



HOW LEARNING MULTIPLE LANGUAGES ENHANCES COGNITIVE SKILLS AMONG STUDENTS

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ABSTRACT

This article provides an extensive analysis of how learning multiple languages influences students' cognitive (intellectual) abilities, supported by relevant evidence and research. The process of learning languages not only helps to develop new communicative skills but also strengthens human thinking and brain activity. Studies show that multilingual individuals tend to have stronger memory, better concentration, and more advanced problem-solving and creative thinking abilities compared to monolinguals. Furthermore, language learning increases brain flexibility and helps prevent cognitive decline associated with aging. The following sections of the article discuss these processes in detail.

BIR NECHTA TILLARNI O'RGANISH TALABALARNING KOGNITIV QOBILIYATLARINI RIVOJLANTIRISHI

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ABSTRACT

Ushbu maqolada ko'pgina tillarni o'rganishning talabalardagi kognitiv (aql-idrok) qobiliyatlarga ta'siri keng miqyosda yoritiladi va dalillar orqali shu mavzuda so'z olib boriladi. Til o'rganish jarayoni yangi kommunikativ ko'nikmalarni shakllantirish bilan bir qatorda, inson tafakkuri va miyasining faoliyatini ham kuchaytiradi. Tadqiqotlar shuni ko'rsatadiki, ko'p tilli shaxslarning xotirasi kuchliroq, diqqatni jamlash qobiliyati yuqori, muammolarni hal etish va ijodiy fikrlash darajasi esa bir tilda so'zlashuvchilarnikiga nisbatan yaxshiroq rivojlangan bo'ladi. Shuningdek, til o'rganish miyaning elastikligini oshirib, qarish



jarayonida kognitiv pasayishning oldini olishga yordam beradi. Quyida bu kabi jarayonlar to'liq yoritiladi.

Introduction.

In the modern scenario, learning many languages has become an essential resource in a person's intellectual, cultural, professional, and international improvement. In particular, when students know foreign languages and communicate with each other through them, it does not only broadens their communication, intercultural interaction abilities or worldview but also significantly enhances their cognitive skills. Bilingualism is an integral part of modern science, positively transforms brain working. During the progression of language learning, many parts of the brain become active and also fresh, which develops memory, attention, analytical and critical thinking, and problem-solving skills. In addition, scientific researches have shown that learning multiple languages makes human thinking more flexible, broad and helps prevent cognitive decline associated with aging. Therefore, studying multiple languages is not only a modern necessity but also a process that broadens intellectual capacity and enriches thinking.

Main discussion. Learning several languages is referred to as bilingualism during study, and it serves as a clue in improving children's cognitive abilities.

1. Enhancing memory and attention: Multilingual students often mention higher levels of memory and concentration. Switching between languages activates brain function and sharpens the mind while developing memory and attention-related processes. Scientists think that bilingual children have better working efficiency, good critical thinking meaning they can store and process information more actively. This skill is especially important in education, where remembering large amounts of information is required.

2. Developing multitasking abilities: Learning two languages helps develop multitasking skills. Children learn to quickly switch between different systems of thought and perception.

3. Enhancing analytical knowledge: Bilingualism fosters critical and analytical thinking because children learn to approach issues from several opinions. They become more flexible in their thinking and can analyze and synthesize information more effectively. Bilingual children often reform better on logic and critical thinking tests.

4. Expanding cultural experience: Language learning is absolutely linked to cultural understanding. It broadens children's cultural knowledge and helps them develop respect and appreciation for diverse world cultures. Regardless of age, learning many languages changes one's worldview. Children who study several languages become familiar with different cultural traditions, history, holidays, literature, and art, which broadens their horizons and helps them appreciate the diversity of society.



5. Broadening worldview: Bilingual children have access to literature, art, and science in various languages, which enhances their worldview and helps them understand global processes more deeply. The ability to read books, watch films, and communicate in different languages allows them to engage with diverse cultural contexts and enrich their understanding of the world. On the other hand, the term bilingual education has become widely used and carries various positive and negative associations, depending on context.

At first, multilingual education is often applied to schools attended by bilingual children. But, in some schools, bilingualism is not practiced; rather, the goal is to help children transition quickly from their minority home language to the dominant language. At second, the term may refer to students who are allowed to use their mother tongue in the classroom for a short time before transitioning fully to the majority language. At third, multilingual study can capture schools where students learn through two languages simultaneously. When analyzing processes in bilingualism, it is also important to discuss personal science. Emerging in the mid-20th century as part of the cognitive revolution, this field focuses on researching and studying how the human brain works. Scientists such as Jean Piaget and Lev Vygotsky working on cognitive abilities improvement and their significance in the language learning process. Their perspectives open the doors to create new approaches for developing cognitive skills in science. Nowadays, research on some skills continues, and innovative methodology and items are being developed to support cognitive growth—for example, multimedia education which give a way to improve cognitive performance. Furthermore, numerous studies examine the relationship between cognitive abilities and academic success. Cognitive improvement is closely linked to students' learning approaches, though learners may develop differently depending on their environment.

According to Zhang and Watkins, there are differences in cognitive development between American and Chinese students. However, several explorations remain in applying cognitive skills in education. Firstly, every child has unique ability, so teaching methodology may not be equally hand for all. Secondly, education systems often lack precise methodologies and creates difficulties in fostering their development. Because bilingualism is a requirement of international zone.

In conclusion, multiple languages broadens person's world outlook, intellectual and critical activity, and increases brain refreshing. During the language-learning process, memory strengthens, attention improves, and cognitive skills such as problem-solving, analytical reasoning, and creative thinking enhance actively. This not only improves educational outcomes but also supports critical thinking and quick decision-making in everyday life. Moreover, bilingualism raises a person's cultural awareness, expands their worldview, and deepens their understanding of the values of different nations. Scientific researches show that learning several languages slows age-related cognitive decline and helps maintain long-term intellectual activity. Therefore, promoting language learning and supporting bilingualism among students should be one of the priorities of the modern education system.



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