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## ARTISTIC-PSYCHOLOGICAL DESCRIPTION AND CLASSIFICATION OF LONELINESS IN LITERATURE

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### ABSTRACT

*The article discusses literary-philosophical essence, artistic-psychological description and classification of loneliness concept. The appeal to the problems of human aloneness and the alienation of social relations is due to the increasing role of telecommunication technologies in the life of people. The relevance of this topic is due to the need for theoretical understanding of the phenomenon of loneliness of a person. Loneliness is a versatile concept. Its causes, forms, manifestations, mental states and external factors are different. Therefore, it is studied in philosophy as a concept, in psychology as a psychological state, in medicine as a disease, in tasavvuf as a means of reaching God.*

**KEYWORDS:** *Loneliness, State, Mental, Psycho-Social, Classification, Depression, Aesthetic, Emotional*

### INTRODUCTION

In most works of art it is observed that human emotions, people's mental attitude to life realities are expressed in a unique poetic, symbolic way. This, of course, is intended to increase the aesthetic impact of that work. In order to reveal the symbolic-semantic aspects of various human mental states, which are embodied in the literature and have a symbolic nature, it is important to study the socio-vital, psychological basis of their occurrence.

### DISCUSSION

The problem of society and man has always been one of the main themes in the literature of the people of the world. In particular, it is emphasized and described that the isolation of a person from society, people is a tragic situation. Because loneliness condemns a person to despair,

depression, and throws him into a whirlpool of endless mental anguish. In loneliness, a person can either lose his identity or realize his identity. Because a lonely person who has not found another person to communicate with dares to talk to himself or to express his thoughts to a bird, an animal, or a tree, even if the process goes on for a long time, it can lead to mental disorder. But in solitude, a person also makes a self-examination, thinking about the factors that caused him to fall into a state of loneliness. In the process, a person speaks to himself and through his monologues confesses inwardly his faults and shortcomings, which cannot be revealed openly in front of others, and whose pride or arrogance does not allow him to speak openly.

Man differs from other beings in terms of experiencing various processes, events, situations, states depending on the nature of the natural-spiritual, divine phenomena associated with him. Therefore, the psychological phenomena and situations that a person experiences are basically grouped into three categories:

**1. Mental processes** - in which a person forms and understands the basic ideas about the reflection of the environment around him, on this basis, creates a system of concepts in the brain. The mental process describes the changing state of a person. It embodies a system of states that reflects the sequence of human transition from one state to another.

**2. Mental traits** are the most common traits in a person, which determine his personality and the level of behavior. Mental characteristics can be either normal or transient in a person. They arise through certain mental states.

**3. Mental states** are certain mental manifestations of a person's level of activity at any given moment and the quality of the implementation of these mental processes.

## ANALYSIS

A number of words and phrases have been formed in language to express mental states, and in speech a person expresses curiosity, concentration or dispersion of thought, inability to concentrate, hesitation, thoughtfulness, and a number of other states. They are also related to human cognitive activity and are often referred to as “mental abilities”.

Based on the above, human mental states can be classified as follows on the basis of various criteria. Including:

**a) mental states;**

**b) emotional states;**

**c) volitional mental states.**

Human psychological states are usually studied into three major groups according to whether they are **positive or negative, or specific**. It has been proven that a person's positive psychological state is influenced by joy, happiness, love and other positive aspects of daily life, while negative psychological states are caused by bad states such as grief, hatred, confrontation, conflict, obstruction, depression, despair.

Bright patterns of mental states are often observed in connection with the emotional side of life. Because in psychology, the so-called “emotional states”, such as emotions, depressed or high moods, desires, etc., can change the whole psyche of a person in a certain way in a certain time.

By now, loneliness as a communicative state of mind has become one of humanity's global problems. Because loneliness results from a person's lack of communication with those around them. Therefore, the concept of loneliness is subjectively considered unacceptable. In recent years, many psychologists are trying to study not only the socio-cultural, religious, political, psychological factors associated with the origin of loneliness, but also its scientific, philosophical and artistic descriptions, to distinguish it from other mental states. According to psychologist R.S. Nemo: "Loneliness is a difficult state of mind, usually a bad mood and a painful emotional experience" [6; 718]. Russian scientist L.A. Karpenko, on the other hand, considers loneliness to be one of the factors influencing the emotional state of a person who is isolated from other people or in an unnatural, changing environment [7; 496].

In general, psychologists distinguish four types of loneliness:

**1. Cosmic loneliness** - a person's departure from the essence of "all-encompassing": a) nature, space, world; b) God.

**2. Cultural loneliness** is the incompatibility of human values, ideas that occur in a particular cultural environment, the understanding and worldview of those around them. Such inconsistencies are usually due to the following factors: a) migration; b) the rapid orientation of society to new values (often associated with revolutions, major reforms); "conflicts between fathers and children" representing old and new cultures are typical; c) the rapid intellectual development of a person, the problem of communicating with people close to each other, and so on.[8]

**3. Social loneliness** is the loneliness of a person due to exclusion from a particular group. Dismissals, resignations, retirements, falling into a new work environment, breaking up with old friends are examples of this.

**4. Personal loneliness** is the loss of emotional connection with a self-esteeming person (close relative, friend, lover).

In general, when a person's relationship with others does not develop at all, a state of loneliness occurs. Such a person cannot establish a relationship of friendship or love with those around him. Not only does he become indifferent to people, but he also causes others to ignore him.

The following **socio-psychological** factors of loneliness are observed in literature:

- Loss of a friend or lover due to death;
- Rejection, abandonment by a living parent;
- orphan hood;
- Inability to communicate with people;
- Fear of public interference;
- Change of residence;
- going to a place where people are completely absent (such as space, a deserted island);
- falling into a new, unfamiliar area where communication is inconvenient;
- Transition to the next stage of mental development;

- Infidelity and divorce;
- rupture of personal relationships with family members;
- incurable disease, disability;
- disorders of consciousness, emotional trauma, mental disorders, insanity;
- strict devotion to religion;
- some religious ceremonies and rituals;
- commitment to science;
- devotion to art;
- grief from unrequited love;
- race;
- betrayal, treachery;
- committing a crime;
- rejection by society: exile or imprisonment;
- negative impact of current events;
- alienation from society, inability to accept society;
- retirement;
- poverty;
- despair, uncertainty about the future;
- dislike of the human race, hatred of people, love of animals rather than them, and so on.

Thus, loneliness is a complex psychological process, along with various emotional experiences. But often loneliness in a person's life is caused by the annoyance, infidelity, betrayal, indifference, oppression of the people around him, especially those closest to him. In addition, the negative traits of human nature, such as selfishness, indifference, arrogance, conceit, cowardice, skepticism, impatience, ingratitude can also contribute to the formation of loneliness in his personality [10]

There is also a category of people in life who prefer to be free and independent, who see loneliness as the best way to achieve this. In this sense, loneliness is positive for some and negative for others.

Of course, the benefits of loneliness are also undeniable. This is recognized by those who have chosen loneliness as a way of life for themselves. However, there are those who feel remorse and guilt for living their lives alone.

However, the negative perception of loneliness is also known from the fact that it is used in the form of deportation, imprisonment, and other forms of punishment, such as forced social isolation. Such convicted persons are deprived of their civil rights under the laws of society and are prohibited from acting in person.

The above considerations indicates that there are two types of loneliness: a) volunteer; b) mandatory.

According to the goal of voluntary solitude, self-improvement will be focused on overcoming spiritual difficulties. It takes into account the internal concentration of mental decline and its problems.

Compulsory loneliness results from the deprivation of liberty, social and political rights, imprisonment, deportation, or forced marriage, and so on.

## CONCLUSION

The feeling of loneliness has a great impact on a person's emotional state, mental state. It plays two different roles in a person's life, depending on how a person reacts to loneliness: positive or negative. On the one hand, loneliness is a very unhappy, isolated state caused by negative feelings such as despair, fear, suffering, impatience, lack of self-confidence or sadness that prevent a person from making the necessary connections with others, on the other hand, loneliness is a person living his life by himself, a deep understanding of their behavior, the time given to understand, is an opportunity experienced. On the other hand, man achieves peace, tranquility, tranquility in solitude. Most importantly, during this opportunity, a person clarifies his thoughts, decisions, realizes the essence of his personal existence.

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