

## THE EXPLICIT AND ARTISTIC DISCURSIVE FORMS OF THE CONCEPT OF RESILIENCE

**Isroilova Ugiloy Isroil kizi**

Ph D student of Karshi state university;

tel:+998906701886;

e-mail: [farhodovafarangiz@gmail.com](mailto:farhodovafarangiz@gmail.com)

**Abstract:** This article analyzes the explicit and artistic discursive forms of the concept of resilience. Explicit discourse provides scientific and precise definitions, whereas artistic discourse illuminates the concept through human emotions. Both forms demonstrate complementary facets of the understanding of resilience within society and culture.

**Keywords:** resilience, concept, explicit discourse, artistic discourse, social psychology, literature, stress resistance, psyche, culture, virtue

### **Introduction**

Resilience is an important cultural and psychological construct in human life. It is regarded not only as a personal attribute reflecting an individual's mental state, but also as a complex phenomenon shaped by the general social structure and cultural values of a society. In various societies, resilience is considered a basis for social behavior and plays a central role in managing relationships between individuals and communities. This concept determines how a person responds to difficulties, stress, and pressure, and the strategies they employ to overcome these challenges, in addition to being crucial for sustaining social balance and stability [1:23].

The explicit and artistic discursive forms of the resilience concept serve to present this notion in diverse manifestations and for different purposes. Explicit discourse conveys resilience in a systematic, methodologically grounded manner through precise, scientific, and formal texts, whereas artistic discourse expresses the concept through human inner

experiences, psychological realities, and cultural codes, using literary artistry and artistic works. Thus, explicit and artistic discourses complement each other by revealing resilience not only as a knowledge-based construct but also as a multidimensional system reflecting emotional responses to adversity [1:23].

Through these two forms, both the social and individual dimensions of resilience—as well as its evolving and distinctive features within cultural contexts—are understood and appreciated more clearly. Consequently, the concept of resilience occupies a significant position not only in psychological theories and scientific research but also in cultural studies, literary criticism, and other social sciences [1:24].

### **The Concept of Resilience and Its Social Significance**

Resilience is defined as an individual's capacity to withstand various external and internal difficulties and stresses. This concept is expressed differently across social psychology, literature, ethics, and philosophy [1:45]. Within the framework of social norms and values, resilience is a key factor in creating just and stable societies. Moreover, resilience reflects a person's conscious ability to self-regulate, solve problems constructively, and establish effective interpersonal relationships. This quality is decisive for accepting innovations, adapting to changes, and maintaining stability in complex situations, thereby contributing to both individual and communal development.

### **Explicit Discursive Forms**

Explicit discourse encompasses scientific, formal, educational, and legal contexts in which resilience is clearly and distinctly articulated. In such forms, resilience is often presented as a psychological concept, analyzing its organizational, political, and psychological dimensions. For example, resilience may be precisely defined as “a person's reaction to stress and adversity” [2:13].

In explicit discourse, information is grounded in statistical data, cognitive research, and scientific evidence. Therefore, this form constructs the scientific basis of the resilience concept through psychological studies, social surveys, and expert opinions.

## **Artistic Discursive Forms**

Artistic discourse conveys resilience through human experience and emotions. In literature, theater, cinema, and art, the theme of resilience portrays mental struggles, hope and despair, feelings of shame and guilt. For instance, in Uzbek literature, the works of Abdulla Qodiriy and Hikmat Bobojon prominently depict resilience as a human virtue [3:54]. Artistic discourse employs literary devices such as symbolism, metaphor, and epithet to bestow psychological and ethical meaning on the concept. Through this form, the psychological and aesthetic dimensions of resilience emerge. Simultaneously, artistic discourse serves as a critical means of illustrating how a person endures adversity internally, exploring the conflict between human vulnerabilities and strengths. By engaging with artistic works, readers or audiences grasp not only resilience's outward manifestations but also its profound spiritual and inner layers.

## **The Expression of the Resilience Concept in Uzbek Literature**

In Uzbek artistic culture, the theme of resilience is reflected in numerous poetic and prose works. In Hikmat Bobojon's creativity, resilience and heroism are deeply interconnected, as resilience is an indicator of a person's willpower and mental state [4:67]. For example, Bobojon's poems embody the motif "Light follows hardships" as a fundamental idea associated with resilience.

Furthermore, in the works of Uzbek authors such as Abdulla Qodiriy and Cho'lon, resilience is widely portrayed as the capacity to resist severe trials, symbolizing national spirit and hope. Through these works, resilience emerges not only as an individual act of heroism but also as a pivotal element of the historical and cultural experience of the entire people.

## **Comparison of Explicit and Artistic Discourses**

While explicit discourse is characterized by scientific rigor and clarity, artistic discourse is closely linked to deep emotion and aesthetic sensibility. The concept of resilience in explicit discourse is generally generalized and fact-based, whereas artistic discourse is inherently individual and subjective. Nevertheless, bridges connect the two:

literary images in artistic texts enrich scientific concepts, making them more accessible to a broad audience [5:90].

Moreover, integrating explicit and artistic discourses not only strengthens the scientific foundations of the resilience concept but also more profoundly elucidates its human and cultural dimensions, facilitating wider and more sincere acceptance of the concept in society.

### **The Practical Significance of the Resilience Concept in Everyday Life**

Resilience enhances an individual's self-regulation capacity and aids in seeking solutions to stressful situations. Consequently, the concept of resilience is being incorporated into workplaces, educational programs, and health care strategies [6:112]. Especially in modern society, characterized by rapid changes and complex demands, maintaining psychological stability, improving work efficiency, and preserving health depend significantly on normative and practical aspects of resilience. Psychological training, stress management techniques, and social support systems serve as important tools in this process, resulting in individuals who are stronger, more creative, and adaptable.

### **Conclusion**

The explicit and artistic discursive forms of the resilience concept demonstrate the possibilities for overcoming difficulties in human psychological and social life. Explicit forms generate scientific foundations, while artistic forms enrich the concept on a human and emotional level. Both play vital roles in societal and individual development. Additionally, these two forms are intrinsically connected, offering multifaceted approaches to resolving complex contemporary issues.

Knowledge obtained through explicit discourse is applied in practice by shaping psychological counseling, educational programs, and social policy; artistic discourse allows these theoretical insights to be communicated to a wider audience and deepens individual experience. As a result, the concept of resilience evolves not only theoretically but also forms a practical tool for enduring and overcoming life challenges.

## References

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