

The Role of Smiling in Interpersonal Relationships, Smiling and Laughter Symptoms, Research Methods and Their Nonverbal Neuropsycholinguistic Characteristics

Bobokalonov Ramazon Radjabovich

Doctor of Philological Sciences (DSc), Professor of Bukhara State University, Uzbekistan.

Abstract

In the foreground, there are many secrets and principles of language and speech. Language and speech together are a subject of common use. All their principles are equally important, because in the relationship between language and speech, neuropsycholinguistics also answers. There is always something new in this field of science. Cognitive principles of the brain and its relationship to language are important in language acquisition and categorization. Although this work is very complicated and difficult, a person can be healed with a kind word. Because the word is also a source of energy in managing the mind. This is one of the practically unsolved problems of neuropsycholinguistics. The brain is a mysterious world, if it is studied from the point of view of the influence of speech, how we perceive language, how we talk becomes easier. A smile also relaxes the human brain. It nourishes the human psyche and renews its spiritual world. A smile is a very delicate matter, it is necessary to know its place and learn ways to give it to someone. In the background, among the non-verbal actions that are not expressed in words, smiling and laughing have a special place, and this is a very important xenic position: gestures, facial expressions, expressive signs of facial expressions in international culture - looking with the eyes, moving the eyebrows, twisting the lips, shaking the head, showing the tongue, drawing a long finger between the two lips, etc. Learning and knowing how to smile; and not to smile in interpersonal diplomacy is a strategy to keep the interlocutor close. And Neuropsycholinguistics helps to study subtle aspects of smile too. This is one of the practically unsolved problems of Neuropsycholinguistics. The brain is a mysterious world. When we consider language in terms of its influence, it becomes easier to understand how we perceive and speak language. In the third plan, laughter and smiling also calm the human brain. They also nourish the human psyche and renew his spiritual world. A laughter and a smile are a very delicate matter, it is necessary to know its place and learn ways to give it to someone.

Keywords: language; speech; cognitive principles; psychological point; neuropsychological; Freud's model; psychological structures: [ID - EGO - SUPER-EGO; smiling and laughing; gestures; aspects of smile; friendly smile; askiya; humor; hangoma; anecdote; joke; humor; psycho-neurolinguistics; verbal communication; non-verbal communication; non-verbal actions; kinesics position; facial expressions; posture; visual contact; contact frequency; proxemics and extralinguistics; intonation; voice; pause; exhalation; crying; coughing; timbre; laughter; talesika; hand; kisses; proxemics; emotional states; condition of the lips

Introduction

In the center of Neuropsycholinguistic teaching, the linguistic personality, its integration into a charismatic person and his leadership ability, the influence of speech, the rules of expression of words and sentences in a favorable situation are in focus. This is an urgent topic for the integration of a well-rounded person, a perfect person and a charismatic person in New Uzbekistan. It is clear from this that in the development of society, the correct formation of the linguistic personality and the ability of a charismatic person is of great importance in increasing the value of a person. When it comes to Neuropsycholinguistic, in the mind of any ordinary person: "What problem could this science make easier

for me?!" - It is natural to think. Neuropsycholinguistics is one of the global problems of the 21st century. It is one of the most necessary sciences that serve for a person's self-awareness, finding his place in society, cultural advancement and improving the skills of speech attractiveness. Neuropsycholinguistics is considered a social science for the whole world, and the problem of the linguistic personality is at its center. This science studies the adaptation of a linguistic person and a charismatic person in personological, communicative, discursive relations in the range of speech, the psychology of speech development and socialization as a conscious being in society. Neuropsycholinguistics is a scientific interrelationship of psychology, neuroscience and

linguistics. The formation of neurolinguistics as a scientific discipline is related to the development of neurology, psychology and linguistics in one branch, on the one hand, and the need for integration of these sciences with personology, on the other hand. Neuropsycholinguistics, as a modern science, helps to study and prevent speech disorders - aphasia, secondary disorders caused by the effects of a primary defect, as well as systemic diseases caused by functional changes in the brain aimed at restoring impaired function, and stabilization of the systemic function of speech, light serves to treat type of mental illness with "sweet words". Therefore, in this science, among the primary effects of words, phrases and speech expression, the place of smile is of particular importance. When it comes to Neuropsycholinguistics, the mind of any ordinary person is: "What problem could this science make easier for me?!" - It is natural to think.

Neuropsycholinguistics is one of the global problems of the 21st century. It is one of the most necessary sciences, which serves for a person's self-awareness, finding his place in society, cultural advancement and improving the skills of speech appeal. Neuropsycholinguistics is considered a social science for the whole world, and the problem of the linguistic personality is at its center. This science studies the adaptation of a linguistic person and a charismatic person in the range of speech in personological, communicative, discursive relations, the psychology of speech development and socialization as a conscious being in society. Neuropsycholinguistics is a scientific interrelationship of psychology, neuroscience and linguistics. The development of neurolinguistics as a scientific discipline is related to the development of neurology, psychology and linguistics in one branch, on the one hand, and the need for integration of these sciences with personology, on the other hand. Neuropsycholinguistics, as a modern science, helps to study and prevent speech disorders - aphasia, secondary disorders caused by the effects of a primary defect, as well as systemic diseases caused by functional changes in the brain aimed at restoring the impaired function and stabilizing the systemic function of speech, mild mental illness is called "sweet word" "is used for treatment. Therefore, the primary effect of words, phrases and speech expression is of particular importance in this science. Among them, a smile and a smile, which are always active as a xenic phenomenon, have their own spiritual and spiritual

energy, and its study is an urgent topic [Bobokalonov, 2023, 4-109].

The main part I

«In world linguistics, identifying the factors that shape communicative dialogue, defining the principles of establishing communicative dialogue, creating a convenient system for language learning, as well as models of interpersonal relationships, clarifying the set of linguistic mechanisms that shape a linguistic personality have not lost their relevance for many years» [Bobokalonov, 7; 8; 9]. From a psychological point of view, a person is a conscious and active person who has the opportunity to choose a healthy lifestyle. A person, as a member of society, operates within the framework of various mutual relations. In social psychology, much attention is paid to the study of the psychological qualities of a person. In addition to interpersonal relations, existing political circles and ideological views in the society are of great importance to the process of personality formation. A certain system of ideas in society affects a person, contributes to his psychology, worldview, personal and social development. As long as a person lives in a certain social environment, he wants to have a unique position, reputation and mission. "A person is not only the object of social relations, but also its subject and active participant." [Ismoilova, 2013, 14, 168] A person is a clearly existing representative of a certain state, society, group, who can establish a conscious relationship with those around him, who can act consciously, who can show his unique human image in all relationships, as well as himself. A personal is a linguistic entity with specific individual and social characteristics. A linguistic person, that is, a modern person who knows a foreign language, thinks, thinks and communicates with others, that is, a linguistic person with neuropsychological significance, is not without emotions: happiness, desire, lust, pity, hatred, is always busy with jealousy, anger and other positive or negative emotions and impressions [Sayfullayeva, Bobokalonov 2023, 17, 21-29].

So, what is a smile and what is its purpose?

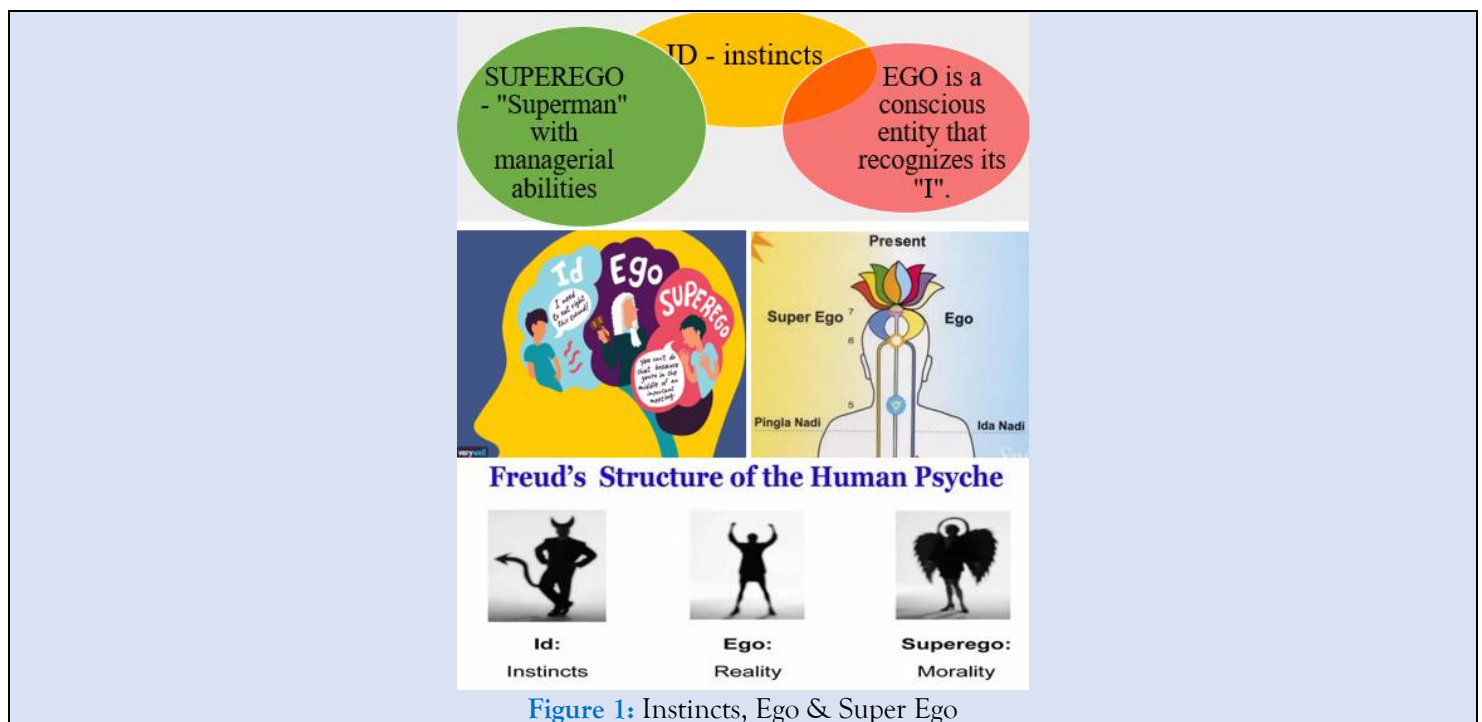
In fact, smiling, laughing, and laughing are signs of mental upliftment and happiness. In general, when it comes to happiness, there is no limit between them. Everyone smiles, smiles and laughs as much as they want. It depends on his social origin, character and level of understanding of people. However, accuracy is good in every case. Accuracy does not deceive a person.

And from a scientific point of view, the smile:

1. Increase of mental quotient (IQ) - it is done to perceive something, to determine the level of understanding;

2. Evaluating a person's emotional quotient (EQ) - serves to focus one's thoughts on oneself, to create some new emotions, to encourage one's self-realization. A smile is not just a smile. It improves interaction, gives design to communication. First, kindness, attentiveness and respect for others are manifested in its refinement. With the help of a smile, the working environment improves, and the mood of the team improves. An upbeat mood helps any team member overcome fatigue during the day. Employees get motivation from leaders who look after others with a healthy smile. The work efficiency increases if the team unites towards a great goal. On the contrary, sullenness and nervousness spoil a person's beauty and damage his spiritual beauty. When he sulks, the atmosphere spoils, any leader looks ugly. Tyranny,

personal enmity, chaos will rise [Sayfullaeva, Bobokalonov, 20, 2020]. As you can see, smile is a neuropsycholinguistic and linguocultural phenomenon. To smile, you need to be mentally healthy, talkative, polite and sweet. A sweet conversation or a good speech carried out with the help of a smile is the key to success in captivating others with love. Intellect, understanding, knowledge, ingenuity create the basis for the right choice of smile and meaningful communication. According to Sigmund Freud, a linguistic person is a simple, mentally mature person who knows a language, who over the years tries to get rid of the [ID] state and become a charismatic person (a capable mature person). He defends his "I" and starts claiming to be "Superman". His life path will consist of a field of struggle [Freyd, 22, 2006; 23, 2011]. A smile also helps to win battles without difficulty.



About the personological significance of a smile, the German thinker Sigmund Freud compares the human psyche with an "iceberg" in the theory of "Psychology of the Unconscious". In his imagination, a piece of ice is the totality of consciousness and unconsciousness. This wholeness is a model of the human psyche: "The tip of the iceberg, that is, one-sixth, is consciousness, while the five-sixths that lie beneath the surface are unconscious processes. The tip of the iceberg is our mind. However, 5 out of 6 of the huge icebergs lies hidden under the water. This

invisible part of it is our unconsciousness" [Freyd, 1923]. The study of conscious processes through unconscious processes permeated Freud's imagination. Famous artist Louise Ward writes about the cultural value of smiling: "I smile and I feel good. I give someone a smile and it makes me feel happy. I'm less stressed when I smile. Even if I am going through a hard time, when I smile, I seem to forget all my worries. A smile relaxes and distracts me. Laughter makes us live longer, right? Yes, I believe, there is truth in this ... And why do you say? Because when you

laugh, your brain releases endorphins. Endorphins are released in any positive mood, and they play the role of the most important drug in the feeling of pleasure and in helping the brain with painful sensations. In addition, when we laugh, we release less cortisol - the stress hormone. To compensate, the brain releases dopamine, a substance associated with positive emotions. With laughter we also, as Freud said, release negative energy from the body" [Freyd, 1923].

Freud considers psychological processes that are "hidden" in a person as unconscious processes. According to Sigmund Freud, the natural instincts of a person that have been repressed from the mind reside in the subconscious. The state of unconsciousness is an innate feature that hides all human actions. In Freud's model, three psychological structures, [ID - EGO - SUPER-EGO], are inextricably linked. [ID] are unconscious instincts; [EGO] - a conscious person in the sense of "I"; [SUPER-EGO], i.e. - "Super-Man", such a person is an ideal leader in society who can influence the environment around him. [SUPER-EGO] controls a person's behavior "from above" spiritually [Freyd, 1923]. He explained that at the initial stage of evolution, the human instinct for self-preservation and foraging determines its behavior in the Id, and then the parallel function of the [EGO] instinct begins to increase. Freud calls all biological instincts - protection, food search and increased need - in one word "Id". In the inner mental state, the Id is constantly in a relentless battle with the EGO and the SUPER-EGO. Although the [ID] is powerful, the "I" does not allow it to float out of the subconscious. That is why [ID] is aggressive. Instincts seem to become a person's way of life until the "I" takes full control. The development of [EGO] changes a person's lifestyle and takes control of his behavior. [Id] is fixed, and [EGO] is evolving and changing. Sigmund Freud compares the relationship between [EGO] and [ID] to the relationship between a rider and a horse. The rider does work at the expense of horsepower. At the right moment, the rider must hold the reins tightly, stop the horse, and direct it in the desired direction. Otherwise, it will crash. There are times when it's not the rider, but the horse that decides when to stop and which direction to go. For example, the rider falls asleep, tired or sick. This is his state of unconsciousness. The situation of [EGO] (rider) is a bit more complicated than that of [ID] (horse). Because, on the one hand, [EGO] must follow the

rules of the environment, that is, the external world, and on the other hand, a strong horse must control [ID]. [EGO] is always anxious to satisfy the demands of the external world, i.e. the Super-Man, and the needs of the Id. In order to fulfill these requirements, [EGO] should always be on the alert, if these requirements are not fulfilled, the feeling of guilt falls on the neck of [EGO]. Therefore, [EGO] is always looking for ways to protect itself. [SUPER-EGO] is the sum of all [EGO]. Just as a cell life in an organism, an organism cannot live without a cell. The organism is the [SUPER-EGO]. [SUPER-EGO] is the executor of society's laws, moral norms, state and religious requirements. If [EGO] does not perish, it must live under the requirements of [SUPER-EGO]. In these three structures, [EGO] must satisfy [ID] on the one hand, and follow the requirements of [SUPER-EGO] on the other hand. According to Freud, the development of neurosis in [EGO] is from this. He traces the development of neurosis in man to these conflicting relationships. In the psychotherapeutic treatment of neuroses, psychoanalysts try to reduce or stop the conflicts between [ID], [EGO] and [SUPER-EGO]. [Bobokalonov, 2020, 3-230; 2023, 107-108]. Later, Freud (1923) developed a more complex systematic model of the mind that included the [ID - EGO - SUPER-EGO] states, which he called the "mental apparatus". These are not physical areas in the brain, but hypothetical concepts of important mental functions. It generally conceptualized [ID - EGO - SUPER-EGO] as three important parts of human personality. From a social point of view, "A smile is a pleasant word written without letters." A smile is a lamp that burns without electricity. A smile is a word that needs no translation. A smile is charity." Smiling is an effort to do good to others. Because a smile is the first step on the path to goodness. One of the most useful of such kindnesses and the action that has a quick impact on the people around you are a smile. In the science of psychology, "19 types of smiles have been identified. They are divided into two groups: "social" and "original" smiles. A genuine smile is said to smile from the heart. Social smiling can also be called "smiling for politeness". It activates 5 muscles in the face. In general, 17 facial muscles are activated when a person smiles. "A smile is a great exercise for the human face. In a smile, the head turns to the right with a beautiful wish. A smile enhances the positive state of the brain, which works in harmony with the state of the facial muscles, and affects the mood of

others. It affects the human body and mind, prevents high blood pressure and heart diseases. Self-confidence is something that is awakened and shaped within an individual. For example, you do not even know that you are communicating with a smile to a person who is smiling sincerely at you. Or someone who sees someone laughing heartily, even though he doesn't know what he's talking about, laughs with him" [Nigora, 28]. From a religious point of view, smiling is also a prayer. Religious leaders say that there is a verse in the Holy Qur'an that says, "If you smile, you will be rewarded." A smile is consent to God's judgment. In a hadith narrated by Abu Zar, the Messenger of God, may God bless him and grant him peace, said: "The smile you make on your friend's face is charity" (narrated by Imam Bukhari). Prophet Muhammad (s.a.v.) was always smiling. Abdullah ibn Hari said: "I have never met a person who smiled like the Prophet Muhammad. He used to give his smile as charity to his Muslim brothers. The Prophet, peace and blessings be upon him, always looked at those around him with a smile. When he smiled, his bright teeth were visible."

Furthermore, psychologists suggest that the earlier you smile in the morning, the more positive your mood will be for the rest of the day. One can observe interesting facts about smiles that are widely recognized: 1. Even forced smiling improves mood; 2. Smiling boosts immunity. The body relaxes after a smile. Positive emotions manifest themselves in the body's physical state. The body is more powerful; 3. Smiling banishes stress. Because at this time, the body begins to produce endorphins, which are hormones of happiness; 4. Smiling is also contagious. Swedish scientists say that when a person smiles and yawns, the other person next to him wants to do the same, 5. The muscles of the face engage in physical activity when smiling. Throughout this period, smiling reactivates and strengthens 53 facial muscles, improving blood circulation in them; 6. Babies start smiling from the moment they are born. Smiling is an innate talent for them; 7. Smiling gives a woman extra charm. When they smile, they become a more attractive owner; 8. A woman smiles more than a man. It seems that smiling also raises the human spirit. In social networks, the meaning between smiling and smiling is equally noticeable [Muxtor, 29]. In the process of discourse, a linguistic person also uses body language effectively. A smile has a special place in body language. A smile is a non-verbal event in the communication strategy. If the smile is pleasant, gentle and beautiful, it can be

felt that the level of charismatic ability of the linguistic person has reached a high level. A pleasant, gentle and beautiful smile suits any face. It shows the spiritual maturity and beauty of a linguistic person, as well as a sign of high culture. A smile is a necessary tool for attracting attention to others and for arousing sympathy. In terms of communicology (the study of communication processes), a smile is seen as the most effective form of body language for a charismatic individual to create a positive connection with the person they are speaking to, to uplift the spirits of those around them, and to emotionally influence them. From a neuropsychological perspective, smiling helps to calm the nerves of the listener and can assist in reducing stress for the individual. The mood of a person who always smiles sincerely when he wakes up every morning, when he overcomes the obstacles of every difficulty is lifted. The important fact is that it is always possible to find a sufficient reason and reason to smile. It can be seen that cultural, personological, communicological, psychological, neurological, discursological and linguistic principles of smile can be distinguished and are very important. We paid more attention to their general social status. We will discuss the neurological, discursological and linguistic principles of the smile during the work.

The main part II

Smile is a cultural and spiritual need. According to L.G. Brutyan, "A smile has many meanings not only within one culture, but it is manifested and interpreted differently in the cultures of peoples with different languages. » [Brutyan, 2016] Smile is a cultural and spiritual need. According to L. G. Brutyan, "A smile has many meanings not only within one culture, but it is manifested and interpreted differently in the cultures of peoples with different languages. So, a smile is expressed and interpreted differently in different cultures. Studying the characteristics of smiling across cultures may be the subject of separate studies and an opportunity to consider it in more detail. A.P. Sadokhin says that in all Western cultures, a smile is primarily associated with joy and positive emotions, while the typical smile of Asians is an expression of positive emotions (solidarity, sympathy, sympathy, joy, etc.) and a means of hiding the negative (discontent, surprise, confusion, etc.) is considered [Sadokhin, 2010,163-288]. A.V. Pavlovskaya writes: "Each nation smiles in different situations. Of course, smiling is part of English culture, a high level of politeness, education and good manners. The American smile is overly

formal, mechanical muscle movements, teeth showing, and often without any positive meaning. But in every nation, there are moments when emotions are unnaturally and uncontrollably expressed in a smile. Behind the smile, the real movement of the heart and soul is clearly felt. This is especially noticeable among peoples who are used to hiding their feelings. In general, "facial expressions and especially smiling are an important part of non-verbal communication. Studies show that only 7% of the importance is given to the verbal component, 38% to the paralinguistic means, and 55% to the non-verbal means of communication. It turns out that 93% of meaning comes from how we say it, not what we say". According to A.V. Pavlovskaya, for Russians, in political, social and economic matters, in other and similar situations, smiles and laughter are considered nonsense: "Western people are surprised by the Russians' unsmiling, gloomy look and sadness. In addition, sometimes they are afraid: in the Russian mind, a smile is not perceived as an offer to someone, whatever the communicative meaning in it, the symptoms reflecting it are perceived as a signal of well-being. Smiles and laughter can be heard only in moments of joy, relaxation, lightness of spirit. They are: "ЭТО СЕРЬЁЗНО. ЭТО АБСОЛЮТНО СЕРЬЁЗНО. ЭТО НЕСМЕШНО. ЭТО ВООБЩЕ НЕСМЕШНО» they like to use such speech derivatives and they repeat it a lot in conversation [Pavlovskaya, 2005, 272]. Uzbeks read someone's mind with a smile: «Ma'qul. Xo'p bo'ladi. Shunday, albatta. Balli. Yashang. Bor bo'ling. Barakka toping. Ha-ya. Rostan ham. Yo'g'e! Bo'lishi mumkin (emas) and choose short speech units like these. Smiles and facial expressions are well-studied in xenic movements in Russian linguistic and cultural studies. According to N. I. Formanovskaya, "a smile exists in human nature, it does not have a certain value "in itself", but it has a truly magical power directed at the interlocutor» [Formanovskaya, 1989. 119-159]. V. V. Soloukhin describes: "The fact is that people have a smile at their disposal. Note: besides a smile, eyes - to look, legs - to walk, mouth - to absorb food: everything is necessary for a person, almost everything is intended for a person: And a person's smile is his not necessary for himself [Soloukhin, 2014]". A person cannot give himself a smile - he is attached to someone and to someone's smile. So, a smile is chosen to attract the attention of others. It opens the way to the discourse that soothes the human heart and charms others. A smile is not to hurt your heart, but to cheer you up. As a means of

non-verbal communication, it has many semantic features: with the help of a smile, people share their good mood, show sympathy to the interlocutor, express polite sarcasm or goodwill towards others, and show good manners. A smile lifts someone's mood. It opens the door to easy communication and gives resonance to the conversation. Many studies have shown that smiling has a positive effect on human health:

1. A smile creates a warm attitude;
2. A smile facilitates mutual understanding;
3. A smile keeps the brain healthy;
4. A smile improves mood;
5. Smiling reduces stress;
6. Learning to smile improves communication skills and IQ.

When you smile, you let yourself go. Smiling improves blood circulation, lowers blood sugar levels, helps with stress and improves sleep. In addition, smiling helps the immune system work well. An example from real life: A twelve-year-old girl was diagnosed with an oncological disease, chemotherapy was stopped, and she had a short life left. Although everyone was sure that she would accept her fate, she could not see the death of the girl. They wanted to hide their state of regret from him. One day, the girl's classmates come to ask for her favor. The girl was happy to hear this, but she was embarrassed by the loss of her hair and worried about it. Then the father called the head of the class and asked the children not to pay attention to her daughter's hair and not to ask her about her hair. During lunch, all the girl's classmates come to see the girl under the leadership of the class leader. The father opened the door and saw with his own eyes that all the children, starting with the head of the class, had their hair cut and decided to look the same as the little girl. The girl, who had not laughed for a long time, saw her friends in this situation and burst out laughing with joy. His father joined them in laughing. World science has achieved many new results about "laughter and smile". In medicine, the positive results of laughter and smiles related to the human psyche are noted many times. There is a difference between a smile and a laugh [Bobokalonov, 2022.]. When laughing, the human brain is forced to perform two tasks at the same time. In the process of laughing, a person both smiles and laughs. A person smiles for others, and laughs for himself. There are several types of laughter states. When laughing, the symptoms of laughing, smiling, working, grinning, curling, shy, shy, squealing, snorting, sounding, soundless, drumming, looking around, startling, shuddering, stuttering depend on the mental state of

a person and his character. Such laughter interferes with the graceful gift of a smile. In this respect, smiling and laughing cannot be evaluated as the same phenomenon. For this reason, in some cases, a smile cannot find its place in the process of communication. Therefore, it is necessary to distinguish and express a smile from appropriate and inappropriate situations of laughter. Therefore, showing a smile requires a certain art, responsibility and caution. Among the people: "If you respect, you will be respected." If you give charity, your risk will increase. If you are humble, your career will be high. "If you smile, you will be rewarded," they say. The famous Russian writer Leo Tolstoy describes a smile like this; "A smile consists of what is called the beauty of the face: if it adds charm to the face, then the face is beautiful; if the smile does not change the beauty of the face, it is normal; if it violates it, it is bad. Gabriel Garcia Marquez also describes a smile and writes: "Never stop smiling, even when you are sad, because someone may fall in love with your smile." A smile is a tool to capture others. It is often shown to be worthy of a woman rather than a man [Sayfullayeva, Bobokalonov, 2023, 3-149].

Gelotology studies laughter, humor and its effects on the human body. The science of laughter and its influence on human health - glottology (Greek *gélōs* - "laughter", *logos* - teaching), founded by psychiatrist William Fry, appeared in the 60s of the 20th centuries at Stanford University in the USA. In earlier times, many doctors and philosophers turned to the study of the effect of laughter on health: Avicenna's book "The Laws of Medicine" contains good recommendations about the effect of a sweet word on human health in providing refreshment of the soul. Sweet music relaxes the brain and helps it to be well nourished. Also, on the same issue of laughter, smiles and sweetness, Democritus ("The highest good consists of peace and joy of the soul"), I. Kant ("When laughing, the soul becomes the doctor of the "body"), A. Schopenhauer ("The joy of joy manifested in humor, subjective Philosophers such as physiological joy, which reflects "the peak of human health") also provided valuable information. Laughter therapy (heliotherapy, humor therapy) is the use of laughter techniques and therapeutic humor aimed at improving the client's understanding of himself, his behavior, and mood [Franzini, 2001, 170-193]. From history, the success of laughter therapy by Norman Cousins (comedy "The Man Who Made Death Laugh"), Michael Tietze ("Hospital Clowns"), W.

Frankl ("Paradoxical Intention"), and others therapy development. Many seriously ill people who watched their comic works were easily cured by laughter [Kulikova, 2009, 478]. In Uzbek cinematography, the films "Maskaraboz" and "Iron Woman" developed by Sharof Boshbekov can be an example of our opinion. A person who does not laugh is devoid of emotion and is very boring. An emotionless person cannot please people. A little smile during the work process overcomes fatigue, gives people strength, helps them relax, and adds enthusiasm to work. It helps to unite the team towards the goal. Increases the spirit of general work, harmony and solidarity within the team. However, Chinese medicine states that too much laughter is harmful, and that less laughter is not harmful to health. The Uzbek people also have a proverb that says, "He laughs a lot, he cries." This is probably why the Chinese people are more serious about political and economic issues. Uzbek people have wise sayings such as: "A good person laughs after everyone else", "If you laugh too much, your mouth will tear", "Think about the consequences of laughing at someone", "Don't laugh at someone, you are a fool, there are people who laugh at you too". It turns out that you need to find a serious innocent reason to laugh. This is used to describe someone's shortcoming, defect, or a series of events that cause laughter in society. Folklore genres such as comedy, askiya, anecdote, humor, hangoma, anecdote, joke, and humor serve to raise human mood. However, it is forbidden from a moral point of view to make fun of a person's personality, to talk about his flaws and shortcomings, to laugh at someone's personality, and to allow this is considered uncivilized. The fact that some "funny" in quotation marks show their identity by laughing at their fatness, lead a goat on stage and parody the artist's voice without words to laugh, first of all, harms their own repertoire. Phonostylistic elements are not important in a smile. But laughter is based on gestures and vocalizations. Physiological changes appear in laughter, humor is based on puns. The mouth opens uncontrollably; the larynx from the oral cavity to the pharynx opens and becomes tense. An unusual vibration - "angel of laughter" appears in the whole body. Blood circulation accelerates, nerve fibers bulge from laughter, and faces turn red. It is the exact opposite of smiling; it relaxes your whole body. In it, the figures are rejuvenated, their faces embody invisible expressions, purity and modesty. Because, a smile is a bouquet that brings happiness to people. Charles Gordy said, "A smile is an inexpensive way for

anyone to make themselves feel loved." A smile makes a person love. Advantages of smile over laughter: Laughter is short-lived with words and phrases and has a very short lifespan in the time dimension. Moreover, the smile in human nature appears not only during the day, but also over time and in silence. Not everyone can do a smile on his or her own. For this, a person needs aesthetic sophistication, grace, understanding, understanding, intelligence, adaptability to the situation and attention. Otherwise, the border between love and hate - the "wall of smiles" will be broken. Anger and jealousy creep in between the walls and easily turn love into hate. According to psychologists, love is a very delicate ring. He is calm and unbalanced in front of jealousy. Hatred is a sign of malice and stubbornness. Jealousy and hatred cause various human conflicts: a person unknowingly commits bad deeds - villainy, betrayal and even crime. Many issues have been conducted on this topic until now. Take an apple and cut it in half. Put half in sugar water and the rest in salt water. One turns into jam, the other into vinegar. These two ingredients were actually one apple. Nevertheless, the environment changed them. » The environment also changes people. So is Julien. Comparing the simple, pure-hearted, intelligent and knowledgeable Julian at the beginning of the play with the murderous Julian at the end of the play, it is difficult to understand how the life of a boy who was looking for happiness changed

there is no. Honestly, the mental changes that can be observed in this character's personality should change.

The main part III

What are the methods used? On the basis of modern research on text linguistics in world linguistics it can be observed that the following methods are used and the following methods are diversified: 1) discourse analysis; 2) study of public policy; 3) the pyramid of Maslow; 4) the SWOT matrix; 5) PESTEL analysis; 6) the action research; 7) the case study; 8) Porter's model.

Analyses

Discourse analysis is a field of the human and social sciences whose object is discourse and which implies a methodological consideration. Speech analysis is a multidisciplinary, qualitative and quantitative approach that studies the context and content of oral or written speeches. Public policy analysis is a study of public action, in other words, a study of state action. The goal is also to understand how the government implements its public policies and what the effects on society are. Maslow's pyramid. The pyramid of needs, known as Maslow's pyramid, is a pyramidal representation of the hierarchy of needs that interprets the theory of motivation based on observations made in the 1940s by psychologist Abraham Maslow in «A Theory of Human Motivation», Psychological Review (no 50, 1943, p. 370-396).

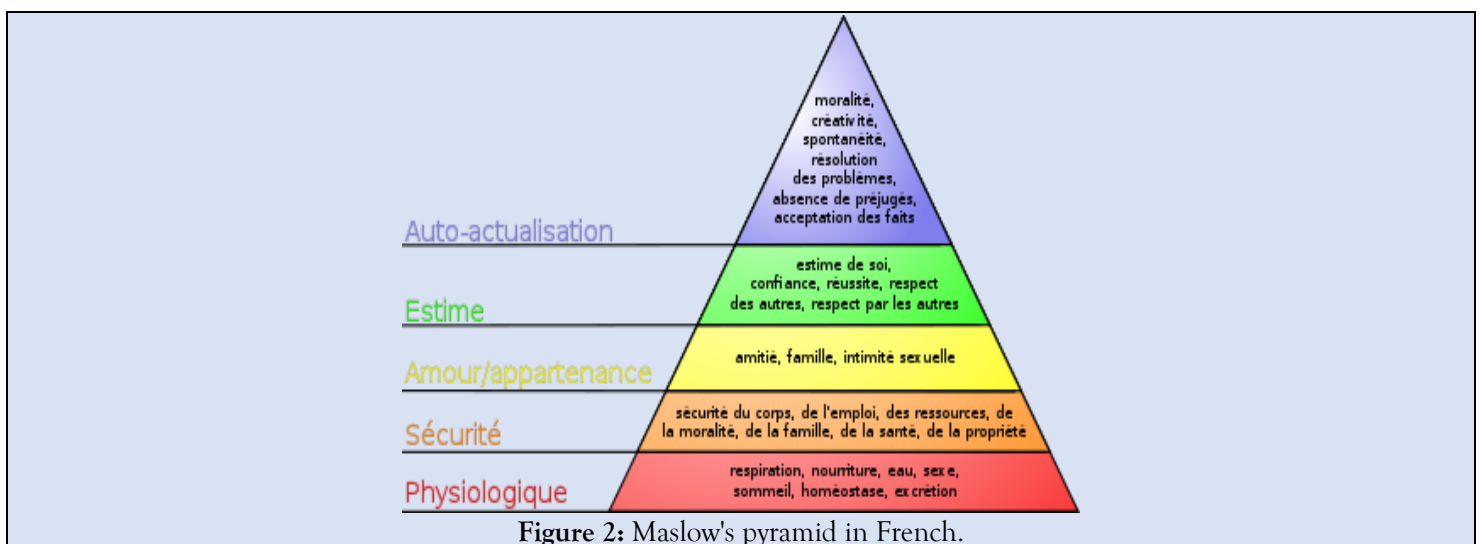


Figure 2: Maslow's pyramid in French.

The axes of SWOT analysis

SWOT analysis allows a general development of the company by crossing two types of data: internal and external. The internal information taken into account will be the strengths and weaknesses of the company.

As for external data, it will relate to nearby threats and opportunities. To establish its strengths and weaknesses, the entrepreneur must look internally at the resources at his disposal, whether human, financial, intangible (a patent) or material (a

production capacity). Internal axis: The internal diagnosis identifies the current characteristics of the organization, seen as strengths or weaknesses depending on the activities operated. They generally concern: human resources, production capacities, financial capacities, know-how held (see the VRIO method).

Strengths: resources possessed and / or skills held conferring a competitive advantage.

Weaknesses: lack with regard to one or even several key success factors or against competitors.

External axis: The external diagnosis lists elements that have a possible impact on the company.

Opportunities: the business environment may present certain areas of potential to be developed. They should be identified. Threats: certain changes in progress or to come, can have a negative impact on the activities of the company.



Figure 3: The axes of SWOT analysis in French

The PESTEL analysis: what is it? The PESTEL analysis is a strategic analysis tool that allows the company to identify and measure the elements likely to influence its activity and its development. The PESTEL model

is built around these six components. As we will see later, the importance of each component depends. The PESTEL analysis have the 6 components. Figure 4.

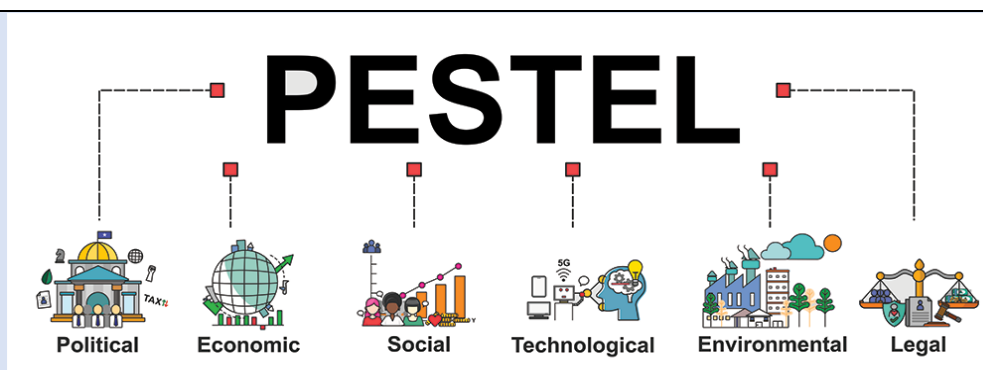


Figure 4: The PESTEL analysis have the 6 components.

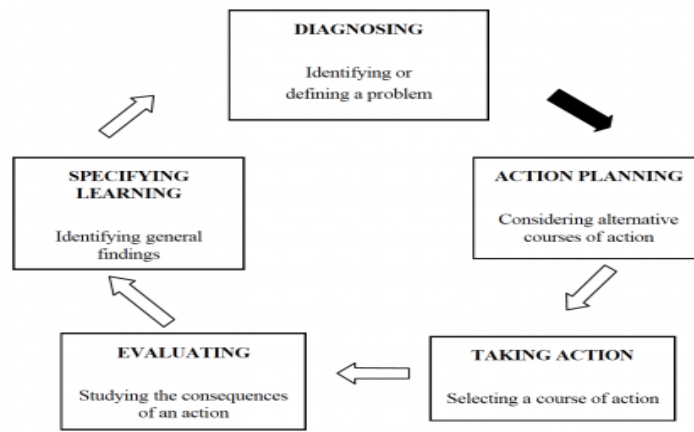


Figure 5: Action research:

The case study is a method used in qualitative studies in the humanities and social sciences, psychology or psychoanalysis, but it can be used in studies to focus on a particular case. It aims at the in-depth study of a specified case, whether it be a specific person, group or subject. Porter's model. The analysis of the industry is based on the concept of competition. The notion of competition is fundamental in strategic management ... It is inherent in strategy. Managers are

often obsessed with their immediate competitors, while many other forces can influence the competitiveness of organizations. Indeed, in strategy, must be considered as competitors: Anything that can reduce a company's ability to generate profit. More broadly, anything that prevents a company from constituting a competitive advantage by limiting the degree of freedom of companies.

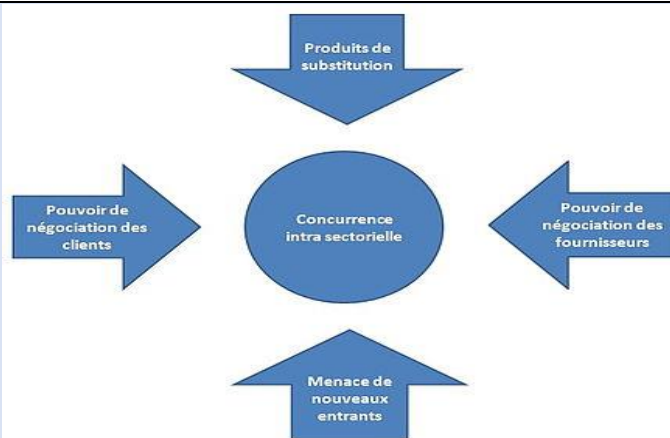


Figure 6: Porter's model in French.

It is clear that these methods are important not only for the text, but also for the analysis of various aspects of the development of society. The feelings and attitudes of people are enlivened through verbal communication. Information is conveyed logically, accurately and clearly, and sometimes vaguely. Ideas are exchanged verbally and non-verbally in parallel and separately. Through communication, the speaker not only conveys information, but also analyzes and synthesizes the message, exchanges ideas about difficulties in solving a problem, complains, makes demands, asks questions, seeks answers, etc. Since the determination of whether non-verbal means

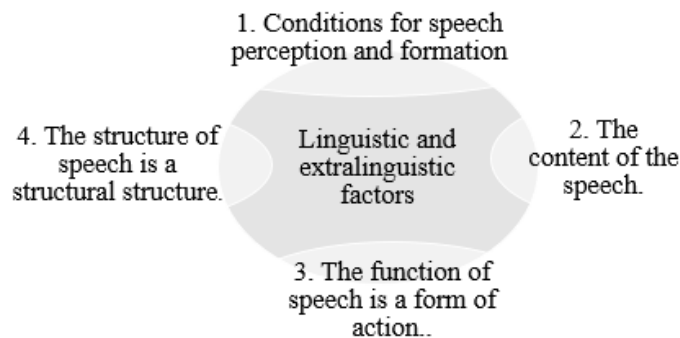
accompany communicative-canonical speech means to one degree or another is a separate topic, we will restrict ourselves to the above examples. According to most linguists, the factors of verbal and non-verbal communication lie in the fact that people see each other, say goodbye, meet, applaud, congratulate, grieve, apologize, offer, confirm, deny, surprise, thank, satisfy, it is well observed in such communication processes [2.176; 4, 122; 10, 189]. Non-verbal speech signals, like verbal speech, transmit information to the listener in three situations: 1) when transmitting information to the interlocutor, 2)

influence on the interlocutor, 3) when the conversation is animated [6, 238].

The main part IV

Communication is a socio-psychological process of mutual exchange of information between people, carried out in two ways - verbal and non-verbal (Latin Verbalis - verbal, nonverbalis - non-verbal) ways of speech impact. This means that information is transmitted to people orally (verbally) or not orally (non-verbal). And both of these means of communication are equally important [1; 6,238; 8.246; 10.189]. These both cases have not been deeply studied in the field of Uzbek linguoculturology and psychoneurolinguistics. Thus, language and speech are interconnected, one cannot exist without the other, but they are social phenomena that differ from each other. Language is material for the process of communication, and speech is the formation of ideas from that material. Language units are manifested in

the process of speech, it is also used by speakers of literary language in everyday life, in the process of work, in family life, in a ceremonial environment. In the interdependent chain of "language-language ability - speech" only speech is manifested in external (material) form (verbal, written, through various conditional signs) and is recorded (heard, written by our sensory organs, seen, measured). Language, on the other hand, is concealed and imagined as a hidden internal and ideal phenomenon." Language can be communicated under certain conditions. Accordingly, speech will be of several types: everyday speech, business speech, ceremonial speech, public speech, colloquial speech, dialectal speech, stage speech, character speech, artistic speech, folklore speech, image speech, speaker speech, poetic speech, and so on. Both linguistic factors and extralinguistic factors play and participate in forms of speech appearance.



1. Conditions for speech perception and formation. Interlocutors and speakers use different language units in different speech situations. As a result, he forms his own speech. Factors related to the conditions of speech perception and formation include the following: 1. The degree of formality and informality of the relationship. 2. Speech formation and lifestyle. 3. The level of attitude of the interlocutors. 4. The nature of the object of speech. 5. The nature of the speech addressee. 6. Speech appearance. 7. The degree of special training. 8. The level of activity of extralinguistic units

2. The content of the speech. The content of a person's speech will also be different. Our thinking about being is of two kinds: 1) explicit thinking with a subject, 2) theoretical abstract thinking. In the process of object-specific thinking, the following forms of speech formation occur: a) simple object-

oriented thinking is useful in oral speech; b) formed generalized thinking is used in journalistic speech; c) Theoretical abstract thinking is typical of scientific speech, formed subject thinking is used in artistic speech.

3. The function of speech is a form of action. The function of speech is characterized by its permanence, objectivity, legitimacy, and structure. Although speeches are similar to each other in a particular function, it has different aspects with other features. As a result of the mixing of tasks, new forms of speech emerge. The following features can be expressed in each speech function: 1) the function of expressing objectivity and subjectivity. 2) the task of expressing concreteness, abstraction and generalization. 3) the task of expressing intelligence and emotionality. 4) the function of expressing open (explicit) and closed (implicit) content.

4. The construction of speech is an integral structure. Speech structure is a living form of language. There are general rules of integral structure of speech: 1) the weight and character of the units whose methodological character is clearly visible; 2) the ratio of analytics and synthesis in speech construction; 3) naming everything in a form that corresponds to its essence belongs to scientific discourse, the choice of forms expressing important meanings belongs to colloquial speech, the choice of forms expressing expressive meanings belongs to publicist discourse, the use of forms specific to all styles belongs to artistic discourse; 4) the degree of complete formation of the speech structure. As a result of the full expression of the idea, they strive to form a complete speech. This situation was reflected in the written speech; 5) the nature of the use of metaphors; 6) weight and character of the absorbed layer. In written speech, the weight of the assimilated words is greater, but in spoken speech, the weight of the assimilated layer is less. The meanings of cut, pitching are more commonly used in colloquial speech; 7) The degree of interdependence of different units of language. In scientific, journalistic, formal speech, the interdependence of language units is very low, as they use intellectual neutral forms more. In colloquial speech, each linguistic unit performs a different function depending on its intonation and the effect of stress, rather than its location in the sentence. At this stage, the processes associated with information processing are primarily aimed at concentration and automation to sharpen memory and attention. It bridges the gap between teacher and student, categorizes student knowledge, and combines visual and audiovisual (visual and auditory) skills to learn a language over time. In speech, metaphor serves to express two meanings: a) meaning outside the language or context; b) verbal or contextual meaning. As a result of the interaction of these two meanings, additional semantic ottenkas, subjective meanings are expressed. They use verbal metaphors in colloquial speech. They tend to use expressive, open, and closed metaphors in biblical speech.

Results

Particular attention should be paid to strategies and actions that need to be implemented over time. At the heart of all this is the result of thinking and logic. They are shown in the following table "Data processing". In the Nova Eskola website, scientists

have enriched this teaching theory. According to the North American researcher and author of *The Psychology of Education* David Paul Ausubel (1918-2008): "Instead of isolating (limiting) the reader, it is necessary to hone his thinking". Jean Piaget, Lev Vygotsky and Henri Vallon explained: "The more a person knows, the more he wants to know." Since the determination of whether non-verbal means accompany communicative-canonical speech means to one degree or another is a separate topic, we will restrict ourselves to the above examples.

According to most linguists, the factors of verbal and non-verbal communication lie in the fact that people see each other, say goodbye, meet, applaud, congratulate, grieve, apologize, offer, confirm, deny, surprise, thank, satisfy, it is well observed in such communication processes [Birkenbill, 2, 1997, 176; Bobokalonov, 2023, 8, 122]. Non-verbal communication is a unique means of communicating data. Non-verbal means can accompany the speech process, complement speech and in some cases make the information "wordless" for the listener. Psychoneurolinguistics focuses on three main aspects: 1) mental preparation, 2) brain function, 3) language skills [Labunskaya, 1988, 13, 246; Borozdina, 1998, 3, 247]. The feelings and attitudes of people are enlivened through verbal communication. Information is conveyed logically, accurately and clearly, and sometimes vaguely. Ideas are exchanged verbally and non-verbally in parallel and separately. Through communication, the speaker not only conveys information, but also analyzes and synthesizes the message, exchanges ideas about difficulties in solving a problem, complains, makes demands, makes demands, asks questions, seeks answers, etc. Non-verbal speech signals, like verbal speech, transmit information to the listener in three situations: 1) when transmitting information to the interlocutor, 2) influence on the interlocutor, 3) when the conversation is animated [Gorelov, 1988, 238]. A person's non-verbal behavior is inextricably linked with his mental state. Scientists observe the individual and socio-psychological characteristics of a person - the inner world of a person. Non-verbal behavior accompanies speech and forms the mental content of the activity. Body language, which is characteristic of non-verbal speech, is not always flexible with verbal speech. Scientists have found that non-verbal communication involves more than seven hundred thousand hand, face and body gestures. Non-verbal behavior is considered to be the richest alphabet of

language and body and reflexive behavior [Birkenbill, 1997, 176; Borozdina, 1998, Gorelov, 1980; Labunskaya, 1988].

E.A. Petrova notes that in the first 12 seconds of interlocutors' communication, 92% of information is visualized non-verbally. In the first 20 minutes of a conversation, using non-verbal gestures, key information is transmitted to the interlocutors. The number of non-verbal signals involved in the communication process is very large. In some cases, there are cases of incompatibility of speech, and in such circumstances, if the meaning of the non-verbal cue contradicts the meaning of the verbal cue, people believe the non-verbal information.

Non-verbal communication means include:

1. Kinesics is a gesture of expressive movement, the direction of this movement.
2. Mimicry is the duration of the pause, the throw of the leg, the posture of the body, eye contact (gaze), the frequency of contacts.
3. Proxolic and extralinguistics - intonation, voice, pause, exhalation, crying, coughing, timbre, laughter;
4. Takeshika - handshake, applause, kisses;
5. Prosemica - keep distance, aim.

Kinesics is the most important means of non-verbal communication. Kinesika comes from an English word that has an expressive and regulatory function in communication. This is manifested in facial expressions to the position, gaze, gait of another person.

Facial expressions are a set of signals that are understandable to participants in communication, such as various movements of the hands and head, gestures. The number of gestures is important for people to easily understand themselves. The main characteristic of facial expressions is its integrity and dynamics. This means that during the facial expression of the six basic emotional states (anger, joy, fear, suffering, surprise and disgust), all movements of the facial muscles are coordinated. We learned about this from the research of V.A. Labunskaya [Labunskaya, 1988, 13, 246]. All people, regardless of nationality and culture, perform these imitation configurations with sufficient accuracy and consistency as an expression of the corresponding emotions. A unit of facial expression is called a mine. Each mine represents a face configuration. Information is mainly transmitted through the different positions of the eyebrows and lips.

Persistent emotions can include more feelings of joy, surprise, disgust, anger, and sadness, and less feelings

of fear. According to V.A. Labunskoy: "If a person is excited, interested or in high spirits, his eyes widen four times more than usual." Conversely, when he is angry or sad, his eyes narrow more than usual. In such cases, there will be the following cases of the front parts:

- 1) emotional states: anger, hatred, suffering, fear, surprise, joy;
- 2) mouth position, open mouth, closed mouth. The mouth is generally closed;
- 3) lip position: the corners of the lips are lowered or raised;
- 4) Eye shape: eyes open or tight. The eyes are constricted, the eyes are wide open, the luminosity of the eyes is narrowed or open, the eyes are bright or dull, the luminosity of the eyes is not expressed brightly;
- 5) eyebrow position: the eyebrows are plucked at the bridge of the nose, the eyebrows are raised, the outer and inner corners of the eyebrows are raised;
- 6) Position of the forehead: The folds of the forehead form a vertical nasal bridge. The folds moving horizontally on the forehead are shown;
- 7) Face position: frozen face, dynamic face.

The facial expression contains not only information about a person, but also their appearance. The face is the main source of information about a person's psychological state, facial expressions are consciously several times better controlled than body movements" [Labunskaya, 1988, 13, 246].

For example, in certain circumstances, if a person wants to hide their feelings or deliberately convey false information, their body also becomes a source of information. Expressive gestures also play an important role in communication. Information is carried out through the gestures and postures of the human body.

Many researchers state the position of the body: "It is the position of the human body that is specific to a particular culture. Body posture is a unit of elements of human behavior and verbal characteristics. This is why it is body language" [Birkenbill, 1997. 2, 176]. The cultural traditions of each nation can also be determined from the position of the body. It is known that if a person is interested in communication, he will pay attention to the interlocutor and meet him. If he is not interested in communication, on the contrary, he leans to the side and leans back. A person who wants to declare himself, standing, in a tense position, the shoulders open, sometimes puts his hands on his waist; the person "frees himself", is in a

free and calm state. No matter how different the cultures of different people are, there will be similarities everywhere that improve a person's emotional state, arousal of emotions, increase the intensity of gestation. Although the specific meanings of individual gestures differ from culture to culture, there are similar gestures in all cultures [Bagdasarova, 1, 164]. The term "proxemics" was coined as the first spatial structure of communication by the American anthropologist E.J. Hall [Hall, 1966, 26]. "Proxemics" means "privacy". Proximal features include the direction of the partners during contact and the distance between them. Cultural and national factors directly affect the proxemic characteristics of communication. Proxemic signals: distance between people, touch, tapping of the recipient on the shoulder, etc. So, non-verbal communication is the manifestation of oneself without the use of words. The common body language between people is the basis of non-verbal communication. Knowing the language of gestures and body movements is not only a state of better understanding of the interlocutor, but also a self-explanation through non-verbal language by demonstrating his actions in the process of learning and teaching languages. Thus, non-verbal communication is the manifestation of oneself without the use of words. Common body language among people is the basis of non-verbal communication. Knowing the language of gestures and body movements is a state of not only better understanding the interlocutor, but also self-explanation through nonverbal language by demonstrating one's actions in the process of language learning and teaching. The conclusion that can be understood from the work: every person should know how to make the right decision mentally in order to achieve his goal. Smiling has its place and addressee. Do not waste your smile and smile. The conclusion is that in any case, a smile and a laugh should find their destination. A sincere and friendly smile, a smile and a laugh will not allow a beautiful face to change into an ugly person. Laughter is an expressive movement of the face, lips, eyes, and arms, showing a tendency to laugh, or expressing pleasure, greeting, joy, benevolence, or ironic derision. Laughter and smile are not the same thing, but a couple in the human psyche that complements each other. Where there is laughter, a smile is its companion and embodiment. However, it turns out that laughter can never be a smile, and a smile can never be a laugh. A psycholinguistic line is drawn

between these completely different concepts. Therefore, "the family you create is more important than the family you were born into." It should not be forgotten that, as the people know, "When a black man is angry, a yellow man's soul comes out." » A person should always try to keep his temper. To conclude one question: Why is the price of pistachios expensive? Our answer: Because he is always smiling.

In conclusion: If you want to be appreciated, always smile!

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