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Bilingualism and its Influence on People's Cognitive Function

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Abstract. This article discusses bilingualism, its types, and the impact of bilingualism on human's cognitive function. Today, in the process of globalization, not being limited to one language, knowing foreign languages is becoming one of the crucial issues. Knowing and having skills in two or more languages affects not only our social life, but also our cognitive abilities.

Key words: bilingual, bilingualism, influence, monolingual, cognitive, second language.

Introduction

Language is a social phenomenon and a tool for communication, as we all know. This is a result of societal pressure or another factor. The close coexistence of representatives of two or more nations on the territory of one state also contributes to its natural occurrence. Many authors of Uzbek classic literature were fluent in both Uzbek and Persian. For instance, Alisher Navoi was a fluent speaker of both Persian and Turkish, his native tongue. In general, the enrichment and growth of languages, as well as bilingualism as a social phenomenon, are significant influences on the rise of the global cultural level.

What is bilingualism?

Bilingualism is perfect knowledge of two languages or a certain literary language and its dialect. The word "bilingualism" is derived from the Latin language: "bi" which means "two, pair" and "lingua" that means "language".

Bilingualism is divided into two groups.

These are: 1. Natural bilingualism 2. Artificial bilingualism.

Natural bilingualism occurs as a result of a child's communicating with representatives of different nationalities from the early ages. Such people can speak two languages at the same time without confusing each other and without grammatical errors.

Artificial bilingualism develops as a result of deliberately teaching a child a second language. Children who start learning a new language already have the speaking skills of their mother tongue. Such children learn a second language in a kindergarten or at school.

Scientists have recently included another group among these groups. This group is subcoordinated bilingualism - people in this group are usually adults. These people are considered to have mastered their native language perfectly. They learn a second language by filtering or comparing. For example, an Uzbek man begins to associate the English word "pencil" with the Uzbek word "kalam". In this process, the language learner needs to filter or compare the word "pencil" through the native language in order to understand its meaning.

Influence of bilingualism

Research has been done to examine how bilingualism affects both children's and adults' cognitive and psychological traits.

Beginning to emerge from studies is the fact that bilingual infants as young as 20 months old can comprehend code-mixed sentences and have similar processing tendencies to bilingual adults. This would imply that bilinguals have a natural ability to deal with code mixing. It has also been proposed that, despite the possibility that code mixing initially makes word learning challenging, repeated practice alternating between the languages may eventually result in cognitive advantages. Bilingual children occasionally mix up their languages until they are 3 or 4 years old or are unable to speak fluently at that age. But further research showed that bilingual kids can speak clearly and independently without mixing languages.

The brains of bilingual people are better developed than those of monolinguals. This means that they absorb information better, their memory and analytical thinking improve, and in old age their brain cells are destroyed more slowly. We can say that being bilingual prolongs youth.

While preventing the aging-related loss in cognitive function, bilingual people keep their cognitive reserve. This enables multilingual people to keep their mental acuity, memory, and executive function.

In addition to displaying a capacity to preserve cognitive reserve, multilingual people have also demonstrated a capacity to stave off age-related diseases like Alzheimer's. According to one study, bilingual patients first experienced Alzheimer's symptoms at the age of 77.7. Patients who were monolingual in the same research began to exhibit symptoms at the age of 72.6. The study's findings revealed that multilingual patients displayed their first Alzheimer's symptoms 5.1 years later than monolingual people. Additionally, the study demonstrated that bilingual individuals with much more brain atrophy could accomplish activities at a level comparable to monolingual patients with less brain atrophy. This shows that acquiring a second language can influence the brain's resilience and enable it to maintain its sharpness despite being overworked. Developing cognitive skills, gaining immediate mental advantages, and preventing long-term age-related ailments are all possible benefits of learning a second language. These advantages are brought about through changes in the brain.

Conclusion

Bilingualism contributes to social and political communication, teamwork, communication and wide cultural exchange between peoples. Additionally, bilingualism helps adults delay dementia and Alzheimer's disease while assisting children in quickly distinguishing sounds. So, attempting to learn another language is the process of brain training. Additionally, in the world that is developing quickly, the language proficiency can open up a lot of fantastic

chances.

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