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## The Mental Processes Associated with Understanding the World

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**Abstract:** This article examines the issues of cognitive linguistics and in linguistics itself and field of its collaboration. It also explores human mind and other mental processes as an object of cognitive linguistics.

**Key words:** cognitive linguistics, cognitive mechanism, cognition, picture of the world, biological picture of the world, physical picture of the world.

### Introduction

Today's world, in which the emergence of new high technologies is becoming more and more common, requires us not only to study it, but also to be active in it. Cognition is a branch of science in which the object is the human mind, thinking, mental processes and states. It is about science knowledge and cognition, and perception of the world in the process of activity.

According to the studies, a man is a system of data processing, and his actions are described and explained in terms of his inner state. These cases were demonstrated, observed, and interpreted as data acquisition, processing, and storage, and then mobilized to find an optimal solution to the problem

Language has been in the spotlight of cognitivists because the solution to these problems has to do with language activities. Cognitive linguistics, as one of the components of cognitive science, must carefully define its research plan [1-3]. Linguistics works in

collaboration with a number of disciplines, and collaborative work will be necessary for further research to be effective. It is clear that there is a need for a single language to do this, which is one of the challenges facing the various disciplines. The difficulty in understanding each other is not only because the same terms are interpreted differently in different disciplines, but also because there are different views on different disciplines in understanding the world.

Therefore, there is a need for mutual education. The need for a common language is not the only problem of cognitivists, but another issue related to the theory of artificial intelligence is also a matter of concern. As part of this, cognitivism is defined as follows:

- a program to study the "thinking mechanism" of man;
- to study the process of data processing in different ways;
- conscious creation of life models;
- device of systems providing various cognitive movements;
- understand and form the ideas of human and computer programs and express them in natural language;
- create a computer program that can understand and process texts;
- a wide range of mental processes that serve mental activity;

### Materials and methods

From the point of view of cognitive psychology, the principles of cognitive linguistics include: the representation of knowledge as a central co

modeling as a cognitive mechanism;

- use of metaphors (including computer metaphors in modeling the human brain);
- The study of events in terms of structure (as cognitive structures are usually images, frees, scripts and scripts);
- to study the interaction of ecological adequacy with existence;
- Understand the "human factor" as a learner and adaptable to an open system environment;
- to understand the validity of knowledge in terms of its flexible benefits;
- the main methodology - "information approach".

In this way, cognitive technologies help the human brain to put into practice the theoretical knowledge it has acquired about thinking and understanding beings. At the present stage of the development of cognitive science, nanotechnologies have been created in the process of searching for answers to questions such as what is the truth, what is the universe, can it be understood, and to what extent can it be understood? And their further improvement is leading to the creation of new technologies.

Cognition deals with the creation of disciplines such as the artificial intelligence system, the philosophy of consciousness, and the experimental psychology of problem-solving. The importance of research in finding solutions to problems in influencing our understanding of the universe and man, the situation in science and society shows that cognitive models and methodological approaches are widespread and have been researched in collaboration with different disciplines. [4-9]. Cognitive linguistics has a wide field of research, and one of the most important areas is cognitive linguistics. It has greatly improved as a

result of interdisciplinary cognitive research. Questions that arise in the study of brain and language communication are important in understanding the functioning of the human cognitive side, and the answers to them can be found with the help of news discovered by neuroscience. Cognitive linguistics, as part of the cognitive sciences, must have a clear plan. Of course, cooperation with other disciplines is very important. The main task of cognitive linguistics is to establish cooperation with a number of disciplines in order to understand the existing problems. This requires a single language, and this is a common problem in the areas of interdisciplinary cooperation. The reasons for these difficulties are that the terms have multiple meanings, which the world is interpreted differently in different disciplines, and that different interpretations are made in different disciplines, creating a need for an interconnected common language. In cognitive linguistics, language is a cognitive mechanism and cognition is its reflection in language. The object of cognition is the human brain's perception of the universe and the mental processes and states associated with it. According to him, the study of man as a system of data processing, the use of terms to describe and explain his behaviour, his inner state. These cases have been observed and it has been determined that data needs to be received, processed, stored and accelerated in order to find the most optimal solution to the problem. Given the importance of language in doing this, it is not difficult to understand why it has such a place in cognition. The systemic-structural functional paradigm, which has dominated since the end of the last century, has been replaced by the cognitive and dynamic paradigm, and as a result, man has regained his position in existence. The anthropocentric paradigm is the return of human consciousness from subject to subject, analysing the role of language in human development and the role of man in language development. In modern linguistics, a number of trends are emerging around the anthropocentric paradigm. We will now focus on two of them - cognitive linguistics and linguacultural studies.

Cognitive linguistics plays an important role in coding and transforming language. The goal of cognitive linguistics is to understand how the process of perception takes place, to categorize beings, and to study the systems that transmit different information. (Lingua) Linguistics is a complex field of scientific knowledge that has emerged as a result of a combination of linguistics and cultural studies [10-16. As he explores the interrelationships and interactions between culture and language, he explores language as a whole system using systematic methods, combining language-related and non-language-related content in the process.

Many scholars say that cognitive linguistics and linguistic culture are developing within the whole scientific sphere within the Federation of Cognitive Sciences, and associate the emergence of cognitive sciences with the 1956 symposium at the University of Massachusetts. Many scientists have come to the conclusion that there is a science that studies how the processes of perception, memory, study, planning, and summarization take place. Cognitive linguistics is a system of integrated sciences for the collaborative study of the processes of acquisition and processing, storage and use, organization and accumulation of systematic knowledge, as well as their formation in the human mind. Cognitive sciences are related to mathematics, logic, philosophy, and anthropology and linguistics, each of which has its own place and importance within the cognitive sciences. Cognitive science is the next stage in the development of a number of problems at the present stage of development, that is, the beginning of a new stage of development that leads to the study of the linguistic reflection of the activity of the human mind. We will take a closer look at the above two areas of the anthropocentric paradigm (cognitive linguistics and linguistic culture) and the "language-human", an integrative approach to language learning. In cognitive linguistics, a concept is a unit of operative content of memory, a lexicon of consciousness, a conceptual system, a language of consciousness (lingua mentalists), a reflection of the

world reflected in the human psychology. From the point of view of cognitive linguistics - the concept is in the mind; a concept is a complex unit of consciousness through which a person's thinking process emerges. The concept is expressed as a unit that stores human knowledge in memory. The concept includes information about language expressions and existence, some of which is reflected in the human mind in the form of images, pictures, diagrams, and so on.

At the end of the twentieth century, the term "speed of the universe" entered the list of linguistic terms. The image of the universe is a complete reflection of the universe that emerges in the human mind in the process of understanding the universe. There are also "biological image of the universe", "physical image of the universe", "linguistic image of the universe". We are interested in the "picture of the world in language." Modern linguistics means a set of knowledge about the universe under this concept. Cognitive linguistics is the study of the linguistic picture of the universe and the conceptual picture of the world. They have different positions, and the conceptual picture of the world is global in importance and prevalence, surpassing the language picture of the world. The verbal and nonverbal representation of information about the universe in language is related to the conceptual picture of the world and is more complex than before. The language of the nation lives in the conceptual realm of language.

Linguists suggest studying the picture of the universal value of language, taking into account the following:

- The notion of universal dignity in language is universal and unique
- divided into specific parts;
- legal, religious and moral requirements, the generally accepted rules of common sense, are restructured in the form of evaluative opinions related to simple folk sciences.

- There are other meanings within this culture that combine to give rise to new meanings in the language of the culture.
- because there are several different cultures in the same language, the concept of dignity is different for different segments of society;
- The concept of dignity is a collective and individual concept

### Conclusion

Thus, linguistics promotes the study of the concept of the value of the universe in the context of the general picture of the world in language.

Cognitive linguistics and linguistic culture studies use an integrated approach to language learning, as in many cases objective research requires the synthesis of knowledge gained in different disciplines. Thus, these areas take into account both the linguistic data itself and the achievements of the relevant disciplines.

Note that there are many areas of development in the field of cognitive linguistics and linguistic culture studies. For example, in the 1990s, political linguistics emerged mainly on the basis of cognitive linguistics and political science, the object of study of which was political discourse. Archeological linguistics has entered the field.

In conclusion, it can be said that there are similarities between cognitive linguistics and linguistics culture on the one hand, that is, the integrative approach to language, the study of language - a serious attention to the human problem and the interpretation of the speed of the world. It is clear that there is a difference between.

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