

# The theoretical foundations of cognitive linguistics, and the relationship between language and mind

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**Abstract:** Cognitive linguistics is a branch of linguistics that studies the interrelationship between language and the human mind. It examines the meanings and concepts embedded in language in connection with human cognition, perceptual processes, and mental mechanisms. Language and thought are interconnected—language is not merely a means of communication but also reflects how humans perceive and interpret the world. This article explores the theoretical foundations of cognitive linguistics, as well as the relationship between language and the mind, and analyzes relevant data to provide a comprehensive understanding of this field.

**Keywords:** Cognitive linguistics, language and mind, conceptualization, human cognition, perceptual processes, theoretical foundations, language and thought, cognitive mechanisms.

**Introduction:** Cognitive linguistics is a branch of linguistics that studies the relationship between language and the mind, the role of language in conceptualizing and categorizing the world, its connection to cognitive processes and the generalization of human experience, as well as its interaction with individual cognitive abilities. It examines language as a cognitive phenomenon and explores the various forms of mutual influence between language and cognition. Cognitive linguistics is a cluster of closely related approaches that study language as a mental phenomenon. It emerged as a distinct linguistic school in the 1970s, challenging traditional formalist and structuralist perspectives by emphasizing the cognitive processes underlying language use.

The word "cognitive" comes from "perception" and the Latin *Cognitio* "learning". It is used in several complex scientific terms in connection with the cognitive abilities of one person or another. In the introduction to *Cognitive Linguistics: Basic Readings* (2006), linguist Dirk Geeraerts distinguishes between a broad interpretation of cognitive linguistics, referring to all approaches that study natural language as a cognitive phenomenon, and a more specific sense of the term,

which refers to the scholarly framework known as "cognitive linguistics" within the field of linguistics.

A cognitive process is an action in which the human mind processes and filters information coming from outside. Also, cognitive processes occurring in the human brain include sorting and mastering relevant information that is remotely comparable to the work of modern computers.

Modern linguistics-isolated, treated not language as an object, but science as a member of mental human activity. learning in mind, mental states and processes involve cognitivism thought. knowledge and this field examines knowledge, perception in the process of human activity in the world. Knowledge is based on the methods of linguistics, knowledge and nature. The study of the language is carried out with the use of such humanitarian funds. In this sense, the opposite is quantitative linguistics. among the methods of learning within the discipline is the application of quantitative mathematical tools.

Language is the most important link in the process of experimenting with categories of collection and preservation of human relations with the world. Therefore, its operation is largely based on psychological mechanisms. In addition, each

experience is based on memory and perception. Thus, language learning is impossible without taking into account the peculiarities of the processes of sensitivity, learning is carried out within the framework of psychology. It should be noted, however, that the relationship between language and psychologists met certain obstacles. These two humanities are mainly of outstanding diversity with the methodology of the sciences (psychology and Linguistics).

The theoretical foundations of cognitive linguistics are based on research in cognitive science, psychology, and neurobiology. While traditional generative grammar theories treat language as a distinct modulus of human consciousness, cognitive linguistics argues that language structures are formed under the influence of general cognitive abilities.

The relationship between language and consciousness is one of the main areas of research in cognitive linguistics. This direction studies how language conceptualizes human reality, categorizes experiences, and creates meanings. An important place in this regard is occupied by the Sapir-Whorf hypothesis, which promotes the fact that language can shape thinking, but modern studies show that this connection is bilateral – not only language affects thinking, but also thinking affects linguistic structures.

The first place in this is the systematic classification and interpretation of the principles of the human language acquisition mechanism and the structure of linguistic knowledge. Accordingly, in cognitive linguistics, the focus is on the study of:

- The acquisition of language and the principles of its structure, as well as the manifestation of mental characteristics.
- Cognitive interpretation of the use of language units.
- Cognitive mechanism of perception.

In cognitive linguistics, the description and interpretation of the internal cognitive structure and dynamics of the person to whom the speaker or speech is directed is one of the main issues. The tasks envisaged by cognitive linguistics include not only the systematic representation of linguistic phenomena, but also the research of this system and the introduction of its basic principles. It is considered important for a cognitive linguist to understand what the mental representation of language knowledge should be and how this knowledge is processed cognitively and what the "cognitive reality" will be. It has been showed that the following main areas of cognitive linguistics exist today:

- the biological theory of cognition;

- the bio-cultural theory of cognition;
- the theory of artificial intelligence creation;
- the direction of cognitive semantics.

Research in the fields of semasiology, semasiological grammar, logical analysis, speech thinking, onomasiology, psychology, and hermeneutic orientation in linguistics provided a scientific theoretical foundation for the development of cognitive linguistics. The necessity for linguistics to collaborate with cognitive disciplines like psychology, logic, and theory of cognition has grown in the modern era. In addition to introducing linguistics into the discipline of cognitology, which studies the issues surrounding human thought processes, this collaboration enhanced linguistics by introducing the field of cognitive linguistics.

A subfield of linguistics called cognitive linguistics examines how people see, know, and comprehend the world. He explains language as a view of the human mind and investigates the intricate connection between language and thought. Conceptualization, mental mapping, the relationship between language and mind, the reliance of linguistic units on semantic structures, and theories of metaphor are important ideas in cognitive linguistics. The fields of cognitive science, psychology, and neurobiology have a significant impact on the development of this path.

When examining the relationship between language and consciousness, cognitive metaphor theory is crucial. According to this idea, which was mainly developed by George Leikoff and Mark Johnson, language concepts and units are produced metaphorically. For instance, the conceptual metaphor "time-mone," which is based on how people view time as an economic resource, is present in many languages. Additionally, the ideas of the mental model and concept hold a significant position in cognitive linguistics. The notion is the primary way that human cognition stores and processes information, and it varies depending on the culture. For instance, because the term "home" is linked to cultural and historical elements, it might mean different things to different people.

In contrast to classical linguistics, cognitive linguistics investigates both the language system and the underlying perceptual mechanisms. He also explains linguistic phenomena using methods from neuroscience and experimental psychology. These days, computer linguistics and artificial intelligence both make extensive use of cognitive linguistics concepts.

Cognitive approach concerns in linguistics include

language and thinking, word meaning, the difficulty of its interplay, the development of different knowledge structures through conceptualization and classification, and how these structures emerge in language. The goal of the categorization process in language is to group related phenomena into more expansive notions, or categories. At the same time, classification is a cognitive activity that involves assigning an imaginary ratio to a particular category.

## **CONCLUSION**

In conclusion, cognitive linguistics is an important scientific area that studies the deep connection between language and consciousness, explaining how language is formed and how it works by analyzing human thought and cognitive processes. This direction is inextricably linked not only with linguistics, but also with other disciplines such as psychology, neurobiology and artificial intelligence. Thus, cognitive linguistics is not limited to theoretical studies, but is also of practical importance. It serves as a key to understanding the complex relationship between language and thought and helps to form new approaches in different areas of science.

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