



## **PSYCHOLOGICAL ASPECTS OF THE PHENOMENON OF PATRIOTISM**

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### **Abstract**

The article analyzes the phenomenon of patriotism from a psychological point of view and explains that it consists of several structural components. As the main structural components, such characteristics as love for the Motherland, involvement in the future of one's country, correct identification with the history and values of one's country, and spreading the glory of the Motherland to the world are analyzed.

**Keywords:** Patriotism, love for the Motherland, behavior, identity, national pride.

### **Introduction**

Today, it is no secret that peace and stability are under threat in various parts of the world, with ongoing conflicts and confrontations. Naturally, such circumstances compel all of humanity, including our people, to reflect deeply. In order to adequately confront these dangers, it is as essential as water and air for a person to possess true patriotism, profound knowledge and thinking, and a strong will.

The great commander Amir Temur once said: "A nation whose soldiers are brave will be powerful." By this, he was referring precisely to this truth. As our President Shavkat Mirziyoyev firmly emphasizes: "I constantly stress that every soldier, every defender of the Motherland must deeply know the teachings and military



heritage of Amir Temur and our great commanders. This immortal and priceless legacy continues to instill a deep sense of pride in our hearts and strengthens our devotion to our sacred land”[1].

The issue of patriotism—more precisely, the challenges associated with it—is increasingly becoming central in the social processes of our country. This is due to the high value placed by the population, especially youth, on concepts such as national identity, mentality, and civic duty, as well as the effort to preserve national identity amid globalization.

One of the most pressing issues in the spiritual life of our country is the restoration and development of values and national ideology. Among these, the value of patriotism, the feeling of patriotism, and the idea of patriotism have always been central—and remain so.

In the era of modern New Uzbekistan, when changes are occurring in nearly all spheres of socio-economic, political, and spiritual life, the idea of patriotism must serve as a unifying force for the country and the nation through the restoration of national values. Moreover, patriotism is considered an essential factor in the vitality of individuals, social groups, and society as a whole. Researcher I.V. Bocharnikova writes that “patriotism serves as one of the most vital needs for society’s survival and one of the most important factors in its development.”[3]

## **LITERATURE REVIEW AND METHODS**

Looking back at history, we can observe that patriotism has enabled nations and peoples to survive and thrive during the most critical periods of their existence. Furthermore, it is worth noting that the decline of nations often begins with the weakening of patriotic sentiment among their citizens. In our multi-ethnic homeland, the promotion of patriotic values and the upbringing of youth in the spirit of patriotism are objective necessities in strengthening national unity and state security.

This is because patriotism is a crucial factor in preventing interethnic and interreligious conflicts. As a shared love for the homeland, patriotism becomes a guarantor of mutual tolerance, respect, and peaceful coexistence, while serving as a barrier against foreign ideologies. It is only on the basis of a lofty idea of patriotism that we can ensure the restoration and sustainable development of our society’s national values.



Today, patriotism is considered one of the most actively developing areas of social thought, and it is also regarded as an important subject of study in psychology. Patriotism is a psychological trait that evokes positive emotions among the people of Uzbekistan, encourages a sense of national identity, values, and mentality, and manifests in a person's behavior and character.

In essence, patriotism is a significant value that embodies not only social but also spiritual, moral, cultural, and historical elements. It is reflected in one's worldview, in the system of value orientations, and especially in the socialization and activity of individuals and social groups. Patriotism can be described as a complex social-moral principle and a moral-psychological emotion.

The concept of patriotism is broad and encompasses a wide range of meanings. It is a person's sincere and selfless love for their country and its multi-ethnic people, a respectful attitude toward the culture, traditions, and historical heritage of Uzbekistan and the Uzbek people. Patriotism involves consistently and firmly defending the legitimate interests and rights of all citizens, as well as the national and state interests of our country.

Patriotism also means taking concrete action aimed at achieving the well-being of every citizen of Uzbekistan and the country as a whole. It is the love for the Motherland, the loyalty to one's country, the willingness to serve its interests with devotion, and the readiness to defend it at all times.

One of the most important steps toward solving the problem of self-identification in the society of New Uzbekistan has been the promotion of patriotism in the upbringing of youth and the development of religious and national tolerance among them. As our President Shavkat Mirziyoyev emphasized:

“For all of us, there is only one Motherland. We are united by a single, great goal — the peace of our country, the progress of our nation, and the well-being of our people.” [2]

A deep personal sense of connection to the fate of the country, awareness of civic duty and responsibility, standing with one's homeland in times of both success and hardship, loyalty to one's nation, respect for its history and traditions, and recognition of the past and present achievements of its people — all of these traits serve as the foundation of the feeling of patriotism.

A psychological analysis of the phenomenon of patriotism reveals its multi-component nature. Researcher I.V. Bocharnikova writes that “Patriotism is a



multifaceted and multi-component phenomenon that reflects a complex set of characteristics which manifest differently across various levels of the social system.” [3] In the field of psychology, this concept encompasses a range of psychological traits such as emotions, social relationships, accumulated life experience, the process of identity formation, and behavioral tendencies.

In her work “Patriotism as a Psychological Factor in National Development,” Bocharnikova defines the feeling of patriotism as follows:

“The feeling of patriotism finds expression in a person’s broad spectrum of needs, interests, ideals, tastes, as well as their psychological characteristics, mentality, and life orientations. For example, the desire for genuine collectivism, diligence and loyalty to one’s profession, healthy conformism (from the Latin *conformis* – similar, consistent – i.e., the tendency to adapt to the prevailing social order, dominant ideas and views), tolerance, honor, dignity, and service to duty and morality are all part of this set.”

Through the development of patriotism, one can gain a comprehensive understanding of the fundamental socio-psychological characteristics and conditions typical of a particular national-cultural community — including dominant emotions, passions, moods, aspirations, societal sentiments, military or peaceful mindsets, attitudes toward nature and historical heritage, historical experiences, and intergenerational continuity. [3]

Additionally, V.A. Kolsova and V.A. Sosnin emphasize that patriotic upbringing encompasses cognitive (knowledge-based), affective (emotional), and behavioral (readiness for action) dimensions. [4]

## **DISCUSSION**

One of the essential components of patriotism is the concept of love for the Motherland, which is a highly complex notion. In psychology, love is defined as “a high-level positive emotional attitude that distinguishes its object from others and places it at the center of the subject's vital needs and interests” — this includes love for one’s mother, children, family, homeland, music, and so on. As a general concept, love encompasses a wide range of emotional experiences that differ in depth, intensity, and objective direction — from relatively mild expressions of affection to overwhelming passions that deeply captivate a person. In other words,



love is not an emotion that is either fully present or entirely absent; rather, it manifests in various forms and degrees of intensity.

This raises a fundamental question: to be considered patriotic, how deeply and intensely must one love their homeland?

The component of patriotism known as “pride in one’s country’s achievements and culture” is considered a hallmark of high cultural development. Thus, it would be contradictory to consider someone patriotic if they display a disrespectful attitude toward their nation’s culture — for example, by using obscene language in public spaces, spitting, or littering. This behavior stands in stark contrast to national values and traditions.

Another complex issue arises when citizens are encouraged to take pride in the history of their homeland. This can evoke internal conflict: Should one be proud of the entirety of national history, or only specific eras? Indeed, the history of Uzbekistan includes countless achievements worthy of pride and admiration. However, it also contains moments that may be disappointing — such as periods of internal disunity, power struggles, and failure to unite against common enemies. In our view, an individual should accept the history of their homeland in its entirety — taking pride in its accomplishments, studying and preserving them, striving to develop them further, and drawing valuable lessons from historical mistakes. Furthermore, it is particularly important that citizens — especially youth — develop a sense of identity not by comparing themselves to other nations, but by aligning themselves with the history of their own homeland.

At times, a deep love for one’s homeland can coexist with a critical attitude toward it — that is, a refusal to remain indifferent to the events and realities of national life. In such cases, patriotism is expressed as an active desire to contribute to the country’s development and progress, and to feel personally invested in its future.

**In analyzing the components of patriotism**, a key issue arises: how to distinguish between its cognitive, emotional, and behavioral aspects under the influence of social relations. For instance, if patriotism is expressed solely through verbal declarations—such as someone repeatedly proclaiming their love for the homeland, yet showing no concern for it, being unfamiliar with its history or current state—then such verbal patriotism can hardly be considered genuine.

A glance at world history reveals that individuals such as court officials or politicians often fall into this category, with the implicit motto: “Yes, I steal, but I



love my country.” Conversely, there are those who never called themselves patriots but sacrificed their lives heroically for their homeland on the battlefield. Some individuals, moreover, lack any clear emotional connection to their country and hide behind cynical justifications such as: “What has the state ever done for me that I should do anything for it?”

In such situations, the **behavioral component** of patriotism may be considered more significant than the cognitive or emotional components. This perspective emphasizes the necessity and relevance of fostering a patriotic spirit through education and socialization.

Another noteworthy aspect is the emergence of latent patriotic attitudes and sentiments in extreme situations. These emotions often remain dormant in times of peace but surface in moments of crisis. People with such emotional predispositions do not calculate personal gain or loss—instead, they instinctively act. For example, they may rush to help others trapped in a fire, volunteer during natural or technological disasters, or be willing to take up arms and fight against an enemy.

At the same time, it is crucial to correctly assess the behavioral component of many socially active patriots throughout history. For example, in the 20th century, individuals who sought to enlighten and educate the nation in the struggle for national liberation were often subjected to repression and criticism. Thanks to Uzbekistan’s independence and the just policies pursued by our President, Shavkat Mirziyoyev, the names of these figures have now been restored, and they serve as exemplary models of patriotism for current and future generations.

There is also a specific element within the behavioral component of patriotism—**the role of fear and self-preservation instincts**. These may overpower feelings of responsibility, duty, and higher ideals. As a result, some may flee the battlefield or be too afraid to engage in combat. Such negative outcomes can profoundly impact the destiny of a nation. Indeed, history shows multiple instances across various countries where such behavior had serious consequences.

## **CONCLUSION**

The concept of **patriotism** is often interpreted as synonymous with **heroism**, as many heroic acts are carried out under the motivation of patriotic sentiment. However, while patriotism can exist without heroism, the reverse is also true: heroism can arise from other motivations independent of patriotic feeling. In some



cases, mass mobilization and the risk of death may blur the distinction between heroism and patriotism. This suggests that patriotism is a broader concept, with the desire for heroism representing only one manifestation of the patriotic sentiment. Among the components discussed, one significant factor influencing the development of patriotic feelings is **relocation or migration**. When individuals travel abroad for work or leisure, they often identify themselves primarily through their homeland. Over time, feelings of homesickness—both for one's country and family—begin to intensify. As a result, their patriotic sentiment grows stronger, and they begin to express it through national clothing, cultural values, and traditional customs.

For example, during international sports competitions, supporters of the Uzbek national team often showcase national symbols such as the state flag, traditional attire, and the doppi (Uzbek skullcap). Such displays foster a global awareness of the Uzbek people's history, present, and future. Importantly, these expressions of national values become a source of pride and inspiration for all citizens.

The words of President Shavkat Mirziyoyev during the congratulatory ceremony for the victorious athletes resonate as a motto for the younger generation raised in the spirit of patriotism: “Your courage and resilience in bringing such a great victory to our homeland at the World Championship deserves the highest praise and recognition. During those days, our entire nation—young and old—watched with great excitement and hope, their eyes fixed on the Yekaterinburg arena. Our people are rightfully proud of such brave and patriotic youth who live up to this immense trust.”

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