

FRIENDSHIP

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ABSTRACT

This article is devoted to the study of Friendship, what is the deep, miraculous meaning of it and what kind friendships do we have, how can people find and differentiate the real friends, how to show affection to your friends, long-lasting friendship leads people to beautiful life and some more quotes and proverbs about friends and friendship.

Key words: meaning, the kinds of friendships, affection, long-lasting friendship, quotes, proverbs.

The friendship is one of the greatest things in the world. Everyone can find many friends for the rest of their life. But it is too hard to find the real ones. The friendship a state of enduring affection, esteem, intimacy, and trust between two people. In all cultures, friendships are important relationships throughout a person's life span. In some cultures, the concept of friendship is restricted to a small number of very deep relationships, in others, such as the US and Canada, a person could have many friends, and perhaps a more intense relationship with one or two people, who may be called good friends or best friends. Other colloquial terms include besties or BEST FRIENDS FOREVER (BFFs). Although there are many forms of friendships, certain features are common to many such bonds, such as choosing to be with one another, enjoying time spent together, and being able to engage in a positive and supportive role to one another. Sometimes friends are distinguished from family, as in the saying "friends and family", and sometimes from lovers (e.g., "lovers and friends"), although the line is blurred with friends with benefits. Similarly, being in the friend zone describes someone who is restricted from rising from the status of



friend to that of lover. Friendship has been studied in academic fields, such as communication, sociology, social psychology, anthropology, and philosophy. Various academic theories of friendship have been proposed, including social exchange theory, equity theory, relational dialectics, and attachment styles.

The understanding of friendship by children tends to be focused on areas such as common activities, physical proximity, and shared expectations. Such friendships provide opportunity for playing and practicing self-regulation. Most children tend to describe friendship in terms of things like sharing, and children are more likely to share with someone they consider to be a friend.

Recent work on friendship in young children investigated the cues they use to infer friendship. Young children use cues such as sharing resources, like snacks, and sharing secrets, especially in older adolescents, to determine friendship status. When comparing cues of similarity in food preference or gender, propinquity, and loyalty in adolescent children, younger children rely on similarity in gender/food preferences but more so propinquity to infer friendship while older adolescents rely heavily on propinquity to infer friendship.

As children mature, they become more reliant on others, as awareness grows. They gain the ability to empathize with their friends, and enjoy playing in groups. They also experience peer rejection as they move through the middle childhood years. Establishing good friendships at a young age helps a child to be better acclimated in society later on in their life.

Based upon the reports of teachers and mothers, 75% of preschool children had at least one friend. This figure rose to 78% through the fifth grade, as measured by co-nomination as friends, and 55% had a mutual best friend. About 15% of children were found to be chronically friendless, reporting periods of at least six months without mutual friends.

Friendships in childhood can assist in the development of certain skills, such as building empathy and learning different problem solving techniques. Coaching from parents can help children make friends. Eileen Kennedy-Moore describes three key ingredients of children's friendship formation: (1) openness, (2) similarity, and (3) shared fun. Parents can also help children understand social guidelines they have not learnt on their own. Drawing from research by Robert Selman and others, Kennedy-Moore outlines developmental stages in children's friendship, reflecting an



increasing capacity to understand others' perspectives: "I Want It My Way", "What's In It For Me?", "By the Rules", "Caring and Sharing", and "Friends Through Thick and Thin."

In adolescence, friendships become "more giving, sharing, frank, supportive, and spontaneous. Adolescents tend to seek out peers who can provide such qualities in a reciprocal relationship, and to avoid peers whose problematic behaviour suggests they may not be able to satisfy these needs. Particular personal characteristics and dispositions are also features sought by adolescents, when choosing whom to begin a friendship with. During adolescence, friendship relationships are more based on similar morals and values, loyalty, and shared interests than those of children, whose friendships stem from being in the same vicinity and access to playthings.

A large study of American adolescents determined how their engagement in problematic behaviour (such as stealing, fighting, and truancy) was related to their friendships. Findings indicated that adolescents who were less likely to engage in problematic behaviour had friends who did well in school, participated in school activities, avoided drinking, and had good mental health. The opposite was true of adolescents who did engage in problematic behaviour. Whether adolescents were influenced by their friends to engage in problematic behaviour depended on how much they were exposed to those friends, and whether they and their friendship groups "fit in" at school.

Friendships formed during post-secondary education last longer than friendships formed earlier. In late adolescence, cross-racial friendships tend to be uncommon, likely due to prejudice and cultural differences.

Friendship in adulthood provides companionship, affection, and emotional support, and contributes positively to mental well-being and improved physical health.

Adults may find it particularly difficult to maintain meaningful friendships in the workplace. "The workplace can crackle with competition, so people learn to hide vulnerabilities and quirks from colleagues. Work friendships often take on a transactional feel; it is difficult to say where networking ends and real friendship begins." Many adults value the financial well-being and security that their job provides more than developing friendships with coworkers. 2,000 American adults surveyed had an average of two close friends, defined as "people they had 'discussed



important matters' with in the past six months". Numerous studies with adults suggest that friendships and other supportive relationships enhance self-esteem. Older adults report high levels of personal satisfaction in their friendships as they age, even as the overall number of friends tends to decline. This satisfaction is associated with an increased ability to accomplish activities of daily living, as well as a reduced decline in cognitive abilities, decreased instances of hospitalization, and better outcomes related to rehabilitation. The overall number of reported friends in later life may be mediated by increased lucidity, better speech and vision, and marital status. A decline in the number of friends an individual has as they become older has been explained by Carstensen's Socioemotional Selectivity Theory, which describes a change in motivation that adults experience when socializing. The theory states that an increase in age is characterized by a shift from information-gathering to emotional regulation; in order to maintain positive emotions, older adults restrict their social groups to those with whom they share an emotional bond. As one review phrased it:

Research within the past four decades has now consistently found that older adults reporting the highest levels of happiness and general well-being also report strong, close ties to numerous friends.

As family responsibilities and vocational pressures lessen, friendships become more important. Among the elderly, friendships can provide links to the larger community, serve as a protective factor against depression and loneliness, and compensate for potential losses in social support previously given by family members. Especially for people who can not go out as often, interactions with friends allow for continued societal interaction. Additionally, older adults in declining health who remain in contact with friends show improved psychological well-being.

How to show affection?

Having real friends is really an amazing thing for everyone, because they might have a lot of chances to spend the precious time together and have more and more chit chats, the blast and miraculous things happen with them. All in all, it is the great opportunity to spend time with, and we all have to show our gratitude and all of the great emotions and affections to our loved and loyal friends. There are many ways to show our affections. For example, if you want to go the extra mile to show a friend what they really mean to you, you've got a ton of options. Often, it's the small



gestures that go a long way towards making someone feel loved. Something as seemingly unimportant as a good hug or a simple “I appreciate you” can make the world of difference. So long as you’re honest, respectful, and you take an active interest in your friend’s life, they’ll know how you feel about them.

If you’ve never said it out loud, let them know how much you care. We often assume our friends know how we feel, so we don’t take the time to really tell them. But it’s worth the effort if you want to make your feelings clear! Think about how good you feel when someone tells you they appreciate you. If you haven’t directly told them how important they are to you, there’s no time like now. If you aren’t sure what to say, give something like this a shot:

“Hey, just so you know, I'm here for you if you need anything. I’ve always got your back”

“I hope you know that you are important to me and I care about you.”

“Whatever you are going through—good or bad—I'm here if you need me.”

Take an active interest in them if you rarely discuss what they’re up to. If you can encourage your friend to open up and share things about themselves, they’ll feel how much you care for them. The next time the two of you are chatting, try asking them more questions than you normally do. This will make them feel like you’re making an active effort to learn about them, which is a great way to show you care.

You could ask them about a hobby you know they’re interested in. People tend to love talking about their passions, so ask questions like, “Play any fun board games lately?” and, “Learn any cool magic tricks lately?”

You can even just ask them about how they’ve been spending their time lately. Questions like, “What did you do this weekend?” or, “What have you been up to lately?” are great ways to get them talking.

If they always call you to hang out, try calling them first. It can feel like someone doesn’t care about you very much if they never go out of their way to reach out. If you’ve noticed that they seem to always contact you first, try beating them to the punch. Call or text them on Friday evening before they get out of work or school to hang out, and try to schedule plans in advance. If it feels like you’re actively making an effort, they’ll know you care about them.



Think of every relationship like a seesaw, with you on one end and your friend on the other. If they're always putting in the work, they'll feel like you aren't pulling your weight! Try to maintain a balance when it comes to your friendship.

It's easy to jump in and cut someone off, so try absorbing things they say. Listening to your friend discuss their problems, joys, or ideas is a great way to show that you care about them and what they are going through. Being listened to helps people vent their frustrations, share their feelings, and feel validated and important. When they talk to you, actively internalize what they're saying.

If your friend is telling you about something they're struggling with, don't respond by talking about a problem that you're dealing with. This can make it seem like you're only talking to them because you want to talk about yourself.

Show you are listening by maintaining eye contact and interested body posture such as leaning forward.

Every once and a while reflect or repeat back what your friend has told you to show you are listening and make sure you are hearing correctly.

If you come across something your friend will love, get it for them! The occasional out-of-the-blue gift indicates that you were thinking about your friend when they weren't around. It also shows that you don't just care about them when you're supposed to, and that you're really invested in your friendship. Even if it's something small, it may mean the world to them.

Get them something personal. Don't just pick up a gift card for them.

If you're short on cash, you could always make them a piece of art, or write them a genuine letter explaining what their friendship means to you. You could always get them something the two of you can do together. Concert tickets, seats for the ball game, or a two-player video game are all great options.

A hand on the shoulder or a secret handshake are great ways to stay close. Physical touch is one of the most fundamental ways people show they care for one another. You don't need to go out of your way to awkwardly hug them every day or anything, but the occasional loving handshake or fist bump will really make them feel special. Some people really don't like people touching them. If that's your friend, don't push it.

Recalling someone's big days without them mentioning it is a huge deal. People often only remember the birthdays of their parents, partner, and pets. But if you



remember their birthday, it's a sign that they're just as important as your family. That can really mean a lot to someone. The same goes for anniversaries, holidays they care about, and dates that hold personal value. Jot these dates down in your calendar or set a reminder in your phone. Before the big day, say something like:

"Your birthday is next week! Are you doing anything exciting?"

"Hey, are you doing anything for your anniversary! Do you have plans already?"

"Are you hosting another famous Friendsgiving this year? I know it's coming up soon."

Spend some time doing something both of you love to relish your time together. If the two of you enjoy playing a particular game, pick a day once a week to play together. If you're both huge fans of the local sports team, go see a game together. Inviting your friend to engage in a hobby with you is a phenomenal way of demonstrating how much your friend means to you. You could travel somewhere together! A weekend road trip is a fun way to experience something new together.

If they're stressed out, do something to make things easier for them. If you know your friend really well, you might be able to tell what your friend needs without having to ask or be asked. Think about what's going on in your friend's life and try to anticipate what they want and need from you as a friend. You could do a little heavy lifting on that group project for school, or volunteer to help them move after they sign a lease for that new apartment.

Taking care of something they genuinely dislike is one of the greatest acts of kindness. Think about how happy you'd be if your friend offered to do your least favorite chore!

There's nothing wrong with simply asking, "Hey, is there anything I can do to make things easier for you?"

Admit your faults if the two of you ever get into an argument. Apologizing is an essential aspect of showing someone you care. Even if you are not necessarily 100% at fault, acknowledging that you aren't perfect is a key part of respecting your friend. If there is an argument or disagreement between the two of you, think about what is more valuable to you: your friend, or winning an argument?

If you don't feel like you did anything wrong, talk to them and try to see things from your point of view. So long as they feel like you're making an effort to meet them halfway, things should work out.



Long-lasting friendship

It is totally up to people how long their friendship might be? If they are really good with their friends, their friendship lasts forever. If the person himself is an introvert and has many difficulties to interact with people easily or get on well with them so fastly, they might have some more problems to be with people as friends. And there is such an amazing statistic is that, if one's friendship lasts more than 7 years, it's believed that they will never divorce and they will be close, real friends forever. To be the real ones we all have to try really hard, we have to find a person whose characteristics need to be the same as ours cause, it's not that harsh to get on well with them. We can have better and better bonds that will never be broken down.

Quotes & Proverbs

Things are never quite as scary when you've got a best friend." — Bill Watterson

"Friendship is the hardest thing in the world to explain. It's not something you learn in school. But if you haven't learnt the meaning of friendship, you really haven't learnt anything." — Muhammad Ali

"My best friend is the one who brings out the best in me." — Henry Ford

"Friendship is the only cement that will ever hold the world together." — Woodrow Wilson

"A day without a friend is like a pot without a single drop of honey left inside." — Winnie the Pooh

"Hence (if you will not misunderstand me) the exquisite arbitrariness and irresponsibility of this love. I have no duty to be anyone's Friend and no man in the world has a duty to be mine. No claims, no shadow of necessity. Friendship is unnecessary, like philosophy, like art, like the universe itself (for God did not need to create). It has no survival value; rather it is one of those things which give value to survival." — C.S. Lewis

"A friend is one soul abiding in two bodies." — Aristotle

"True friends are great riches."

"Never leave a friend behind. Friends are all we have to get us through this life—and they are the only things from this world that we could hope to see in the next." — Dean Koontz

"Friendship is a sheltering tree;" Samuel — Taylor Coleridge



"A true friend is for ever a friend." — George MacDonald

"Your friends will know you better in the first minute you meet than your acquaintances will know you in a thousand years." — Richard Bach

"One good friendship will outlive forty average loves."

"To friendship every burden's light." — Aesop

"And what is a friend? More than a father, more than a brother: a traveling companion, with him, you can conquer the impossible, even if you must lose it later. Friendship marks a life even more deeply than love. Love risks degenerating into obsession, friendship is never anything but sharing." — Elie Wiesel

"Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born." — Anaïs Nin

"There are three things that grow more precious with age; old wood to burn, old books to read, and old friends to enjoy." — Henry Ford

"There's not a word yet for old friends who've just met." — I'm Going to Go Back There Someday from The Muppet Movie

"Nothing makes the earth seem so spacious as to have friends at a distance; they make the latitudes and longitudes." — Henry David Thoreau

No friendship is an accident." — O. Henry

"The greatest gift in life is the gift of friendship, and I have received it; the greatest healing therapy is friendship." — Hubert Humphrey

"There is nothing I would not do for those who are really my friends. I have no notion of loving people by halves; it is not my nature." — Jane Austen.

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