

## LANGUAGE AS A MEANS OF COMMUNICATION AND THINKING

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### **Annotation:**

В статье рассматривается язык как явление, объединяющее общение и мышление. Язык позволяет людям обмениваться информацией, выражать эмоции и взаимодействовать в обществе, одновременно формируя человеческое мышление. В работе рассматриваются лингвистические и когнитивные подходы, включая теорию лингвистической относительности и когнитивную лингвистику. Язык рассматривается не только как система знаков, но и как ключевой механизм понимания и интерпретации реальности.

This article examines language as a phenomenon that combines communication and thinking. Language allows people to exchange information, express emotions, and interact in society while also shaping human thought. The article considers linguistic and cognitive approaches, including linguistic relativity and cognitive linguistics. Language is viewed not only as a system of signs but as a key mechanism for understanding and interpreting reality.

**Keywords:** Язык, коммуникация, мышление, познание, лингвистическая относительность, когнитивная лингвистика, культура

Language, communication, thinking, cognition, linguistic relativity, cognitive linguistics, culture

Language is one of the most significant achievements of human civilization [1]. It accompanies a person throughout life and plays a central role in social interaction, education, and cultural development [2]. Through language, people transmit knowledge accumulated over centuries, share personal experiences, and express emotions and intentions [3]. Without language, complex forms of cooperation and social organization would be impossible [4]. Therefore, the study of language as a means of communication and thinking remains one of the key areas in linguistics and related sciences [1].

From a communicative perspective, language functions as a system of symbols governed by rules that allow speakers to produce and understand meaningful messages [5]. Spoken and written forms of language enable interaction not only in direct face-to-face situations but also across time and space [6]. Written texts preserve ideas, laws, scientific discoveries, and cultural values, ensuring continuity between generations [2]. In this sense, language serves as the foundation of human society [4].

Communication through language is not limited to the transmission of factual information [7]. It also includes emotional expression, persuasion, evaluation, and the establishment of social relationships [3]. The choice of words, tone, and structure of speech reflects the speaker's intentions and attitudes [8]. Thus, language shapes not only what is communicated but also how it is perceived by others [7].

At the same time, language is inseparable from thinking [9]. Human thought is often organized and expressed through linguistic forms [10]. Words act as mental tools that help individuals categorize experiences and organize abstract concepts [9]. When a person thinks about complex ideas, they frequently rely on inner speech, which demonstrates the close connection between language and cognition [11].

Cognitive linguistics emphasizes that language reflects the way people conceptualize the world [12]. According to this approach, linguistic structures are linked to mental processes such as perception, memory, and reasoning [12]. Concepts expressed in language

are shaped by human experience and interaction with the environment [13]. As a result, language becomes a means through which reality is interpreted and understood [10].

One of the most discussed theories concerning language and thought is the theory of linguistic relativity [14]. This theory suggests that the structure of a language influences the way its speakers perceive and think about the world [14]. Differences in vocabulary and grammar may lead speakers of different languages to focus on different aspects of reality [15]. For example, languages that have multiple words for specific concepts may encourage more detailed perception of those phenomena [14].

However, linguistic relativity does not imply that language completely determines thought [16]. Many scholars argue that language and thought influence each other rather than exist in a strictly dependent relationship [10]. Humans are capable of non-verbal thinking, such as visual or emotional cognition, but language provides a powerful framework for organizing and communicating these thoughts [9].

Language also plays a crucial role in learning and education [17]. Through language, students acquire new knowledge, develop critical thinking skills, and engage in academic discourse [18]. Educational processes rely heavily on linguistic explanation, discussion, and interpretation [17]. Therefore, mastery of language directly affects cognitive development and academic success [18].

In addition, language reflects cultural values and collective experience [2]. Each language encodes a particular worldview shaped by history, traditions, and social practices [19]. Cultural concepts, idiomatic expressions, and metaphors reveal how a community understands reality [12]. By studying language, researchers gain insight into the cultural and cognitive patterns of different societies [19].

The interaction between language and culture further demonstrates the role of language as a means of thinking [2]. Cultural narratives, myths, and literary works use language to convey shared meanings and moral values [20]. These texts influence how

individuals interpret social norms and personal identity [20]. Language thus becomes a medium through which collective thinking is formed and transmitted [2].

Modern research in psycholinguistics and neuroscience supports the idea that language processing is deeply connected with brain activity [21]. Studies show that linguistic tasks activate areas of the brain associated with memory, attention, and reasoning [21]. This confirms that language is integrated into cognitive functioning and plays a vital role in mental processes [11].

In conclusion, language serves a dual function as both a means of communication and a tool for thinking [1]. It enables humans to interact socially, transmit knowledge, and express emotions, while simultaneously shaping cognitive processes and perception of reality [9]. Understanding the relationship between language and thought is essential for comprehending human cognition, culture, and social behavior [10].

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