

IDIOMS IN ENGLISH ON TOPIC OF THE HEALTH : THEIR LITERAL AND REAL MEANINGS , TRANSLATIONS AND USE IN CONTEXT

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Annotation: This article focuses on the study of English idioms related to the topic of health. It provides the definition and classification of idioms, explains their figurative meanings, and analyzes their Uzbek translations. The paper also demonstrates how health-related idioms are used in real contexts. The study aims to highlight the importance of understanding idioms for effective communication and translation. The results can be useful for English language learners, teachers, and translators.

Keywords: idioms, health, classification, meaning, translation, context, English, Uzbek

Idioms are fixed expressions that have figurative meanings and cannot be translated word-for-word (Fernando, 1996).

An idiom is a fixed expression whose meaning cannot be understood from the literal meanings of its individual words. In other words, idioms are phrases or combinations of words that have a figurative meaning understood through common usage. They are fixed (you cannot usually change their structure or words). Their meaning is often figurative, not literal. They are culturally specific and may not translate directly into other languages.

Idioms are an important part of any language. Health-related idioms are especially interesting because they often reflect cultural attitudes towards health, emotions, and daily life. Such idioms are widely used in everyday conversation, literature, and media. Understanding their meanings and translations helps learners to become more fluent and culturally aware.

Following there are several idioms and their literal meanings, real meanings, translations and examples.

1. Idiom : Under the weather

Literal meaning: Ob-havo ostida

Real meaning : Feeling slightly ill

Uzbek translation : O‘zingni unchalik yaxshi his qilmaslik

Example: I didn't go to work today because I felt under the weather — Bugun ishga bormadim, o‘zimni unchalik yaxshi his qilmadim.

2. Idiom : Back on your feet

Literal meaning: Yana oyoqqa turmoq

Real meaning : To recover after illness

Uzbek translation : Sog‘ayib ketmoq, oyoqqa turmoq

Example: After two weeks in bed, she is finally back on her feet — Ikki haftalik kasallikdan keyin u nihoyat sog‘ayib ketdi.

3. Idiom : In good shape

Literal meaning: Yaxshi holatda

Real meaning : Physically healthy or fit

Uzbek translation : Yaxshi sog‘likda, chiniqqan

Example: He goes to the gym every day to stay in good shape. — U har kuni sportzalga boradi, sog‘lom bo‘lish uchun.

Translation of the example:

4. Idiom : A splitting headache

Literal meaning: Yoriq bosh og‘rig‘i

Real meaning : A very strong headache

Uzbek translation : Juda kuchli bosh og‘rig‘i

Example: I can’t concentrate; I’ve got a splitting headache. — E’tibor qila olmayapman, boshim qattiq og‘riyapti.

5. Idiom : Fit as a fiddle

Literal meaning: Skripka kabi sog‘lom

Real meaning : Very healthy and strong

Uzbek translation : Juda sog‘lom

Example: My grandmother is 80 but she’s as fit as a fiddle. — Buvi 80 yoshda, lekin juda sog‘lom.

6. Idiom : To kick the bucket

Literal meaning: Chelakni tepmoq

Real meaning : To die (informal)

Uzbek translation : Vafot etmoq (so‘zlashuvda)

Example: He finally kicked the bucket at the age of 95. — U 95 yoshida vafot etdi.

7. Idiom : At death’s door

Literal meaning: O‘lim eshigida

Real meaning : Very close to death

Uzbek translation : Juda og‘ir ahvolda, o‘lim yoqasida

Example: He was at death’s door after the accident. — U avariya dan keyin o‘lim yoqasida edi.

8. Idiom : To recharge one’s batteries

Literal meaning: Batareyani quvvatlam oq

Real meaning : To rest and regain energy

Uzbek translation : Dam olib kuch yig‘moq

Example: I went on vacation to recharge my batteries. — Men dam olishga bordim kuch yig‘ish uchun.

9.Idiom : To feel blue

Literal meaning: Ko‘kni his qilmoq

Real meaning : To feel sad or depressed

Uzbek translation : Xafa bo‘lmoq, tushkunlikka tushmoq

Example: She’s been feeling blue since she got sick. — U kasal bo‘lganidan beri tushkunlikda yuribdi.

10. Idiom : To have butterflies in your stomach

Literal meaning: Qorningda kapalaklar uchmoqda

Real meaning : To feel nervous

Uzbek translation : Hayajonlanmoq

Example: Before the surgery, I had butterflies in my stomach. — Operatsiyadan oldin juda hayajonlandim.

Health-related idioms are often used metaphorically to express feelings or situations (McCarthy & O’Dell, 2010).

Use of Health Idioms in Context: Health idioms are commonly used in both spoken and written English. They can make speech more colorful, emotional, and natural. For example:

In daily conversation: “I can’t come to the party tonight, I’m a bit under the weather.” (Bugun kechqurun bazmga bora olmayman, o‘zimni yaxshi his qilmayapman.)

In literature: “After a long illness, he was finally back on his feet.” (U uzoq davom etgan kasallikdan keyin nihoyat oyoqqa turdi.)

In media headlines: “President back on his feet after surgery.”

In conclusion: Health-related idioms provide insight into how English speakers view health and emotions. Learning their meanings, translations, and contexts improves both linguistic competence and cultural understanding. For Uzbek learners of English, knowing equivalent idioms or paraphrased meanings helps avoid literal translation mistakes.

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