



## THE ROLE OF LANGUAGE IN SHAPING HUMAN THINKING

*Chet tillarini fakulteti*

*Filologiya va tillarni o'qitish ingliz tili*

*yo'nalishi 2-kurs talabasi*

***Abdurasulova Jasmina Ravshanjon qizi***

*Scientific supervisor: Adamboyeva Nafisa Qodirberganovna*

**Abstract :** *This article analyzes the complex and inseparable relationship between language and thinking on a scientific and theoretical basis. The role of language in the formation of human consciousness, its psychological, social and cultural functions are highlighted. Also, the influence of language on the development of thinking is explained based on the views of famous linguists and psychologists.*

**Keywords:** *language, thinking, speech, consciousness, psycholinguistics, communication, language and thinking, culture, society, inner speech, cognitive development*

**Annotatsiya:** *Mazkur maqolada til va tafakkur o'rtasidagi murakkab va uzviy bog'liqlik ilmiy-nazariy asosda tahlil qilinadi. Tilning inson ongini shakllantirishdagi o'rni, uning psixologik, ijtimoiy va madaniy funksiyalari yoritiladi. Shuningdek, mashhur tilshunos va psixolog olimlarning qarashlari asosida tilning tafakkur rivojiga ta'siri izohlanadi.*

**Kalit so'zlar:** *til, tafakkur, nutq, ong, psixolingvistika, muloqot, til va tafakkur, madaniyat, jamiyat, ichki nutq, kognitiv rivojlanish*

**Аннотация:** *В данной статье на научной и теоретической основе анализируется сложная и неразрывная взаимосвязь между языком и мышлением. Подчеркивается роль языка в формировании человеческого сознания, его психологические, социальные и культурные функции. Также объясняется влияние языка на развитие мышления на основе взглядов известных лингвистов и психологов.*



*Ключевые слова: язык, мышление, речь, сознание, психолингвистика, коммуникация, язык и мышление, культура, общество, внутренняя речь, когнитивное развитие*

## **Introduction**

Language is one of the most important characteristics of human society. It allows people to share ideas, emotions, and knowledge. However, language is not only a communication tool; it also plays a crucial role in shaping human thinking. Through language, individuals organize their experiences, categorize objects, and express abstract ideas. Researchers in linguistics and cognitive science have long studied the relationship between language and thought. Some scholars believe that language strongly influences the way people perceive the world, while others suggest that language and thought develop together. Understanding this relationship helps explain cultural differences, cognitive processes, and human communication.

## **Literature Review**

Many linguists and psychologists have studied the interaction between language and thought. The American linguists Edward Sapir and Benjamin Lee Whorf proposed the theory of linguistic relativity, which states that the structure of language influences how people perceive and interpret reality.<sup>1</sup> According to this hypothesis, speakers of different languages may think about the world in different ways.

Another important scholar, Lera Boroditsky, conducted experiments comparing English and Mandarin speakers. Her research showed that speakers of different languages conceptualize time differently because their languages describe time using different spatial metaphors. Similarly, linguists such as Stephen Pinker argue that language and thought are closely connected but not identical. Pinker suggests that language is a tool used to express mental concepts rather than completely determining them. Another scholar, George Lakoff, emphasizes that

---

<sup>1</sup> Whorf, B. L. Language, Thought and Reality: Selected Writings of Benjamin Lee Whorf. – Cambridge, MA: MIT Press, 1956.



metaphors in language influence how people structure abstract concepts such as time, emotions, and morality.

Uzbek linguists have also explored the relationship between language, culture, and thinking. For example, Uzbek researcher Istoda Rasulova explains that each language reflects a unique worldview and shapes how individuals perceive reality through linguistic images.<sup>2</sup> Another Uzbek linguist Shavkat Rahmatullayev emphasizes that language preserves cultural knowledge and helps people structure their understanding of social reality. Similarly, linguist Aziz Nurmonov notes that language is not only a communication system but also a cognitive mechanism that organizes human knowledge and cultural experience.

## Methodology

This research uses a qualitative approach based on theoretical analysis and literature review. Scientific articles, linguistic theories, and cognitive studies were examined to understand how language influences human thinking.<sup>3</sup> Comparative examples from different languages were analyzed to demonstrate how linguistic structures shape perception and conceptualization.

## Analysis

The analysis shows that language affects several cognitive processes, including perception, categorization, and memory. First, language provides labels for objects and concepts, which helps individuals organize knowledge more efficiently.<sup>4</sup> For example, languages differ in the number of words used to describe colors, spatial directions, or emotions. These differences can influence how speakers perceive and categorize experiences. Second, language shapes how people conceptualize abstract ideas. For instance, many languages use spatial metaphors to describe time, such as “looking forward to the future” or “leaving the past behind.”

---

<sup>2</sup> Rasulova, I. The Linguistic Picture of the World: Language, Thinking and Linguocultural Interference // Scientific Journal Article. – 2025.

<sup>3</sup> Creswell, J. W. Research Design: Qualitative, Quantitative and Mixed Methods Approaches. – Thousand Oaks: SAGE Publications, 2014.

<sup>4</sup> Boroditsky, L. Does Language Shape Thought? Mandarin and English Speakers' Conceptions of Time // Cognitive Psychology. – 2001.



Third, cultural values embedded in language also influence thinking patterns. Proverbs, idioms, and metaphors reflect the collective experiences and worldview of a society. Research on Uzbek proverbs demonstrates how linguistic expressions carry cultural meanings and shape cognitive patterns within society.

## Results

The research findings indicate that language significantly influences human thinking. Linguistic structures help individuals categorize experiences, remember information, and interpret reality. However, language does not completely determine thought. Cognitive processes are also influenced by perception, culture, and personal experience.

## Discussion

The relationship between language and thought is complex and dynamic. Language both reflects and shapes human cognition. Cultural context, social interaction, and education also play important roles in this relationship<sup>5</sup>. The ideas of Sapir and Whorf emphasize the influence of language on worldview, while modern researchers such as Boroditsky provide experimental evidence showing how language can shape cognitive patterns. At the same time, scholars like Pinker argue that human thought is broader than language and that people can think beyond linguistic structures. Therefore, language and thought should be viewed as interconnected systems that influence each other.

## Conclusion

In conclusion, language plays a significant role in shaping human thinking and perception. Linguistic structures influence how people categorize experiences, express ideas, and interpret reality. Research in linguistics and cognitive science demonstrates that language and thought interact continuously. Understanding this relationship is important for fields such as linguistics, psychology, education, and intercultural communication. Further research can provide deeper insights into how language shapes human cognition and cultural worldview.

---

<sup>5</sup> Lakoff, G., Johnson, M. *Metaphors We Live By*. – Chicago: University of Chicago Press, 1980.



## REFERENCES

1. Boroditsky, L. Does Language Shape Thought? Mandarin and English Speakers' Conceptions of Time // *Cognitive Psychology*. – 2001.
2. Nurmonov, A. *Tilshunoslik nazariyasi*. – Toshkent: Fan, 2012.
3. Lakoff, G., Johnson, M. *Metaphors We Live By*. – Chicago: University of Chicago Press, 1980.
4. Pinker, S. *The Language Instinct: How the Mind Creates Language*. – Cambridge, MA: Harvard University Press, 1994.
5. Rasulova, I. *The Linguistic Picture of the World: Language, Thinking and Linguocultural Interference // Scientific Journal Article*. – 2025.
6. Rasulova, I. *The Linguistic Picture of the World: Language, Thinking and Linguocultural Interference // Scientific Journal Article*. – 2025.
7. Whorf, B. L. *Language, Thought and Reality: Selected Writings of Benjamin Lee Whorf*. – Cambridge, MA: MIT Press, 1956.