

МЕДИЦИНА, ПЕДАГОГИКА И ТЕХНОЛОГИЯ: ТЕОРИЯ И ПРАКТИКА

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“THE BENEFITS OF BEING A POLYGLOT: WHY LEARNING MULTIPLE LANGUAGES IS WORTH IT”

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Abstract. This article highlights the numerous benefits of being a polyglot such as enhanced communication skills, cognitive abilities, and cultural understanding, to personal growth and enhanced confidence. Although learning languages can be challenging and difficult to manage, it certainly has so many advantages in every sphere of globalized world. This article illustrates those advantages and encourages becoming a Polyglot.

Keywords. Cognitive abilities, cultural understanding, communication skills, linguistic situations, bilingual or multilingual, linguistic proficiency, critical thinking, memory retention.

«ПРЕИМУЩЕСТВА ПОЛИГЛОТА: ПОЧЕМУ СТОИТ ИЗУЧАТЬ НЕСКОЛЬКО ЯЗЫКОВ»

Абстрактный. В этой статье подчеркиваются многочисленные преимущества полиглота, такие как улучшение коммуникативных навыков, когнитивных способностей и понимания культуры, для личностного роста и повышения уверенности. Хотя изучение языков может быть сложной задачей и трудным в управлении, оно, безусловно, имеет множество преимуществ во всех сферах глобализированного мира. Эта статья иллюстрирует эти преимущества и призывает стать полиглотом.

Ключевые слова. Когнитивные способности, понимание культуры, коммуникативные навыки, языковые ситуации, двуязычное или многоязычное владение языком, критическое мышление, сохранение памяти.

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INTRODUCTION.

Being multilingual is an amazing and fulfilling experience that provides endless chances for comprehension and communication. A polyglot is a person who speaks multiple languages fluently, typically because of extensive exposure to different linguistic situations, practice, and study. Being able to converse with people from many cultures and backgrounds is one of the main advantages of being polyglot. Not only does language facilitate communication, but it also provides access to a multitude of viewpoints, customs, and lifestyles. Polyglots have the ability to communicate with people from all over the world and dissolve barriers by speaking numerous languages.

Additionally, cognitive talents like memory, problem solving, and multitasking can all be improved by becoming polyglot. It can enhance general brain function and cognitive development to acquire new languages, which call for mental flexibility and adaptation. Research has indicated that persons who are bilingual or multilingual have superior attention regulation, task switching, and problem-solving ability in comparison to those who are monolingual (Marian & Shook, 2012).

Being a polyglot, though, has its own set of challenges. Being multilingual demands commitment of time, effort, and attention. It might be difficult to balance several language study regimens at once, which can cause dissatisfaction or exhaustion. It also takes regular practice and exposure to native speakers to sustain competency in any language over time.

The Benefits of Being Polyglot

Speaking more than one language, or being a polyglot, has been associated with various cognitive advantages. A few of these are as follows:

1. Better multitasking abilities: People who speak multiple languages are frequently more adept at juggling several tasks at once and managing multiple bits of information (Poarch & Bialystok, 2015).
2. Improved problem-solving abilities: Linguistic proficiency and critical thinking are two areas where learning a new language can make a difference (Shirkhani & Fahim, 2011).
3. Improved memory retention: Research has indicated that bilingual or multilingual people frequently have stronger recall and memory capacities than monolingual people do (Yang, 2017).

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4. Enhanced cognitive flexibility: Being polyglot helps improve cognitive flexibility, which is the capacity to change one's perspective and adjust to novel circumstances (Yang, 2023).

5. Delayed start of dementia: Studies have indicated that bilingualism may help postpone dementia and Alzheimer's disease by a number of years, presumably because multilingualism increases cognitive reserve (Guzmán-Vélez & Tranel, 2015).

In the modern global world of today, speaking various languages can lead to a variety of professional prospects. Employers are increasingly looking for workers with multilingual skills to assist in navigating global marketplaces and cultivating ties with clients from other nations. Being a polyglot, or someone who is fluent in multiple languages, can provide several professional advantages:

1. More career options: Speaking more than one language can lead to opportunities in a variety of industries, including international business, translation, interpreting, and diplomacy.

2. Competitive advantage: Gain an advantage over other candidates who might only know one language in the globalized world of today by being able to communicate in numerous languages. Workers with intercultural and language sensitivity are highly valued by employers.

3. Enhanced communication abilities: Learning several languages can help become more proficient in all areas of communication. In any professional context where good communication is essential, this might be helpful.

4. Cultural Understanding: Being polyglot makes it easier to comprehend and value various civilizations. Working with varied groups of people is a must in many occupations, thus having this cultural understanding can be advantageous.

5. Opportunities for networking: Being able to speak more than one language will enable to connect with people in more places and nations. This can help advance career and make more contacts that are professional.

Different societies have different cultural perceptions of polyglots. The capacity to converse in various languages is considered as a desirable skill that opens up chances for travel, employment, and personal relationships, and in certain cultures, polyglots are widely appreciated and valued for this ability. Since their ability to speak multiple languages is frequently perceived as a sign of privilege or

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elitism, polyglots may be looked down upon or envied in other cultures (Eva Alcón Soler et al., 2007).

Polyglots, on the other hand, are frequently regarded as culturally flexible, accepting people who have a great respect for many languages and cultures. They are viewed as capable of bridging gaps and fostering cultural understanding and communication between individuals from various backgrounds. Being multilingual can help people negotiate different cultural environments and establish deeper connections with others. In today's globalized society, polyglots are increasingly valued for their traits (Language, 2024).

Learning and mastering numerous languages can lead to personal growth and enhanced confidence for those who are polyglots (TalkPal, 2023). This is because being multilingual enables them to interact with a greater variety of individuals, comprehend various cultures, and handle a variety of circumstances with greater effectiveness. Furthermore, the cognitive advantages of language learning can also support self-improvement and boost self-assurance.

CONCLUSION

Finally, having multiple languages is a great advantage that goes well beyond language skills. Enhancing cognitive capacities, fostering cultural awareness, improving communication skills, opening up professional options, promoting personal growth and self-confidence, and even enriching travel experiences are just a few of the benefits it can have. All things considered, being polyglot is an incredibly useful ability that has numerous advantages in both personal and professional spheres.

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