



# LEARNING AND TEACHING MULTIPLE LANGUAGES

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## Abstract

Mastering in languages bring numbers of profits to both individuals' and academic perception. In this paper we examine the learning and teaching procedure of several languages. This research discusses and will have specific attention respectively to the 1st benefits of multilingualism, 2nd how to be multilingual, 3rd the rules of teaching and 4th challenges also negative sides of being bilingual for the brain in the discussion part. The authors attempt to address the brain working, cognitive reserve, problem-solving and how learning multiple languages affect to people's mindsets. Although this research highlights the learning tips, it concentrates methods of teaching a language in a more impactful, with strong impression, and accessible through applying the long-term memory. To achieve accurate criteria and addressing the technical challenges, we applied questionnaires and collected data through a survey which has been analysed and represented the grounded results to give us a better understanding of our concerns.

**Keywords:** Multilingualism, Language Acquisition, Cognitive Benefits, Language Pedagogy, Long-Term Memory.

## Introduction

### Annotatsiya:

Tillarni o'zlashtirish shaxslarning ham, akademik idrok etishiga ham ko'p foyda keltiradi. Ushbu maqolada biz bir nechta tillarni o'rganish va o'qitish tartibini ko'rib chiqamiz. Ushbu tadqiqot munozara qismida 1-ko'p tillilikning afzalliklari, 2-qanday ko'p tilli bo'lish, 3-O'qitish qoidalari va 4-muammolar, shuningdek, ikki tilli bo'lishning miya uchun salbiy tomonlarini muhokama qiladi va ularga alohida e'tibor qaratiladi. Mualliflar miyaning ishlashi, kognitiv zaxira, muammolarni hal qilish va bir nechta tillarni o'rganish odamlarning fikrlash tarziga qanday ta'sir qilishini ko'rib chiqishga harakat qilishadi. Garchi ushbu tadqiqot o'rganish bo'yicha maslahatlarni ta'kidlagan bo'lsa-da, u uzoq muddatli xotirani qo'llash orqali tilni yanada ta'sirli, kuchli taassurot qoldiradigan va foydalanish mumkin bo'lgan tarzda o'rgatish usullarini jamlaydi. Aniq mezonlarga erishish va texnik muammolarni hal qilish uchun biz so'rovnomalarni qo'lladik va tashvishlarimizni yaxshiroq tushunish uchun tahlil qilingan va asosli natijalarni taqdim etgan so'rov orqali ma'lumotlarni to'pladik.

**Kalit so'zlar:** Ko'p tillilik, tilni o'zlashtirish, kognitiv foyda, til pedagogikasi, uzoq muddatli xotira

### Аннотация:

Овладение языками приносит множество преимуществ как отдельным людям, так и академическому сообществу. В данной работе мы рассматриваем процесс обучения и преподавания нескольких языков. В исследовании обсуждаются и особое внимание уделяется следующим аспектам: 1) Преимущества многоязычия, 2) Как стать многоязычным, 3) Правила преподавания и 4) Проблемы, а также негативные стороны двуязычия для мозга. Авторы пытаются рассмотреть работу мозга, когнитивный резерв, навыки решения проблем и то, как изучение нескольких языков влияет на мышление людей. Хотя в этом исследовании освещаются советы по обучению, оно концентрируется на методах преподавания языка, которые оказывают более сильное воздействие, производят сильное впечатление и доступны благодаря применению долговременной памяти. Для достижения точных критериев и решения



технических проблем мы использовали анкеты и собирали данные посредством опроса, которые были проанализированы и представлены в обоснованной форме, что позволило нам лучше понять наши проблемы.

**Ключевые слова:** Многоязычие, Освоение языка, Когнитивные преимущества, Языковая педагогика, Долговременная память

### **Introduction:**

In today's world language has already become a significant tool. Knowing more than one language brings opportunities to people. Additionally, multilingual people frequently excel in problem-solving activities and display enhanced cognitive adaptability (Costa et al., 2008). Meanwhile, currently there are several ways of learning a new language. when we applied interactive approaches for the team, different levels and different learning strategies can be a cause of complexity (Abduxafizovna & Xolmurod o'g'li, 2025). The latest and modest way of learning is, learning through Chat GPT. Because this platform provides humanlike conversations in any language and in any time. AI can even provide the learner with variety of materials and able to give feedback. One more way of language acquisition is from interactive short videos from Tiktok (Bali et al., 2025). Especially, youngsters are more adopted to watch short videos and Tiktok provides 60 second videos about learning a foreign language in a unique way. In addition to its tailored recommendations, Tiktok offers interactive features, such as comment sections, where users can engage in discussions and receive feedback from peers and instructors (Conde Caballero et al. 2024; Lee 2023). In this article the results will be analysed for each side of multilingual people and benefits which language brings to us.

### **Methods & Materials:**

This article will conduct quantitative research and descriptive statistical methods. Also, this paper includes questionnaires to collect answers from language learners. In this survey overall 32 people are participated, the age group of participants are between 18 and 35 years old. Participants of data collection instruments were teacher and bachelor's degree students of "Silk Road International University of Tourism and Cultural Heritage". The university is

international university, the language of education is English, and because of this reason both students and teachers know more than two foreign languages. The questionnaire was done online through telegram group chats. The collected answers are made in a form of pie charts, to show accurately with clear numbers to clarify the aim of language learners, chat GPT users and exercises which language acquires mostly enjoy during the process.

### Result:

The survey answered by 32 individuals. As we can see from the Figure 1 that one of the most required matters at work is language. And it shows the highest 53% point. Second percentage is middle 31%, yet travel is one of the crucial parts, that can push learners to go forward. The lowest percentage shows 16% study, is not common at all. From the total pie chart, it is clear that while looking at learner's aim, this goal can motivate language acquires to boost. Figure 2 is about one of the hot debatable topics, which is AI. At the current position large number of people uses it frequently.

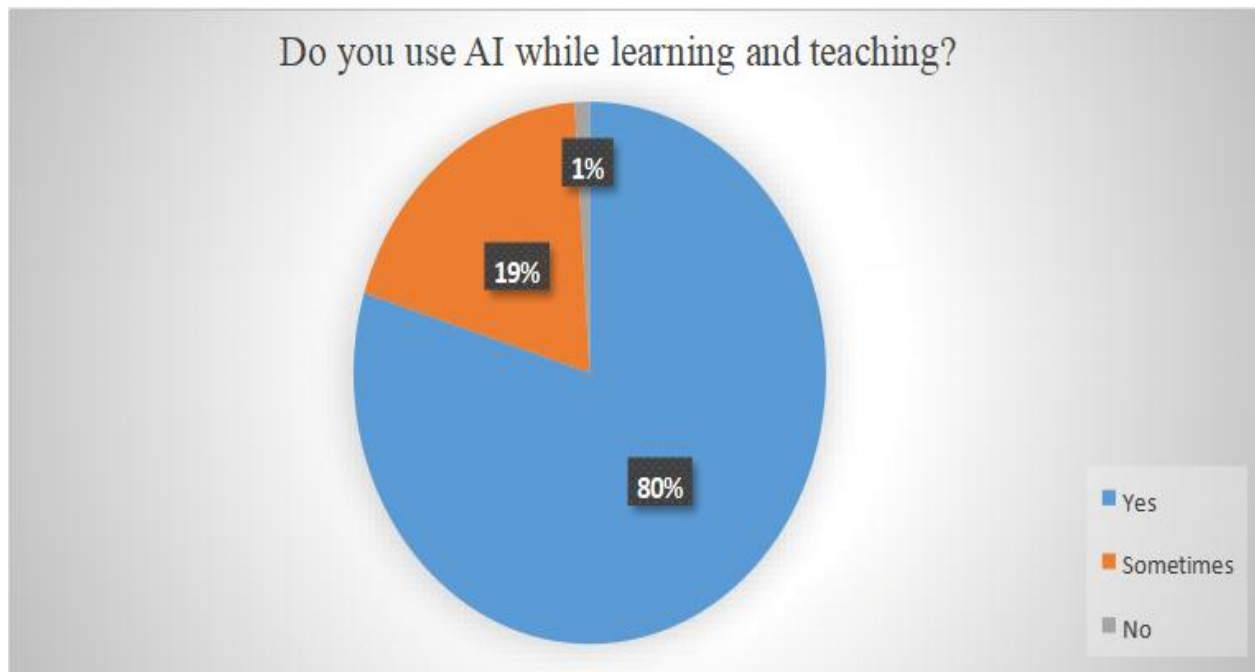


Figure 2 the 2<sup>nd</sup> Pi Chart of the Result of Participants Respond to use AI for Learning and Teaching Language

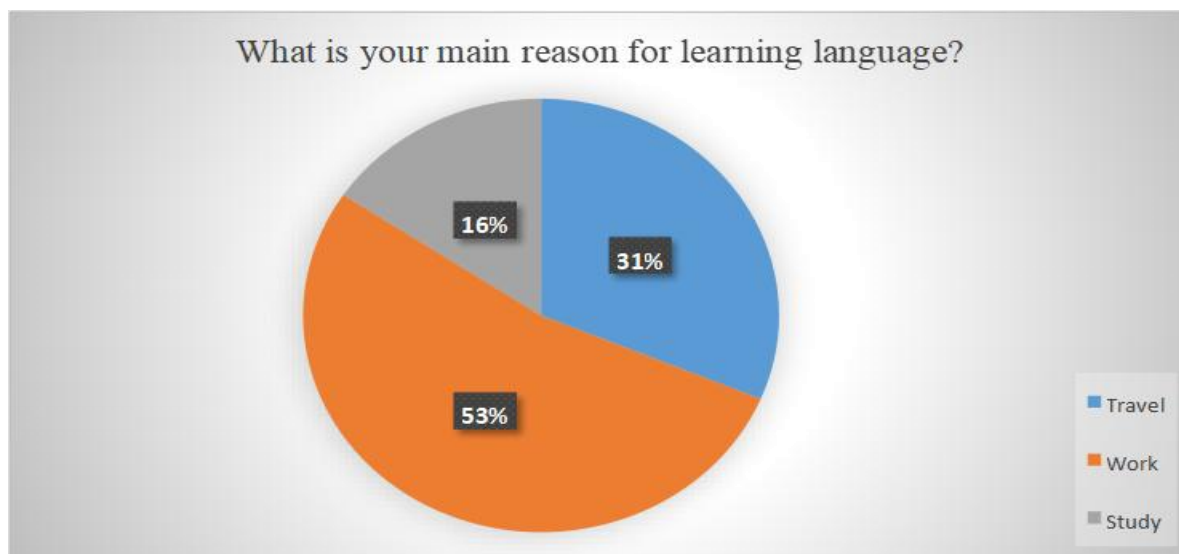


Figure 1 The 1<sup>st</sup> Pie Chart of The Result of Participants Respond to Main Reason of Learning Language

We can see from chart that 80% of people agreed that they use chat GPT. Only 1% of people say no, that they do not use artificial intelligence. And only 19% percent of learners use AI sometimes. It is clearly visible that AI has taken over most of the percentage in our everyday life. In a Figure 3 there are given some activities acquire learners during the process. One of the most common activity is shown as speaking with 62% the largest percentage. Yet, as it was mentioned before the questionnaire was done through international students. Because of this, they mostly prefer to communicate with foreign people. The next pastime is reading with 25% percentage in a pie chart. And the lowest point is 13% portion watching videos.

### Discussion:

1) While being bilingual person there are many benefits of it. If people speak in multiple languages brain will always work actively. Critical and logical thinking will be higher and good flexibility of problem-solving skill. The reason of multilingual people' brain will work actively is that, when they are communicating in foreign language, their mind must choose appropriate word in a short time. During the process of language acquiring, memory will boost. Because learning many words in another language is not uncomplicated task for the brain.



Moreover, being multilingual person will influence to the personal growth. Nowadays, numerous big companies require their employees to be able to communicate in a foreign language. As well as, while knowing common global languages person can attend to crucial international conferences for self-development. (Grosjean, 2010) found that multilingual individuals engage better in diverse environments, reducing language barriers and fostering inclusivity.

2) In today's our world for being polyglot there are lots of opportunities for each individual. However, the main reason should not be only learning, but the person must enjoy the process of it. One of the undemanding ways of studying is using AI. Chat GPT is increasingly adept at providing personalized feedback by accommodating individuals' diverse needs and learning styles (Zhai, 2022), which leads to improved learning outcomes (Pérez-Segura et al., 2022). This artificial intelligence can be good partner to discuss any topic or it can be speaking partner especially, for the introvert people. When the student need materials for studying AI is able to provide and even explain information with clear and basic explanation. Another entertaining way of mastering another language is through social media. According to (Ajzen, 2020), attitude denotes the extent to which an individual has a positive or negative assessment of a particular behaviour. It is a vital factor in determining learning intention while utilizing social media as a tool to learn a foreign language (Cheon et al. 2012). For a large number of language learners' social media especially, TikTok is the place where they can share their emotions, feedbacks and knowledges. Because, during the learning for individuals finding the same situation, challenges or happiness in the Tiktok will give somehow support for them. Because of today's modern life persons are becoming so lazy. They do not have enough patience to study for long hours, because of this reason they prefer to learn by short entertaining videos.

3) One more main reason for teaching multiple languages is good academic value. Based on appraisal-based emotion theories (Scherer, Schorr, and Johnstone 2001) and self-efficacy research (Bandura 1997), it can be concluded that self-competence beliefs are interrelated with emotions in academic settings. In a teaching process there are four main keys. These are satisfaction, method, system and patience. While combining these four main skills teaching can be



exemplary. In those people who is able to teach foreign language have a favourable concentration. Teaching can boost individual's personal growth as well. Productivity of work may develop, while making a deal with other international companies. During the teaching, people are able to analyse each issue from disparate ways. And solutions for them will be more, the reason is that person have got a bright worldview. Also, this position gives a chance to deep cultural acknowledge and history. Total opinion about leaning and teaching multiple languages we can say that, this road will lead to opportunities and success in each human beings' life.

4) During the process of learning languages, every learner will come across many challenges. The most common issues are memorizing words in a foreign language, as well as pronouncing them. Moreover, some learners come across the issue of finding proper practical materials and a partner to rehearse speaking skills. During the time of acquiring knowledge, learners might lose their motivation. In this case, one of the most challenging things is getting motivation and keeping learning. Predominantly, learners can suffer from not achieving a superior result. Yet, a substantial portion of the people who are learning a language will reiterate equivalent errors. This inaccuracy is just starting, but not doing this activity continuously, and the absence of a strategy. Furthermore, if an individual can communicate more than two languages, this person might mix all of them, and there will be confusion. When a person gets much information in each language, there will be cognitive difficulties and the brain can get tired so easily.

### **Conclusion:**

To conclude all the given information, this article is mostly about ways of being polyglot. Methods of bilingualism and their significance in each person's personal and general development and teaching skills are important. Not only some negative but also damaging sides to being able to communicate in more than two languages for the brain. To learn more about statistics are, clearly shown in the forms of pie charts. Language learning and teaching are not basic, but this process is enjoyable, and it should be done accurately.



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