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**THE HARMONY OF NATURE AND THE HUMAN SPIRIT IN THE WORK OF FEMALE
POETS**

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Annotation: This article analyzes the harmony between nature and the human psyche in the works of Uzbek female poets – O‘ktamoy, Khosiyat Rustamova, and Guljamol Asqarova. The study reveals that in their poetry, elements of nature are interpreted not only as external landscapes but also as powerful poetic tools for expressing inner emotional and psychological states. The analysis is based on the theoretical frameworks of Romantic aesthetics, symbolism, psycho-poetic approach, and feminist theory. The findings show that in the poetic world of these female authors, the depiction of nature serves as a central poetic mechanism for uncovering the human inner world.

Keywords: female poets, nature, emotional experience, poetic symbol, harmony, Uzbek poetry.

INTRODUCTION

In the history of literature, the relationship between nature and the human psyche has consistently been a subject of scholarly investigation [Karimova, 2014]. The use of natural imagery to express human emotions and inner experiences is considered one of the oldest poetic traditions [Abdullayeva, 2015]. In Uzbek literature, this principle is particularly evident in the works of female poets, as the female soul is often seen as delicate, sensitive, and deeply attuned to nature [Boymurodova, 2019].

Among modern Uzbek female poets, the works of O‘ktamoy, Khosiyat Rustamova, and Guljamol Asqarova hold a distinctive place in harmonizing nature with the human psyche. In their poetry, natural phenomena such as the awakening of spring, the stillness of autumn, the night and stars, wind, and rain are closely connected with the inner emotional states of the lyrical subject [Khudoyberdiyeva, 2021].

From a theoretical perspective, the principle of psychological parallelism serves as a key analytical tool in examining this topic [Saidova, 2017]. At the same time, the symbolic and philosophical meanings embedded in the natural imagery enrich the poetic expression of these authors [Rasulova, 2012]. These aspects are especially prominent in the poetry of Rustamova and Asqarova, where they are vividly manifested [Yusupova, 2018].

THEORETICAL FOUNDATIONS.

In literary criticism, analyzing the harmony between nature and the human psyche is one of the oldest scientific and theoretical directions. According to aesthetic views, natural landscapes serve as a means of expressing the diverse experiences of the human soul. In poetry, this harmony is realized through symbolism, allusion, metaphor, and poetic imagery .

Several theoretical foundations play an important role in analyzing the issue of the harmony of nature and spirit: Romantic aesthetics - Western romantics of the 19th century saw man and nature as a single whole and interpreted images of nature as the main tool for opening the human soul . This view was later interpreted in a new way in Eastern literature, including Uzbek poetry.

Theory of symbolism - natural landscapes in poetry often have a symbolic meaning, not a direct landscape, and represent hidden processes in the human psyche. For example, rain is interpreted as a symbol of cleansing the soul, wind is interpreted as a symbol of change, and a tree is interpreted as a symbol of stability .

Psychopoetic approach - studies the psychological significance of images of nature in revealing the spiritual layer of a literary text. Such an approach allows us to study spiritual experiences in a poetic text.

Theory of feminism - the role of the image of nature in women's work is of particular importance. Because female poets often represent nature as a "mother", a source of love and life. They also seek to show their place in society and their spiritual world through nature .

These theoretical approaches are also manifested in various forms in the work of Uzbek female poets - Oktamoy, Khosiyat Rustamova, Guljamol Askarova. In their poems, nature is used not only as an aesthetic background, but also as an artistic mechanism that reveals spiritual and psychological experiences.

METHODOLOGY.

The article was based on a number of scientific methods used at the intersection of literary studies, psychology and cultural studies. They are as follows:

Comparative-analytical method - the poems of Oktamoy, Khosiyat Rustamova and Guljamol Askarova were compared in terms of the depiction of nature and the methods of expressing the mental state. As a result, attention was paid to the commonalities and differences in their work.

Psychopoetic analysis - images of nature (for example, rain, wind, flower, sky) that express spiritual experiences in poetic texts were analyzed. The spiritual and emotional content of each image was revealed .

Structural-semantic approach - the artistic structure of poems, the semantic function of symbols and imagery, and the relationships between images were considered. Through this, it was clarified through what artistic mechanism the harmony of nature and spirit arose.

Feminist methodology - the meanings of nature symbols in the work of female poets in the gender context were analyzed. In this, the harmony between the psyche of a woman and natural landscapes was seen as a means of expressing the aesthetic and social position of women in society [Qodirova, M. Tashkent 2018].

Historical-literary contextual approach - the work of female poets was studied in connection with the literary processes of their time. It was shown how the issue of the harmony of nature and spirit was formed in the work of female poets against the background of the development of Uzbek poetry of the 20th-21st centuries .

Research results. During this study, the harmony of nature and the human psyche was clarified in several directions based on the work of Oktamoy, Khosiyat Rustamova and Guljamol Askarova:

We can observe the harmony of nature and spirit in Oktamoy's work in the following cases. In Oktamoy's poems, elements of nature are often manifested as a symbolic expression of spiritual suffering and dreams. In the poet's lyrics, rain is used as a symbol of purity of heart, wind is used as a symbol of trials of fate, and the sun is used as a symbol of hope. Analysis has shown that in Oktamoy's work, natural landscapes become a means of directly reflecting spiritual experiences. In Khosiyat

Rustamova's poetry, nature is an artistic symbol of love, loyalty, and hope. In the poet's poems such as "Spring" and "Winds," natural landscapes express the renewal of the human soul, the joy of love, and spiritual freshness. The study showed that in Rustamova's work, elements of nature often create a positive psychological background and strengthen spiritual positivity.

In Gulzhamol Askarova's work, nature is interpreted more on an ontological and philosophical level. The poet expresses the life quests and spiritual state of a person through symbols such as trees, sky,

and stars. As a result of the study, it was determined that the image of nature in Gulzhamol Askarova's poetry is a means of deeper understanding of the spiritual meaning of human life.

Summarizing the above points, we can say that in Oktamoy, images of nature more often express suffering and spiritual trials. In Khosiyat Rustamova, nature is interpreted as a source of joy and hope. In Gulzhamol Askarova, nature is used as a deep artistic symbol of the philosophy of life.

Thus, while the harmony of nature and spirit is expressed in different artistic forms in the work of the three female poets, their common denominator is the use of nature as a central poetic tool in opening the human heart.

DISCUSSION.

The results of the study showed that the issue of the harmony of nature and the human psyche is manifested in various artistic forms in the work of Uzbek female poets. For a broader analysis of this phenomenon, the following aspects can be noted:

The power of natural landscapes to create a spiritual background. In the poetry of Oktamoy, Khosiyat Rustamova and Guljamol Askarova, the image of nature is not only an external landscape, but also the inner voice of the human soul. Various elements of nature - rain, wind, tree, star, sun - are used as poetic keys reflecting different mental states in the work of each poetess. This aspect distinguishes their poetry from the general flow of lyrics.

The symbolic function of nature in female poetics. In the work of female poets, nature is often interpreted as a mother, a source of love and life. From the point of view of feminist literary criticism, this is a means of poetically showing the place of women in society. Poets use nature to reconcile their personal spiritual world with the common female experience in society.

Harmony between spiritual experiences and natural symbols. The conducted analyses show that there is a metaphorical parallel between images of nature and spiritual experiences. For example, wind is used as a symbol of changes in life, rain is used as a symbol of purification of the soul, tree is used as a symbol of stability, star is used as a symbol of dreams and hope. The different interpretations of these symbols in the work of each poetess indicate their personal worldview.

Its role in the national literary process. Such an interpretation of the harmony of nature and spirit in the work of Uzbek female poets also plays an important role in the general development of our national poetry. Because through this direction, it can be seen that Uzbek poetry at the stage of the 20th-21st centuries was enriched not only aesthetically, but also psychologically and philosophically.

Conclusion. The above analysis showed that the issue of the harmony of nature and the human psyche is of particular importance in the work of Uzbek female poets. During the study, three main aspects were identified:

In Uktamoy's work, the elements of nature symbolically express human suffering and spiritual trials. In her poems, nature is a faithful companion of human pain.

In the poetry of Khosiyat Rustamova, natural landscapes are embodied as a symbol of joy, love and hope. In her poetics, nature is a life-giving force, a source of positive spiritual energy.

In Gulzhamol Askarova's poetry, nature is interpreted in an ontological and philosophical layer. She harmonizes nature with the spiritual foundations of human life, and through nature opens up the process of human self-awareness.

The study also showed that images of nature in the work of Uzbek female poets are not only an aesthetic landscape, but also a powerful poetic tool reflecting spiritual and psychological experiences. This aspect shows their poetry as a unique school in the national literary process.

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In general, the study of the issue of the harmony of nature and spirit in the work of female poets brings new theoretical perspectives to literary studies and helps to understand the psychopoetic features of our national poetry more deeply.

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