



# The Role of Physiognomics in Teaching Students to Draw Portraits

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**Abstract:** In the article, it is true that a teacher of fine arts should have high technical knowledge in drawing portraits in the field of pencil drawing, and also have sufficient knowledge in the field of psychology thought about. This study investigates the role of physiognomics in the instruction of portrait drawing to students. Physiognomics, as the study of facial features and character, has long been believed to be a tool for understanding and capturing human expressions. However, its practical application in teaching portrait drawing has not been fully explored. The research employs a qualitative method, conducting in-depth interviews with art faculty members and experienced art students who are involved in teaching and learning portrait drawing techniques. The findings highlight that the application of physiognomic principles in instruction can assist students in developing a deeper understanding of facial structure and character expression. These findings suggest that integrating physiognomic concepts into the art curriculum can enhance students' portrait drawing skills and enrich their overall artistic experience. This research provides new insights into the importance of incorporating psychological and philosophical aspects into art education, offering a foundation for the development of a more holistic teaching approach in portrait drawing instruction at the higher education level.

**Keywords:** Fine Art, Imagination, Photography, Poetry, Psychology, Physiognomy, Ethnopsychology, Iridodiagnostics, Dermatoglyphics

## Introduction

The student acquires the basic knowledge of education and upbringing as a result of in-depth study of psychological sciences. The experience, observations and conclusions made in higher educational institutions show that a young specialist teacher should not only pay attention to the general aspects of psychology in his pedagogical activity (studying human psychology and treating him correctly, studying its individual characteristics, finding suitable educational methods for students and teaching, etc.), but it is permissible to apply it practically in the process of various trainings, especially in visual activities and in the education of young people.

The results of the analysis of the scientific sources and the observation during the practical training show that teaching young students and preparing them for the future pedagogical activity in art graphic faculties requires solving many theoretical and practical problems. We came to the following conclusions as a result of the psychological observation carried out in the field of portrait painting in the training of future teachers of fine arts.

1. The psychological character of the portrait is not sufficiently revealed before the pencil drawing is done.
2. Physiological quantities are not sufficiently analyzed for students when performing this or that practical work.
3. The compositional structure of the given nature, the ways of practical implementation in its methodical stages are not always disclosed. An excellent solution to the above-mentioned problems is an important factor in the preparation of future artist-teachers for pedagogical activities.

## Methodology

Well-known psychologists and pedagogues consider creative imagination to be the main psychological process in visual activity and emphasize that its essence is incalculable in the formation of creative abilities of young people. Russian scientists E.I.Ignatyev, V.S.Kuzin, L.T.Medvedev, N.N.Rostovtsev, E.V.Shorokhov, Uzbek scientists R.Hasanov, S.Bulatov, B.Boymetov, A.Sulaymanov, O.Khudoyorova, U.Nurtayev, S.Abdirasilov, M.Nabiyev, G.Abdurahmanov, R.Rajabov and others have implemented in their theoretical and experimental research works.

For every future visual arts teacher, it is important to familiarize yourself with the art of surface reading. For this, a good study of the science of physiognomy will give good results. Physiognomy - the art of reading the face was created in ancient times. The art of face reading serves as the main factor in describing the psychological state of a person's portrait. If you have noticed, special importance is given to the facial structure of characters in folklore. For example, the eyes of giants are always chocolate, their ears are big, the old

women are ravenous, their lips are hanging. Sages are depicted with broad foreheads and bright faces.

In general, the facial features of positive heroes in folklore works are always proportional - broad forehead, flat eyebrows, beautiful eyes, clear face, in short, while all the organs are in harmony, negative characters have a narrow forehead, sweeping eyebrows, and cheeks. Irkoz, hawk-nosed, lop-eared, crooked mouth, chubby face, etc., that is, it is shown with some kind of defect in the facial organs (Srivastav, 2024; Pethers, 2023; Sonia, 2023; Forobiy, 1993). So what is the reason for this? People have long noticed that a person's character, morals, and inner spiritual world are reflected on their face as if in a mirror. For example, let's take the eye itself. One cannot expect good from this, they say about a narrow-eyed, one-eyed person. "His eyes are like teshvorgud"! they say about a person with a hard look. And on the contrary, good people are said to have shining eyes, to have magic in their eyes (Ferencz-Flatz, 2023; Bielsa, 2022; Frank, 2022; Beruniy, 1993). That's why beautiful girls are depicted as having small eyebrows and eyes, and the eyes of a man are compared to charos. There are expressions like ``koykoz'', ``botakoz'', ``ohu koz'', ``shahlo koz'', ``xumor koz'' and so on. Or it is said that a person with thin lips is poisonous, bitter quickly, and in a hurry. There are descriptions of girls with clear skin color as "washed in milk" or "white-white, red-red", "faces like pomegranates", "faces are red". In fairy tales, there are expressions about these old women, such as "their faces are strained, they fight with God".

Also, the expressions "bodomkavok" and "badkovok" serve as a line in opening the inner world of the heroes. Beautiful people are described as pencil eyebrows, and ugly people are described as thick eyebrows, broom eyebrows, etc. The shape of the nose also shows a lot. the ancients did not say for nothing that the nose is an ornament of the face. Therefore, a person's face is not distorted by any part, and on the contrary, an elegant, sharp nose gives a special charm to the face. Another thing is that it is difficult to find a beautiful nose on an ugly face. Indeed, if you pay attention, you can even find beautiful eyes or beautiful lips on an ugly face, but you will never find an elegant, pointed nose. So, there are many such signs that reveal a person's inner world on the face. It is not for nothing that our people compare the human face to the mirror. There is a soul in expressions such as "The face of so-and-so shines" and, conversely, "The piston's face is cold." Our people, who are ignorant of ethnopsychology, but have experienced the organic connection between the inner world and the outer appearance of a person in their life experience, were able to clearly express who is inclined to goodness and from whom goodness cannot be expected with these expressions.

## Result and Discussion

Physiognomics is based on the system of age symptoms. Basic vital signs (eyebrows, eyes, nose, mouth, ears) and face shapes are also evaluated taking into account age. Therefore, it is recommended to determine the age of a person before starting to read the face. In addition, it is necessary to take into account that some parts of a person's face may change due to surgery, scar cosmetics. In this case, the methods of evaluating the changes in the behavior of the person being studied will help. It is considered necessary to pay attention to a person's smile, gestures, and how he holds his body. If we say that there is a mask on the face of the Japanese, then laughter makes it possible to see the character traits hidden behind it. Gesture warns about certain experiences of people, gives additional information about their character. In most cases, the condition of the body shows the most hidden features of the human psyche. However, according to Japanese physiognomists, it is not so easy to be able to understand and correctly interpret all these signs and symptoms. In Japan, like all other arts, the art of face reading is learned with diligence and patience over a long period of time.

Drawing conclusions about a person's character, morals, and spiritual world based on signs on the face is called the art of face reading, which exists in all nations of the world. In scientific language, it is called "physiognomics". "Physiognomics" is a Greek word, "physio" means nature (human nature, in this case it means face) and "gnomics" means knowledge. That is, physiognomy means the study of the face. In other words, the art of face reading deserves serious attention. Indeed, like dermatoglyphics or iridodiagnostics, it shows that all organs in the human body are interconnected. It is well known to many that fortune-telling based on the lines on the palm was understood to be nothing more than a fraud even recently. Now, dermatology has become a promising scientific direction. Experts are looking at the patterns on the palm to determine genetic diseases, mental disabilities and diseases in the body. The reason why we mention physiognomy among scientific directions such as dermatoglyphics and iridodiagnostics is that some symptoms on the face are signs of hidden diseases. Currently, physiognomy has its own ethnographic importance and helps to study the psychological aspects of the life of a certain people, a certain nation, their views on the issues of human appearance and character.

Unfortunately, thinking in this way that what exists in one nation is easily applicable to another nation leads to a very superficial understanding of ethnography and, as a result, to the birth of confused ideas about simple things (Ferencz-Flatz, 2023; Mazur, 2020; Račiunaite, 2020; N.Sh.Almetov, 1993). In order to clearly show that it is not only wrong, but even ridiculous to directly apply a custom or concept unique to one people in the world to another people, let's, let's refer to the examples. As Uzbeks, it is considered a sin to look away from the interlocutor. "Come on, talk to me!" There is also an expression. In the Luo

tribe of Kenya, it is a sin for the groom to look into his mother-in-law's eyes, and he even has to turn his back when he talks. Now, can you imagine Uzbek grooms turning their backs when talking to their mother-in-law!

In China and Korea, "You look like a snake!" This is the highest praise for a girl, because the snake is a symbol of wisdom, beauty, and dexterity. In India, the cow is considered a sacred animal, a symbol of beauty, and a woman compared to it is happy. Now, comrades, tell our girls and women whether you look like a snake or a cow!

Therefore, one should not blindly accept ethnographic data, but at the same time respect the traditions of each nation. Now, if we come directly to physiognomy itself, who would not be interested in the fact that every sign on the face can indicate something?.

Historical chronicles in China are filled with descriptions of the lives of emperors, rulers, and sages (Ferencz-Flatz, 2019, 2023; Gogoleva, 2019; U.A.Yo'ldoshev et al., 2000). In them, the behavior of these people is connected with their external appearance, mainly with the unique features of their faces. It was believed that each sign on the face means something specific.

Over time, Chinese physiognomists greatly improved the art of face reading, the treatises they wrote spread to various countries of the East (R.Hasanov, 2009). These brochures were also brought to Japan. Although there is currently no general interest in physiognomy in Japan, its influence is felt in fine arts, mask production, theater, and various fields of communication. Well, what is the essence of Japanese physiognomy?

In order to make it easier to read the human face, the Japanese conventionally divide it into three zones - upper, middle and lower - with horizontal lines. The upper zone is mainly the part of the forehead, which clearly reflects the whole life path of a person. Information about the period of life from 15 to 30 years, as well as the period of extreme old age, is obtained from this zone. A forehead like the one in the brochure (the shape is correct and the color of the skin is clean) indicates a person's physical and mental health. The middle zone, which extends from the eyebrows to the tip of the nose, reflects the period of the life path from 35 to 50 years old. The harmony of this zone in all respects shows that the human psyche is in balance. The lower zone (upper lip, jaw, mouth, forehead) provides information about the age of 51-57 years, as well as old age. Correct shape of this zone indicates calmness, restraint, and good character. As you can see, the method of face reading in Japan is based on the interpretation of well-defined signs. Each of these symptoms is related to a specific age and is related to the specific characteristics of a person's behavior. There are several schools of facial reading, each of which uses its own system of signs, and the number of signs ranges from 99 to 130. Only after studying the total symptoms, a conclusion is made about the character and personal qualities of a person. In addition, the condition of five vital features: eyebrows, eyes, nose, mouth, ears is also taken into account (B.Boymetov, 2001).

The mutual harmony of these features (proportion, color, clarity and texture) is a good sign. Japanese physiognomists say that if all these five characteristics are perfect, the life of the owner of these characteristics will be blessed like a flood. Defects on a person's face indicate a break in character.

A wide, long eyebrow is considered the best. The proportional development of its shape, color and thickness indicates that a person's feelings, mind and character are in harmony with each other (S.Bulatov & B.Anaxanov, 2003). A rough and thin eyebrow shows the opposite. According to physiognomists, eyebrows reflect a person's relationship with close people. A beautiful eyebrow shows that its owner has a good relationship with those around him. The outer ends of thick eyebrows are raised, which is a sign of nobility and courage (M.Vohidov, 1982). People are lucky because of this. the outer tips of the eyebrows turning down indicate shyness. If the structure and color of such an eyebrow is invisible, this is a sign of the end of enthusiasm in the heart. If the eyebrows are straight and long, and the surrounding skin is clear, then such a man is intelligent. And such a woman is considered to be critical, and you can expect any behavior from her. A short eyebrow always means the opposite of these features. However, a short but thick eyebrow is characteristic of a person who suddenly grows. A person with a thick, broomstick "devilish" character is found. A broom is always a sign of stubbornness, impatience, and intolerance. A wide, thick and welded eyebrow indicates an attempt. Since such women have a strong character, they cannot be housewives like in the book. A high eyebrow is a sign of striving for a goal. A low eyebrow is the opposite.

The eye has long been described as the mirror of the soul. A person's inner experiences are always visible in his eyes. The owner of attractive and charming eyes will be a healthy, strong-willed, intelligent, enthusiastic person with fire in his heart (Jaborov, 2001). According to physiognomists, such eyes have a number of characteristics, they radiate light and warmth, they are well protected by eyelids, they are expressive and cheerful. If this is not the case, it shows that there is a defect in the person's character and intelligence. A person with big eyes is very sensitive and in most cases brave and courageous, even aspires to leadership. Small eyes are characteristic of stubborn people who often say to find what's inside me, sometimes they build a house for themselves. In most cases, such people are surprisingly stable. The largeness of the colorful curtain is a sign of gentleness and calmness, and the smallness indicates the inconsistency of internal processes, which in turn has a negative effect on the communication of the person with the surrounding people. The color of the colorful eyelid shows whether there are vital forces like a person: black, brown and good eyelids are enthusiasm, enthusiasm; blue color-from impressionability; light brown veil - indicates shyness. The location of the eyes also has its own meaning. The location of the two on one horizontal line is a good sign. The lower location of the eyes indicates



boldness and determination in men, and lightness in women (B.Oripov, 2007). Drooping of the upper eyelid is a sign of maturity, and if it hangs too much, it shows that men have lost their enthusiasm and enthusiasm. The unpleasant color of the pumpkin indicates that the physiological processes have gone out of control. The hanging of the lower eyelid is a sign of lively life, drooping, in other words, the bag of the eye is a sign of desire. Swelling of the upper and lower eyelids is a sign of exhaustion from life. The appearance of the outer corner of the eyes is a sign of intelligence and intelligence.

The Japanese also divide the eyes into types. Large, shining, piercing eyes, called dragon eyes, are usually found in dominant people. People have long eyes with both ends turned up, like bird's eyes. Big eyes with layered lids are called lion's eyes. Leaders who can follow others have such eyes. the eyelids are two-three-layered, narrow, long eyes are in elephants. They are usually found in mildly obese people. Round, shiny yellow eyes - those of a tiger, narrow and small eyes of a dark yellow color - those of a sheep; eyes with cool eyelids, triangular in shape - those of a horse; The colorful veil is the wolf's very large eyes. There are about forty different types of eyes in Japan. One of them is compared to the eyes of animals, and the eyes of behavior characteristic of a certain animal are considered to be characteristic of that type of person. Eyes play a key role in determining a person's character and destiny. Treatises on physiognomy recommend starting with the eyes to read the face. However, it should be noted that the most reliable information can be obtained only from the eyes of a person over 40 years old. After all, all the signs and symptoms will be fully formed by this period.

Nose According to the physiognomists of the East, the nose is also an indicator of the specific characteristics of a person's spiritual life. As with the eyes, the shape of the nose stabilizes after the age of 40. It is considered that the tip of the nose is rounded and the feathers are clearly formed, as in the brochure. Excessive size of nostrils indicates personality defects. A person with a nose like the one in the book has the courage of a lion, that is, he is brave, energetic and unwavering. A person with a beautiful nose is liked by others. The result is the same: the owner of a beautiful nose becomes a strong person. A long nose is usually an obvious personality trait. But it means different meanings in different ways. For example, a long nose in harmony with the eyes, mouth and nose indicates a strong character (and on the contrary, a short nose indicates openness and optimism). A long bony nose is a sign of arrogance, arrogance, and arrogance. A bony, long and hawkish nose is often found in ugly people. If the bleeding of the long nose is very low, there are crooked or transverse lines, this is a sign of illness. But the symptom of the disease does not play an important role in the overall harmony of the face. The Japanese consider the tall and straight kanshar to be like a brochure. Such bleeding occurs in healthy people. The tip of the nose also gives a lot of information about a person. A person whose tip of the nose hangs like a

drop is usually cheerful and handsome. A crooked nose like a bird's beak is found in people who are cunning, sly and often keep a cake. The tip of the nose being large and plump is a sign of sincerity and seriousness. The tip of the nose being high and protruding forward shows that a person cannot control himself, is self-willed, and is helpless. Splitting of the tip of the nose is a sign of timidity. The nostrils of a cheerful, flexible person are very small. The size of the nostrils is a sign of masculinity. a red nose means impurity. A red nose similar to an umbrella is usually found in vodka drinkers. Having black spots on the tip of the nose is a sign of the disease. A crooked nose indicates that women have had a difficult youth. However, these signs begin to be clearly visible only after the age of 35-40.

The shape and size of the mouth allows to determine the level of vital forces in a person (Jaborov, 2001). The Japanese prefer men to have big mouths, and women to have small mouths. A woman with a big mouth is considered brave, and men often do not like it. The general conclusions are as follows. People with narrow mouths are in the period of subsistence, their will is weak. Thin lips are a sign of capriciousness. A person with a large mouth and downward-turning corners has a strong will, and it is not easy to influence him. A sign of nervousness if the lips are fluttering. A small mouth with the corners turned down is found in impressionable people. Full lips are a guarantee of success. An even opening of the mouth, without bending, shows that emotions are restrained. If wrinkles fall from the eyes to the corners of the mouth, this is a sign of a difficult life. If such wrinkles fall on the corners of the mouth from both sides of the nose, this is a sign of insidiousness. A stubborn, stubborn person's mouth is usually tilted to one side. The protruding upper lip indicates indecision, and the protruding lower lip indicates selfishness. Wrinkles on the lips - anti-symptom. The thinness of these wrinkles often indicates poor health. Deep wrinkles on the lips are a sign of blossoming youth and the needs of maturity. A rotten tooth and an infected tongue indicate poor health.

In Eastern physiognomy, the ear is divided into four parts: the outer edge, the middle edge, the inner edge and the ear - the lower soft part. According to the ear, it is usually determined how the childhood passed. The general rules are as follows. A well-shaped ear indicates a happy child. the crookedness and paleness of the ear is a sign of disappointment. Shlapangluq is always a sign of personality flaws. Doughy ears are a sign of misfortune. How the ear is located on the head also means a lot. If the upper end of the ear is higher than the eyebrow, it shows high intelligence; location on the same line as the eye - higher than average intelligence; lower than the eyes means average or lower intelligence. If the auricle is not well formed, it indicates inconsistencies in the mood. The length of the shoulder blade is a sign of carelessness, inconspicuousness - delicate nature, capriciousness. Very large people in Solinchi are considered wise in the East. If it sticks out a little, this is a sign of sincerity. The inner border of the ear is an indicator of emotions: if it is drawn in, it



is a sign of restraint, modesty, and if it protrudes out, it is a sign of arrogance. pale red color of the ear is acceptable, yellow or bluish color indicates illness. The front and upper parts of the ear are recently dark in color - a symptom of a hidden disease. A spot in the ear is a sign of disappointment and unhappiness. The face is mainly read according to these five members. But this is only the main stage. In order to create a general impression of the face, the characteristic features of the jawbones, jaw and forehead are also taken into account. For example, the eyebrow ridge is high, and if it is high, it is a sign of strong will, and if it is low, it is a sign of weak will. In general, bony and large bones indicate a strong character. However, these signs become obvious only after age. A hanging jaw indicates that there are various disorders in the psyche. A sign of slowness that is not well formed. Its imperceptible division into two indicates the strength of passion. But if it is clearly visible, it is a sign of seeking solitude. A sign of innumerable cravings, often a sign of overindulgence. Face reading is carried out in two ways - through observation and direct conversation. Usually, the second method is acceptable. In both cases, the shape of the face is determined first. Japanese physiognomists divide the face into oblong, triangular, trapezoidal, square and round shapes.

Face shapes: An elongated face has a rectangular shape, that is, the width of the forehead corresponds to the width of the forehead. This is considered to be a noble face. According to Japanese physiognomists, the faces of most of the rulers of Japan were like this. A long face indicates intelligence, impressionability, and restraint. In most cases, such a face can be found in rational, thoughtful people. It is said that such people have strong organizational skills and a desire for a goal. A triangular face is characterized by a high and wide forehead, prominent cheekbones, a small but bony nose, deep-set eyes, and a small but prominent forehead. There is less meat in the lungi of such a face. People with triangular faces (men and women) are considered to be very sensitive and impressive (Gao, 2020; Jin, 2020; Ospina, 2020; N.Abdullaev, 2001). A face of this shape is considered a sign of high talent in Japan. But at the same time, the Japanese emphasize that the character of a person with a triangular face has features such as cunning, inability to get along with others. According to physiognomists, such people are strangers to such feelings as selflessness and loyalty. They also say that among spies and traitors there are many people with triangular faces.

A trapezoid-shaped face has many features in common with a triangular face. For such a face, a wide forehead and a tapering, but not pointed forehead are characteristic. A person with such a face is considered intelligent, impressive, artistic in nature, but the spirit of struggle is not characteristic of them. Women with a clearly visible trapezoid shape look at everything with hope and confidence. They create conditions for the people around them and lead a happy life.

A square-shaped face is usually characteristic of angry, courageous, often fierce people. They are usually short-sighted, often rude, sharp. Perseverance is a characteristic that is clearly visible in the character of such people. They deal with others lazily and frankly. Square-faced people are extremely reluctant to succeed. Even though they try hard to lead, they make good performers. And women with such a face aspire to rule.

A round face is considered to be a symbol of openness, gentleness, peace-loving (Desrosiers, 2022; Löw, 2022; Kaykovus, 1994). People with such a face are often fond of sweet foods. They like household comforts, friendly circles, they don't aspire to fame. But at the same time, such people are not alien to the sense of honor. A person with a smooth face, protruding nipples, and twinkling eyes is a goal-oriented person. According to physiognomists, such people make great leaders and generals.

## Conclusion

It is known that the science of pen drawing is the basis for mastering all types of fine art. The conducted research shows that students of the Faculty of Graphic Arts and those who learn to draw a human portrait in each pencil drawing class should pay attention to the following basic requirements: regular sketching and pencil work, drawing and studying plaster fragments of the human head, detailed study of human plastic anatomy, theoretical knowledge of face reading art, paying attention to the method of teaching pencil drawing, copying of practical works of artists who have created in various genres of fine art, using examples of national art in learning pencil drawing.

Along with the requirements mentioned above, a student or an independent learner should remember about the problems they face in pencil drawing and that it is necessary to work not only with hands but also mentally in pencil drawing. We believe that this scientific article will be useful as a scientific resource for students of visual arts, students of vocational and art colleges and will use it effectively.

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