

## THE BENEFITS OF LEARNING A FOREIGN LANGUAGES: THE EXAMPLE OF JAPANESE

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**Abstract:** *Learning foreign languages plays a decisive role in personal, social and professional development of a person. This article analyzes the general aspects of foreign language learning and its cognitive, cultural, and communicative benefits. Also, the complexities and opportunities in the process of learning a foreign language will be highlighted on the example of the interrelationship between the uniqueness of the Japanese language, its grammatical structure, writing system, and cultural relations. Learning a foreign language helps not only to improve language skills, but also to develop intercultural communication and a global outlook.*

**Key words:** *foreign language, language learning, Japanese language, intercultural communication, cognitive development, grammar, writing system, communication, culture, social importance of language.*

### 1. Important Aspects of Foreign Languages

There are several positive aspects of learning foreign languages, which greatly affect the development of a person in various fields. This process creates an opportunity not only to learn a language, but also to expand a person's worldview and deepen interactions with other cultures.

#### 1.1. Cognitive Development and Thinking Skills

The process of language learning activates different parts of the brain and helps cognitive development. At the same time, learning a foreign language enhances a number of interrelated mental processes: memory, concentration, problem solving, and rapid assimilation of new information. The grammar and syntax of the language being studied introduces new ways of working in the brain, which in turn helps in creative problem solving and decision making. For example, polyglots often have a "multitasking" mindset because they are used to thinking in more than one language.

#### 1.2. Intercultural Communication and Social Benefits

Learning a foreign language serves to develop intercultural communication between people, especially on a global scale. With the help of a foreign language, it is possible to understand other cultures, develop mutual respect and strengthen social ties. A language is not only a collection of words, but also includes the values, customs, and history of the society in which the language is spoken. By conversing in another language and mastering the language's vocabulary, learners not only learn new words,

but also internalize the way of thinking, values and culture of another nation. For example, in the process of learning Japanese, the "keigo" system, which expresses mutual respect and reverence, helps to understand the subtleties of social communication.

### 1.3. Opportunities in the Global Job Market

Knowledge of foreign languages increases the chances of working, especially in international companies. The world economy is becoming increasingly global, and many organizations are looking for multilingual professionals. Knowing a foreign language is a necessary competence not only for professionals, but also for working with representatives of different nationalities, for international cooperation, and for being successful in business.

## 2. Japanese Language: Peculiarities in Learning

Japanese is one of the most complex and unique languages in the world, and the process of learning it creates unique challenges and opportunities. The grammar, writing, and cultural characteristics of the Japanese language emphasize the complexity and special importance of language learning.

### 2.1. Differences in Grammar and Syntax

Many features of Japanese grammar make it unique. For example, in Japanese, the verb is used at the end of the sentence, unlike in English or Uzbek. This helps the brain learn new syntactic forms when learning a language. There are also many forms of verb tenses in Japanese. In the process of language learning, learners have to get used to this grammar system, which creates many practical and theoretical difficulties.

### 2.2. Writing System and Kanji

There are three different writing systems in Japanese: hiragana, katakana, and kanji. The hiragana and katakana alphabets are phonetic, with each letter representing a phoneme. However, the kanji script is derived from the Chinese script, and each kanji character has a meaning. The number of kanji characters is very large, and mastering them complicates the learning process. When learning Japanese, learning kanji is an integral part of not only mastering the language, but also understanding the culture and history. For example, the letters "kanji" each have a historical and cultural meaning, which allows learners to learn more about Japanese history and culture.

### 2.3. The Connection between Culture and Language

In Japanese, the connection between culture and language is very strong. For example, the Japanese language has a system of "keigo" (respectful language), which requires changes in speech depending on age, social status, and formality of communication. This system is very important in Japanese culture, because respect and literature are one of the main values of the society. Mastering the finer points of "Keigo" allows not only knowledge of the language, but also a deeper access to Japanese culture. This, in turn, makes it possible to communicate successfully and correctly in any cultural or social situation involving Japanese.

## 3. Difficulties in learning a foreign language and ways to overcome them

Learning a foreign language can sometimes be difficult, especially languages with complex grammar systems, such as Japanese, which take a lot of effort and time to learn. However, there are several effective approaches to combat these difficulties and facilitate the learning process:

### 3.1. Ergonomic Approaches

Using effective approaches to language learning, such as "learning key phrases before you start your journey", makes it easier to use the language in practice. When starting to learn a language as complex as Japanese, it's important to learn simple words and phrases in the early stages. For example, mutual understanding can be ensured by using words used in everyday life, greetings and expressions used in formal communication. Also, it is important to master the hiragana and katakana alphabets and develop working with letters at the initial stages when using the three different writing systems of the Japanese language.

### 3.2. Introduction to Practical Communication and Culture

Another way to succeed in learning Japanese is to practice it and learn more about the culture. In learning Japanese, it is not enough to just learn grammar, but also to use the language in communication with people who speak the same language, and to use audio and video resources. Japanese movies, anime, music and podcasts can help you learn the language and at the same time allow you to get to know the characteristics of Japanese culture. It is possible to further develop one's knowledge and skills with the help of online platforms available on the Internet, for example, interactive language learning programs and forums.

### 3.3. Reading and Writing Practice

Regular reading and writing practices are essential in mastering kanji and other writing systems when learning Japanese. Although it is difficult to memorize a large amount of notes in the initial stages, this process can be overcome by regular reading, writing and working with official textbooks. Reading Japanese stories and articles, following small magazines or news sites will develop skills and further improve the Japanese writing system.

### 4. Conclusion

Learning foreign languages, especially Japanese, greatly contributes to the development of a person's not only language skills, but also cultural, cognitive and social skills. The Japanese language is characterized by its complex grammar system, writing system and cultural characteristics, which require special approaches to language learning. Learning foreign languages not only improves language skills, but also helps to communicate between different cultures, understand other peoples and develop a global outlook.

In the process of learning Japanese, it is important not only to learn grammar or vocabulary, but also to understand its cultural and historical aspects. At the same time, the process of learning a language helps to develop intercultural communication, establish global connections and create new opportunities. Success in learning a

foreign language requires building a strong foundation through practice, love of the language, and deeper immersion in the culture.

Therefore, learning Japanese or any other foreign language is not only to improve linguistic skills, but to open the doors to a whole new world.

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