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Information about the journal



“K L A D” IS A STUDENT JOURNAL FIRST PUBLISHED AT M. NARIKBAYEV KAZGUU UNIVERSITY SCHOOL OF LIBERAL ARTS. THIS JOURNAL IS AIMED AT ENHANCING STUDENTS’ INVOLVEMENT INTO SCIENCE AND RESEARCH.

“K L A D” JOURNAL ADMITS FOR PUBLICATION VARIOUS TYPES OF ARTICLES: ORIGINAL RESEARCH, REVIEW ARTICLES, SHORT REPORTS OR ESSAYS, REFLECTIONS, CASE STUDIES, METHODOLOGIES AND CASES IN ENGLISH; CONTAINING THE RESULTS OF FUNDAMENTAL AND APPLIED RESEARCH IN THE FIELD OF PHILOSOPHY AND IDENTITY, HISTORY OF KAZAKHSTAN, PEDAGOGY, LINGUISTICS AND METHODS OF TEACHING LANGUAGES, TRANSLATION, AND TOURISM.

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**M. NARIKBAYEV KAZGUU UNIVERSITY
SCHOOL OF LIBERAL ARTS**

TABLE OF CONTENTS

RESEARCH ARTICLES

VARIOUS APPROACHES TO THE STUDY OF SET EXPRESSIONS AND THE PROBLEM OF THEIR CLASSIFICATION. <i>Baigarayeva Adel</i>	4
CHANGES IN PRONUNCIATION AND SPELLING OF ENGLISH LANGUAGE THROUGHOUT ITS HISTORY <i>Akzhan Nazarova</i>	13
SYNONYMY AS A PHENOMENON OF THE ENGLISH LANGUAGE <i>Yermekkyzy Assem</i>	26
THE COMPARISON OF OLD AND LATE MODERN ENGLISH SPELLING <i>Zhilkiyeva T. A.</i>	35
INFLUENCE OF THE FEAR OF MISSING OUT (FOMO SYNDROME) ON STUDENTS' PERSONALITY <i>Menissova Ilnara</i>	52
COMBINATION OF WORK WITH THE STUDYING PROCESS Lissovskaia Tatyana, Kurumbayeva Arailym, Nurbolatkyzy Ademi, Ibadulla Zhansait	65

LITERATURE REVIEWS

RECOMMENDATIONS ON HOW WE CAN IMPROVE THE PROTECTION AND PRESERVATION OF UNESCO WORLD HERITAGE SITES IN KAZAKHSTAN <i>Kabyken A.</i>	72
IS CURRENT (CONTINUOUS) ASSESSMENT HELPFUL AT UNIVERSITIES? <i>Yelizaveta Frolova</i>	77

STUDENTS' ESSAYS

IS IT BETTER TO BE IN THE FRIEND ZONE OR STAY ALONE? <i>Kuanysheva Ayana</i>	81
REFLECTION OF THE CHAPTER «KAZAKH: WORD AND ETHNONYM» KLYASHTORNY S.G., SULTANOV T.I. «CHRONICLE OF THREE MILLENNIA» <i>Aitmukhambetova B.D.</i>	83
KAZAKH PHILOSOPHER ABAY KUNANBAYEV'S MORAL FORMULA "ADAM BOL" ("BE HUMAN") IN THE SYSTEM OF VALUES OF YOUNG PEOPLE TODAY <i>Kazhgaliyev S.T.</i>	85



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Students' essays

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IS IT BETTER TO BE IN THE FRIEND ZONE OR STAY ALONE?

Kuanysheva Ayana

Nowadays, people are not surprised that a man and a woman can be good friends. If 100 years ago the friendship of opposite sexes was not so obvious, then now this kind of friendship is taken for granted. However, it is often a phenomenon that in a friendly relationship between a man and a woman, one of them feels something more than just a friendly interest. In such cases, it is difficult to understand which solution will be the best: to forget about feelings and remain friends, or to stop communicating and be alone? In the first case, a person goes to his detriment, often sacrificing his resources but feeding his feelings over and over again, whereas in the second case, a person chooses, first of all, himself and his mental health. Despite the benefits of a lonely journey, being in a friend zone in a relationship is the best decision for three reasons: having a shoulder to cry on, exploring your preferences in a partner, and the possibility of a romantic relationship with this person in the future.

Oftentimes, people cannot openly show their feelings to those they love romantically, as they do not want to appear weak in their eyes. To demonstrate such revelations, there are friends on whom they can always rely: cry on the shoulder, complain and be vulnerable. Bruckner and Knaup (1993) write in their article about friendship: "Friendship relations are not only concerned with sociability, but they also contribute to our sense of identity and provide various kinds of support, and as such, they represent important resources for the individual". The presence of such a friend in a person's life makes his life much easier because first of all, a person has another person who is always ready to be there, support, and listen. They can say anything to each other without fear of being judged or disliked by the other person. Therefore, even if a person is in the friend zone, he gets real friendship, which is necessary for any person.

Spending a lot of time with a member of the opposite sex (or his own) becomes more understandable human psychology. Since a friend has only a platonic relationship concerning this person and communicates without false masks, a person realizes what kind of person he is and the image of the person he would like to see next to him is created. Marie thinks (2016) that everything is learned in comparison with a friend: he studies what qualities of his attract him and what he wants his partner to have in the future.

There is still debate about the existence of a friendship between a man and a woman, so there is always the possibility that the friendship will grow into something more. The more friends learn about each other and open their souls, the more they become attracted to each other because of the sincerity and understanding between them. According to Scientific American (2012), men find it more difficult to be just friends with women, and they tend to romanticize their platonic relationship with a girlfriend. It's great if a woman is in love with her male friend because the most likely fact is that a man also does not see only friendship in this friendship.

In this relationship, someone will be hurt: it will be unpleasant to hear the details of a friend's personal life, but person cannot say that it breaks his heart every time. Throughout the friendship, a person will have to hide and suppress his feelings so as not to betray himself and not close friendship due to possible non-reciprocity. However, based on the third argument, it should be remembered that there is always a chance that the opposite side also has feelings and that the friend hides what is inside him. Hansen (2021) believes that it is important to consider that the relationships that emerged because people were originally excellent friends are much stronger than those that were built on a physical attraction at the very beginning of the acquaintance.

In conclusion, it becomes clear that being in the friend zone is not as bad as it could be: there are always good and bad sides to this kind of relationship. Nevertheless, it is believed that a friend zone is better than nothing, because friendship will remain, and there is still a small chance that it will move to a new level - a romantic relationship. In this scenario, a temporary stay in the friend zone becomes an insignificant event, because eventually, everything turns out in the best way for the person.

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