

THE HAUNTING FEELING OF DÉJÀ VU: WHY DOES IT HAPPEN? A GLIMPSE INTO “ALREADY SEEN”.

Abduqodirova Maftuna Furqat qizi

1-year student of Tashkent State University of Economics.

Abstract: *Ever been going about your daily tasks then feel like you’ve already experienced exact situation way before You stop and try to remember when was it, you can clearly see it in your mind but somehow it feels extremely surreal and even hard to process. This is a phenomenal occurrence that can play tricks on our mind. This article explores the various theories and research findings that attempt to explain why actually déjà vu occurs, delving into different perspectives.*

Key words: *déjà vu, memory glitches, split perception theory, dopamine, cognitive impairment, stress, fatigue, memory system, déjà vécu, déjà pense, déjà entendu, déjà lu.*

INTRODUCTION:

There is no worldwidely accepted explanation for déjà vu but one of the several of them is split perception theory. Sometimes, our brains can trick us. We might see or hear something quickly, and we won’t really pay attention to it. But then, a bit later, we see or hear it again. This time, it feels like we’ve seen or heard it before, even if we don’t remember where.

Déjà vu was firstly discovered by French philosopher Èmile Boirac and he originally used the term déjà vu in 1876. This term means “already seen” in French. Boirac thought ‘Could it be that this feeling arises from the whispers of past experiences, like the way a familiar scent or voice can suddenly bring back some forgotten memory unexpectedly’

However, the universal definition of déjà vu we use today was proposed by Dr. Vernon Neppe in 1979.

What causes Déjà vu:

There have been various speculations about déjà vu. What makes it more complicated to research is that it’s short lived. Most scientists agreed that it links to how our memory system works.

There are some common theories about the occurrence of Déjà vu:

1. Memory glitches: This theory suggests that déjà vu happens from the dysfunction of brain’s memory system and the current situation that’s happening can be mistaken as known and cause a feeling of living the present twice.

2. Stress and Fatigue: Sometimes, people experiencing severe fatigue can lead to cognitive impairment and rises the probability of Déjà vu. Stressing out about life, like our work, family or taxes affects our mind to the point it causes anxiety and damages Brian functions. Furthermore, patients with Dementia is found encountering some symptoms of déjà vu.

3. Dopamine release: Great amount of release of Dopamine signals “recognizable” to the brain. When people were taking treatments for their Parkinson's disease, their dopamine level increased due some medications. Thus, this have been linked to grown reports of Déjà vu. [1]

Common types of Déjà vu:

1. Déjà vécu: This one is considered the most common type. You experience this when you feel like you've lived the present situation before. Imagine you went to your relatives house for the first time for Christmas. As you enter their living room you feel like you've visited this place before or had the same conversation or had dinner. This quite complex event is hard to explain unless you feel it by yourself and leaves bizarre feelings.

2. Déjà entendu: This type indicates that hearing certain type of voice or sound even tho it's the first time of you encountering it.

3. Deja pense: Basically, déjà pensé is like having a thought, and it feels totally weird because you swear you've already had that exact same idea before. It's like your brain's playing a trick on you, making you think you've been here before, but for your own thoughts. It's kind of uneasy, like you're stuck in a loop.

4. Deja lu: Feeling like you've already read the piece of information before? You know you haven't actually read those exact words before, but it feels so familiar, like you've seen it somewhere else. It's almost like your brain is telling you that you've already had this information, even if you can't remember where. [2]

Statistics:

- Based on several researches it has been clear that roughly 60-97% of the population experiences déjà vu even at least once in their lifetime.

- About two-thirds of the people experiencing déjà vu report that it happens to them frequently. So, if you ever had this feeling like you were reliving some situation, you are not alone!

- Déjà vu is said to be most prevalent in young adults, the same stage where people age between 15 and 25. The frequency of déjà vu decreases with increased age. The more one ages, the less it occurs.

- The chances of experiencing déjà vu is higher among individuals who frequently travels, remembers their dream, stressed or tired. [3]

That feeling of déjà vu known to be well used by writers, artists, and musicians as a source of inspiration for ideas about the destinies, precognition, or cycles of life or love stories or even. Déjà vu is a thing experienced by all people, living them with others who have also felt this weird and unexplainable thing. It brings home to us our connected rather than separate us and we all have something in common due to invisible feeling that we share.

Experiencing Déjà vu can be different for everyone. For most people having déjà vu is literally harmless or fascinating and even desirable for some as it provides enchanting feeling. But getting them constantly overtime can have impact on our health or linked to underlying conditions. In order to treat frequent occurrence of déjà

vu, it is essential to find out what is causing it in the first place. Even though remember, déjà vu might be less frequent if you effectively manage your seizure disorder, find ways to reduce stress and getting enough sleep. [4]

Conclusion:

In the end, surely, déjà vu reminds us of how complex the human brain can be. It shows how delicately the brain solves thoughts and memories, as well as resists the very concept of memory and consciousness. Certainly, it is necessary to investigate this experience further to understand how our brains function

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