

WHY READING MAKES US THINK DIFFERENTLY

Esanova Sevinch Sayidjon qizi

Student of Navoi State University, Faculty of languages

Shavkatov Sherzod Shavkatovich

Scientific adviser: Teacher at the Department of Practical English,

Navoi State Of University

<https://doi.org/10.5281/zenodo.18298822>

Abstract

This article discusses how reading books fascinating changes the way we think and see the world. It looks at how reading helps to develop our critical thinking and perspective-shifting. By looking at how the mind works during reading something, the study shows that readers have better focus, more empathy and a stronger imagination than non-readers.

Keywords: Reading culture, cognitive development, deep reading, neuroplasticity, empathy, educational reforms.

Introduction

The 21st century has brought us an unconvincing amount of information, but it has also made our attention intervals shorter. We are constantly surrounded by environmental and socio- economic challenges that require serious and collective action. However, to solve these problems, we first need a brain that can think deeply. In this article examines how the simple act of reading a book can be provide an extensive understanding of the complexities of the word around us.

Reading is far more than just looking at words on a page. It is contemporary process tied to the overall development of humanity. It involves the prevention of “mental laziness” and helps us navigate the negative consequences of our fast- paced technological progress. These cognitive changes are mandatory changes are crucial because of the global significance of socio-cultural processes occurring across the word.

The human side of cognitive change

When we talk about how reading changes us, we can lood at four main ideas:

1. A workout for the brain: Just like muscles, the brain needs exercise. Regular reading strengthens the connections between different brain regions ,makes us faster at processing information and better at remembering what we learn.

2.Developing a “Social Heart”: One of the most beautiful things about reading is how it lets us live a thousand magical lives. Literary fiction allows readers to understand diverse intentions and emotions, enhancing social intelligence.

3.Staying focused in a distracted world: Deep reading is an antidote to the “scroll culture”. It trains our minds to follow complex arguments and stay focused on a single task for a long time.

4.Protecting our nature and future: Reading about environment and human- nature relations helps us understand urgent issues like the depletion of the ozone layer or the shrinking of seas like the Aral Sea.It makes us more responsible citizens.

Uzbekistan and the Development of a Reading nation

The first President of Uzbekistan, Islam Karimov, consistently emphasized the importance of intellectual security and stability in his works and speeches at international forums. He drew global attention to the significance of resolving cultural and educational issues to ensure

progress. Globalization reflects a new stage in human development ,and Uzbekistan has embraced this by prioritizing the youth’s intellectual growth .

Under President Shavkat Mirziyoyev’s leadership, the principle “From the Strategy of Action to the Strategy of Development “ was established ,forming the basis for the 2022-2026 Development and accelerating reforms in the educational sphere. In the his speech at the 72nd session of the UN General Assembly, President Mirziyoyev emphasized the UN’s crucial role in ensuring global security through enlightenment and combating ignorance. Developed nations allocate significant financial resources to these issues and the Uzbekistan is following this path to ensure a bright future for its people.

Conclusion

To wrap up, analyzing the way we think requires us to understand the scale and social significance of our habits. Reading is a unique characteristic of human intelligence that requires different forms of cooperation between the heart and the mind. It is the bridge that connects our local issues to global solutions. If we want to build a better future, we must start by opening a book.

Adabiyotlar, References, Литературы:

1. Karimov, I Uzbekistan on the Threshold of the 21st Century: Threats to Security, Conditions for Stability, Guarantees of Development –Tashkent ,1997
2. Mirziyoyev, Sh. Address to the Oliy Majlis of the Republic of Uzbekistan. –Tashkent,2017
3. Wolf,M .Proust and the Squid : The story and Science of the reading Brain. –Harper, 2007