

BILINGUALISM HELPS TO LEARN A NEW THIRD LANGUAGE FASTER; CENTRAL ASIAN YOUNGSTERS AS A SAMPLE

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Abstract

As a an English teacher, I have seen many talented young boys and girls who can acquire a new language so quickly and they are all are excellent at others subjects, too. However, when you investigate their family roots, many of their parents are bilingual or multilingual. In Central Asia many the nations have been living in harmony for thousands of years. They may be Tadjik, Uzbek, Kazakh, Kyrgyz, Uygur, Turkmen, Russian, Belorus, or even ethnic German. They all can speak uzbek and their own language. And their children are mostly very good at learning. Their critical thinking and cognitive development is extraordinarily surprising. Not only that but also, their problem-solving skills are amazing.

Keywords: Central Asia, nations, cognitive development, critical thinking, problem solving, bilingualism, multilingualism, learning, language.

Introduction

In central Asia many nation's kids speak in two languages, if they are Tadjik, they are able to make a conversation in Tadjik and Uzbek languages. Many of them even can speak Russian and they turn into a person who is multilingual from the very young age. There are many researches into this topic and they show that they can improve numerous cognitive skills due to being bilingual. According to Carla Ballesteros¹ Bilingualism also enhances memory, boosts multitasking skills, and strengthens executive function, which controls decision-making and problem-solving. Just as lifting weights builds muscle, practicing multiple languages strengthens neural pathways, increasing cognitive flexibility and resilience. Over time, these mental gains lead to sharper thinking, improved focus, and even a delayed onset of age-related cognitive decline. And also she says Extensive research in neuroscience and psychology demonstrates the cognitive benefits of bilingualism. Notably, a 2004 study by psychologists Ellen Bialystok and Michelle Martin-Rhee demonstrated that bilingual children outperform monolingual peers in tasks requiring attention and inhibition control, such as the Dimensional Change Card Sort task.

Bilingualism also enhances logical thinking, long-term memory, and adaptability. Regularly managing multiple languages strengthens executive functions, enabling individuals to switch

¹ <https://www.participatelearning.com/blog/benefits-of-a-bilingual-brain/>



between tasks efficiently and adapt to changing environments. These cognitive benefits help set students up for success in the classroom and careers.

According to Silicon Valley International school², As an international school, home to diverse families from countries around the world, many of our students are already trilingual entering middle school – for example, speaking Spanish as their mother tongue and speaking English and Chinese at school. These trilingual students perform just as well as their bilingual peers in learning a fourth language, demonstrating the mind’s incredible ability to adapt to a rich, multilingual environment. In fact, the University of Haifa study also showed that “the more languages a person learns, the higher his or her intelligence will be.”

At Angren University where I observed more than 50 students, more than 80 percent of them are excellent at learning languages like English and Arabic. They are almost as equal as the brightest student at university. There is a girl called Diloru who can communicate in Tadjik, Uzbek, Russian and English is showing a great tempo at acquiring arabic language, too. Not only that, but also she is amazing at literature or any other subject taught. Since the childhood she has been speaking Tadjik, Uzbek and Russian and when she started to learn English, it did not take her a long time to be more than intermediate level. Her cousin Abdulquddus is a young talented singer. He could talk like Diloru since childhood and he developed having a charming voice, too. Their cognitive skills are another level. When we have a new theme, it is easy for them to absorb and answer to the question. Another girl whose name is Rayhona is able to make a conversation in languages as Diloru and Abdulquddus and she is trilingual, too. She owns an amazing voice and In addition to these cognitive benefits, familiarity with three or four languages also strengthens a student’s cultural fluency, or ability to adapt to and thrive in a culture different from her own. Language truly is the gift that keeps giving – strengthening our students’ minds and widening their cultural perspectives the more they are exposed to it. When she meets new people she is able to get along easily. These students have got many friends around them. They are sociable and easy-going. These skills make them perfect people to be in high places or have a dreamy family in the future.

In conclusion Bilingual children attain language milestones at the same age as monolingual children³. They also do not show any evidence of language disorder. Indeed, infants have the ability to use rhythmic signals to distinguish two languages from the first days of life. In fact, bilingualism can give children an advantage at school. Bilingual children are found to be better able than their monolingual classmates to focus on a task thanks to the ability to adjust distraction. Concentration -a marker of good working memory -is similarly found in bilingual adults, especially those who are bilingual at an early age. It is possible that bilingual management helps the brain form and maintains concentration while ignoring irrelevant information. Bilinguals at all ages demonstrate better executive control than monolinguals matched in age and other background factors. Executive control

² <https://blog.siliconvalleyinternational.org/bilingualism-gives-students-a-head-start-in-learning-a-3rd-or-4th-language>

³ <https://in-academy.uz/index.php/ejar/article/view/45173/28729>



is the set of cognitive skills based on limited cognitive resources for such functions as inhibition, switching attention, and working memory

References

1. <https://www.participatelearning.com/blog/benefits-of-a-bilingual-brain/>
2. <https://blog.siliconvalleyinternational.org/bilingualism-gives-students-a-head-start-in-learning-a-3rd-or-4th-language>
3. <https://in-academy.uz/index.php/ejar/article/view/45173/28729>

