

THE CONCEPT OF DREAM IN HUMAN LIFE: PSYCHOLOGICAL AND LINGUISTIC PERSPECTIVES

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Abstract: Dreams play a significant role in shaping human personality, motivation, and future aspirations. This study explores the concept of dreams from psychological and linguistic perspectives, focusing on how dreams influence human behavior, communication, and self-realization. Using descriptive and analytical methods, the research examines the role of dreams in personal development, their representation in language, and their cultural interpretations. The findings show that dreams are not only psychological phenomena but also powerful linguistic and social constructs that guide human actions and goals.

Keywords: dream, aspiration, motivation, psychology, self-realization, language, personal development.

Аннотация: Мечты играют важную роль в формировании личности человека, его мотивации и жизненных целей. Данное исследование рассматривает понятие мечты с психологической и лингвистической точек зрения, уделяя внимание влиянию мечты на поведение человека, коммуникацию и самореализацию. Используя описательные и аналитические методы, работа анализирует роль мечты в личностном развитии, её отражение в языке и культурные интерпретации. Результаты показывают, что мечты являются не только психологическим явлением, но и важной языковой и социальной категорией.

Ключевые слова: мечта, стремление, мотивация, психология, самореализация, язык, личностное развитие.

Annotatsiya Orzular inson shaxsining shakllanishi, motivatsiyasi va kelajakdagi maqsadlarini belgilashda muhim rol o'ynaydi. Ushbu tadqiqot orzu tushunchasini psixologik va lingvistik nuqtai nazardan o'rganadi, uning inson xulq-atvori, muloqoti va o'zini anglash jarayoniga ta'sirini tahlil qiladi. Tavsifiy va analitik metodlar asosida orzularning shaxsiy rivojlanishdagi o'rnini, til orqali ifodalanishi va madaniy talqinlari ko'rib chiqiladi. Natijalar shuni ko'rsatadiki, orzular nafaqat psixologik hodisa, balki inson faoliyatini yo'naltiruvchi muhim ijtimoiy va lingvistik omildir.

Kalit so'zlar: orzu, intilish, motivatsiya, psixologiya, o'zini anglash, til, shaxsiy rivojlanish.

Introduction. Dreams have always been an essential part of human existence, reflecting inner desires, ambitions, and emotional states. From early childhood, individuals begin to form dreams that guide their behavior and influence their future decisions. In psychology, dreams are often associated with subconscious processes and personal motivation, while in linguistics, they are expressed through various metaphors, idioms, and narrative forms.[Freud, S. (2020);1]

In modern society, dreams are closely connected with self-realization and success. People with strong aspirations are more likely to achieve their goals, as dreams provide direction and meaning to their actions. According to psychological theories, motivation driven by dreams plays a key role in overcoming obstacles and maintaining persistence.

Linguistically, the concept of “dream” is represented differently across languages and cultures. In English, the word “dream” can refer both to subconscious experiences during sleep and to future aspirations. In Uzbek and Russian languages, similar distinctions exist, but cultural nuances influence how dreams are perceived and expressed. This highlights the importance of analyzing dreams not only as psychological constructs but also as linguistic and cultural phenomena.

Dreams also serve as a powerful tool in literature and communication. Writers, poets, and speakers often use dreams to convey emotions, ideals, and visions of the future. Through language, dreams become shared experiences that inspire others and create social connections.[Maslow, A. (2013);2]

However, not all dreams lead to positive outcomes. Unrealistic or unattainable dreams may result in disappointment if not supported by effort and realistic planning. Therefore, it is important to balance aspiration with practical action.

Conclusion.

This study demonstrates that dreams are a fundamental aspect of human life, influencing both psychological development and linguistic expression. They motivate individuals, shape their goals, and play a significant role in communication and culture. While dreams provide inspiration and direction, they must be combined with effort and realistic strategies to achieve success. The research emphasizes the importance of understanding dreams as both internal experiences and external expressions that guide human behavior and social interaction.

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