

LANGUAGE LEARNING IS TREATMENT TO HUMAN HEALTH

XALIQOVA RA'NO.

(4th year student of JSPI)

Superwiser: Sevara Hamidova

Annotation: *Today 60-70 percent of world population is bilingual. Each person has his own goal for learning language. However, there is one more precious property that can be obtain by learning language. It is – health. After many researches, scientists declared the significant benefits of learning language to human health.*

Key words: *Health, highly developed substance, bilingualism, brain, diseases, Alzheimer, dementia, neuroscientist, stroke.*

Today, improvements in all spheres are occurring in a rapid pace. Each person who wants to have his own deserving status in society is required to work on himself constantly. Particularly, it has become exceedingly important to know ICT and more than one language for being considered a needful and valuable person. According to statistics 60-70 percent of world population is bilingual. It is obvious that each of them has his own objective for that. However, do all of them know that language learning does not only lead them to their goals, but with it people may obtain one more precious property named health?...

Scientists claim that it is feasible to enrich the list of benefits associated with language learning like boosting our job prospects, growing our business, and enhancing our travel experiences, with the improvement for healthcare.

From the point of view of psychology, brain is considered as a highly developed substance. Its power is astounding. The brain can rule all of the human being, thus we can recognize it as a king of our body. Currently, scientists illustrate that with the power of brain any kind of illnesses can be treated. Hence,

we should estimate this valuable organ. And exactly by learning language, the brain will be able to get a huge profit.

Researches outline that LEARNING A SECOND LANGUAGE 1. SLOWS AGING BRAIN.

In a study conducted by the University of Edinburgh, findings indicated that those who spoke two or more languages had significantly better cognitive abilities compared to what would have been expected from their baseline test. Researchers found that the strongest effects were in general intelligence and reading.

Excitingly, the effects were present regardless of when the subject had learned the language(s), whether earlier or later in life. Says lead researcher of the study Dr. Thomas Bak, “These findings are of considerable practical relevance. Millions of people around the world acquire their second language later in life. Our study shows that bilingualism, even when acquired in adulthood, may benefit the aging brain.”

2. DELAYS ONSET OF DEMENTIA AND ALZHEIMER’S DISEASE

According to the Dictionary of Contemporary English for advanced learners by Longman, Dementia is an illness that effects the brain and memory, and makes you gradually lose the ability to think and behave normally. Likewise, Alzheimer’s is a disease that affects the brain, especially of old people and that gradually makes it difficult to move, talk, or remember things. An interesting question, how language learning can help for procrastinating these diseases? The repetitive exercise involved in memorizing vocabulary and structures can actually make the hippocampus — the part of the brain responsible for memory — larger. This strengthens the brain mechanisms that facilitate long term memory. Dr. Ellen Bialystok, Canadian neuroscientist, psychologist at York University in Toronto, observed 211 people with probable Alzheimer’s disease, half of whom were bilingual and half were monolingual. She documented the age of when the patients’ cognitive impairment began, and found that bilingual patients had been

diagnosed on average 4.3 years later, and had reported onset of symptoms 5.1 years later than monolingual patients.

3. INCREASES THE SIZE OF BRAIN

It is quite unbelievable, but in fact, language learning makes the size of the brain bigger. A group of Swedish scientists did an MRI study which showed that certain parts of the brain were bigger in people who had learnt a foreign language. In this study, two groups of subjects underwent brain scans. One group did an intensive language course for three months while the other, the control group, did intensive courses in a subject that was not a language. What the scientists found was that specific parts of the language learners' brains became bigger than those of the non-language learners.

4. CAUSES THE FASTER STROKE RECOVERY

When an artery (tube carrying blood) in the brain unexpectedly bursts or become blocked, the person may die or be unable to use some muscles. This is called stroke. If we look at the statistics, for example, each year, over 800,000 Americans suffer a stroke, making it one of the leading causes of death and disability in the country. However, investigations figure that bilingualism can be the reason of stroke recovery. The justification of these findings is a phenomenon known as cognitive reserve, by which brains that have built up strong neural networks are better equipped to bounce back when damage has occurred. The cognitive processes involved in language learning make it one method of building a stronger, more active, and more interconnected brain that is better able to recover from the trauma of a stroke. Recently, research conducted in India indicated that over 40 percent of study participants who were bilingual recovered full cognitive functions following a stroke.

Overall, as mentioned above the brain is the substance which is highly developed and to this day, it has not been observed completely. Scientists repeatedly state the boundlessly capacities of the human brain. And the most significant fact which is found today is that learning language can affect to that

highly developed substance, whilst being the guarantee of bright future, well-paid job, and wide and smooth way to the world.

SOURCES:

1. The Dictionary of Contemporary English for advanced learners by Longman
2. Bialystok, E, Craik FIM, Freedman M. Bilingualism as a protection against the onset of symptoms of dementia. Neuropsychology 2007. PubMed.
3. www.iwillteachyoulanguage.com
4. www.mosalingua.com
5. <https://corelanguages.com>
6. <https://www.thestar.com>