete experiences derived from bodily interaction with the physical world. Conceptual Metaphor Theory (CMT) emerged as a reaction against traditional views of metaphor. According to Lakoff and Johnson, metaphor consists of understanding one conceptual domain in terms of another. The more concrete domain is called the source domain, while the more abstract domain is known as the target domain.

For example, the conceptual metaphor TIME IS MONEY generates linguistic expressions such as 'You are wasting my time', 'I spent two hours on that project', and their Uzbek equivalents 'Vaqtini behuda sarflama' and 'Vaqtimni oldi'.

Conceptual and Linguistic Metaphors: A conceptual metaphor exists at the level of cognition and cannot be directly observed. Linguistic metaphors, on the other hand, are observable expressions found in spoken and written language. For instance, the conceptual metaphor HAPPY IS UP is reflected in English expressions such as 'I am feeling up today' and in Uzbek expressions such as 'Kayfiyati ko'tarildi'.



Universal Conceptual Metaphors in English and Uzbek :

LIFE IS A JOURNEY, ARGUMENT IS WAR, and KNOWLEDGE IS LIGHT are among the most common conceptual metaphors shared by English and Uzbek. These metaphors are grounded in universal human experiences and therefore appear in many languages across the world. Culture-Specific Metaphorical Conceptualizations: Although many conceptual metaphors appear universal, cultural values and traditions influence metaphorical thinking. Uzbek metaphorical expressions frequently involve concepts such as ko'ngil, mehr, and oriyat, while English often draws upon metaphors from commerce, sports, and industry. Functions of Linguistic Metaphors Linguistic metaphors perform identificational, expressive, evaluative, and argumentative functions. They help speakers identify abstract concepts, communicate emotions, express judgments, and persuade audiences. Similarities and Differences between English and Uzbek Metaphors English and Uzbek share many conceptual metaphors because they are grounded in common bodily and social experiences. However, cultural differences influence the specific linguistic realizations of these metaphors.

Conclusion

The distinction between conceptual and linguistic metaphors is fundamental to understanding language and cognition. Comparative analysis of English and Uzbek demonstrates both universal patterns and culture-specific features of metaphorical conceptualization.

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