

THE IMPORTANCE OF LEARNING FOREIGN LANGUAGES

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Abstract: *This article analyzes the importance of learning foreign languages in modern society, highlighting how essential it is to learn them and the significant role they play in our lives. Learning a foreign language supports intellectual development, helps to strengthen memory, solve problems and increase creativity. The article discusses the psychological, cognitive and social benefits of language learning. It is emphasized that learning foreign languages is important not only for personal but also for professional development.*

Key words: *foreign languages, modern society, memory, culture, value, country, thinking.*

Introduction: Humanity has been communicating with each other through language since the beginning of time. Language is a unique tool that connects different nations, but at the same time, it is a distinctive feature that separates one nation from another. Today, learning languages is extremely important. For example, history shows that the more languages the representatives of a nation know, the faster and more successfully they are able to advance in development. Learning a foreign language introduces a person to new worldviews, because each language creates its own system of thought. Therefore,

speaking another language introduces a person to a new conceptual thinking and value system. It develops self-control and patience by facing and overcoming difficulties during language learning. This process is also psychologically beneficial, as a person's self-confidence increases as they develop their new language skills.

Literature review: So, what does learning foreign languages give us, and why is it important? We can answer this question as follows: First of all, learning foreign languages gives us the opportunity to enter another cultural environment. Language plays a very important role in every person's life. Nowadays, in many countries around the world, learning several foreign languages alongside their native language is raised to the level of national policy. This is not without reason, because it is essential to understand the customs, lifestyle, and, in general, the heart of another nation.

Discussion and results: According to researches, learning a foreign language is important for problem solving and developing creativity. In the process of language learning, the acquisition of new words and grammatical structures creates the opportunity to interpret information in different ways. It enhances creative thinking and encourages one to think from multiple perspectives. It is also useful in solving various problems, because a person who learns a language learns to adapt to new situations and to think effectively. In addition, there are several beneficial aspects of learning foreign languages, which are outlined below:

1. Promotes Critical Thinking: Learning a foreign language encourages an open-minded approach and immersion in a new culture and perspective. This process helps individuals become more understanding and tolerant, a truly valuable trait. Research also indicates that being multilingual enhances cognitive abilities, such as problem-solving and creativity, and enables individuals to navigate unfamiliar situations with greater ease.

2. Boosts Memory: Children who speak multiple languages tend to have better cognitive skills than those who only speak one. They can perform mental

tasks like counting and reading with greater ease. Many linguists find that multilingual individuals are better at remembering information, thanks to their ability to sequence and organize thoughts effectively.

3. Fosters New Friendships: Studying foreign languages opens doors to making new friends and meeting interesting people. Language enables individuals to communicate their thoughts and emotions, creating bonds and forming meaningful relationships with others.

4. Source of High Income: In today's world, individuals who are proficient in foreign languages are highly valued. Mastering a foreign language is not just a hobby, but a necessity in an increasingly globalized world. Being bilingual opens up numerous job opportunities and can lead to higher earnings. Knowledge of foreign languages can significantly boost one's income potential.

5. Exposure to New Values and Cultures: Learning a foreign language also provides an opportunity to explore the culture of the country where that language is spoken. For instance, when someone learns a new language, they not only gain proficiency in the language itself but also become familiar with the culture, values, and traditions of the country. This broadens one's understanding of the world, offering insights into different countries while learning the language.

Learning new languages boosts our mental capacity. As we acquire new vocabulary, the size of our brain increases. This means that knowing multiple languages is not only beneficial for intellectual growth but also for our overall health. Scientific studies have shown that people who dedicate themselves to learning a language for three months experience an increase in the volume of gray matter in their brains. This growth depends on the effort put into learning. One of the key factors in language learning is age. Young people have stronger memory retention compared to adults, which is why they find it easier to learn languages. That is why it is beneficial to start learning foreign languages from a young age. Language learning enhances scientific and academic achievements. Learning a foreign language improves the academic performance of students, especially English-speaking learners, bilingual students, and those in immersion programs.

Travelling becomes more affordable and convenient. Many people are aware that knowing the language of a foreign country makes travel much easier. For instance, when eating out, you'll be able to describe the food you want or ask for directions from locals without any trouble. If you have a guide, it will be far more useful and valuable when you can communicate effectively in the local language.

Conclusion: In conclusion, learning foreign languages plays a significant role in both personal and professional growth. It not only enables the acquisition of new knowledge but also helps develop the essential skills needed to thrive and remain competitive in a global context. The reforms and opportunities for learning foreign languages will undoubtedly open doors to numerous opportunities for today's youth. By utilizing these opportunities wisely and efficiently, they can master foreign languages, contributing to the future success of our country, its prosperity, and improving our lives. To make this process easier, we must focus on innovations and discoveries based on our own knowledge. For the youth of Uzbekistan, it should be our goal and responsibility to actively promote ourselves to the world by making the most of these opportunities. Ultimately, learning a foreign language is an essential need of our time.

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