

BENEFITS OF LEARNING FOREIGN LANGUAGES

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Abstract— This article deals with developing mental flexibility, bilingualism, the function of brain, mental problems and language skills

Keywords— flexibility, bilingualism, information, function, benefit, productivity.

1. INTRODUCTION

In the modern world you cannot do without knowledge of foreign languages. This not only helps when traveling, but is also a great benefit for your studies and career growth. And learning a language allows us to develop mental abilities. How can knowledge of languages help you develop mental flexibility and find a prestigious job?

2. MAIN PART

Bilingualism and the brain. Regardless of its working language, the human brain is a most complex organ. While it was once believed that bilingualism had no benefits, today many people know the benefits of learning a language, and the amount of research on the topic is constantly increasing. Although this does not mean that bilinguals are smarter. Researchers have found that bilinguals’ brains are more flexible and adaptable, especially as they age. In bilinguals, for example, the first signs of senile dementia appear on average 4-5 years later, and they also recover faster after a stroke. They have increased gray matter volume in the part of the brain responsible for “executive function,” which allows bilinguals to process information, concentrate, and solve problems more effectively. One study found that bilingual children solved mental problems more easily, and bilingual adults who regularly spoke and switched between different languages also showed greater mental flexibility.

Benefit for health. Learning a foreign language brings many benefits. Languages stimulate the brain and improve working memory. Learning a language has been shown to delay or reduce the risk of memory loss, dementia and Alzheimer’s disease [6]. Also, bilingual people can better process, sort and store new information.

Language learning and other life skills. In addition to the cognitive benefits, learning a language helps develop other key skills. One study found that children raised in multilingual environments understood each other better and had better interpretation and communication skills, which the researchers believed was due to the fact that bilingual children constantly have to interpret the intentions of others. The benefits of excellent interpersonal skills of course extend far beyond research: they are essential to understanding people, to working effectively and, ultimately, to success.

Connection with culture. Language is deeply connected to culture. When you start learning a new language, you begin to look at the culture of the language you are learning differently. Numerous studies have confirmed that bilinguals are more perceptive and confident [7]; they have both skills needed to succeed in an increasingly international work environment and be at ease in an ever-changing world. Indeed, children and young people who speak different languages will find it easier to work with people from different backgrounds and from all over the world: true cultural intelligence is based on appreciating and understanding other cultures and other ways of thinking. In fact, learning a language increases skills in compassion and empathy for others.

Languages and career. Languages are very important for work in the 21st century, making language skills a key selection criterion for most jobs. According to surveys, the majority of employers consider English to be the most in-demand language on the market [2]. As technological progress allows more and more companies to conduct international business, they require people with a good command of the language to operate. A foreign language increases productivity, opens up new opportunities and can even increase your salary by several percent. According to research, 60% of employees have their salaries increased after receiving additional education.

3. CONCLUSION

So, learning languages is enjoyable, beneficial and in many ways necessary for the development and future success of people. Learning languages provides not only cognitive benefits, but also critical life skills such as empathy, adaptability and flexibility. These skills are attractive to anyone who dreams of working, living or traveling. Isn't it great to improve your memory, mental abilities and earn more money? You can do it, and you don't need a magic potion or luck to do it. All you need is to learn a foreign language.

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