

PSYCHOLOGICAL CHARACTERISTICS OF READING

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ABSTRACT

This article examines the psychological characteristics of reading in foreign language classes, and also suggests the positive impact of reading on human activity and effective ways to overcome life's difficulties. And also, attention is paid to the psychological characteristics of reading, analysis of its definition and classification in the scientific literature. The positive influence of reading on human activity and ways to overcome life's difficulties is proposed.

Keywords: Foreign Language, The German Language, method, education, psychology, development, types of speech activity, reading.”

Introduction

As it is known, in the process of reading we try to understand and extract information contained in the text. This type of speech activity in human history arose simultaneously with writing approximately five thousand years ago in Mesopotamia by the Sumerians, i.e. much later than speaking and listening. Initially, the Sumerians wrote with sharpened sticks, squeezing wedge-shaped strokes on clay tablets. With the advent of writing came reading. Subsequently, this type of written speech became the main means of communication and cognition.

In this article we will try to describe in more detail the psychological characteristics and characteristics of types of reading in a number of scientific disciplines. And also, it will study and determine what happens in the human brain during and after reading texts of various types.

LITRATURE REVIEW

According to I.A. Zimnyaya, “reading is an active, purposeful, motivated, objective (content-based) motivational process of issuance and (or) reception, formed and formulated through linguistic thought (expression of will, expression of feelings, aimed at the communicative and cognitive activity of a person in the process of communication" [3].

As is known, such a concept as a receptive type of speech activity is interpreted as the semantic perception of a written text, the result of which is understanding. “From a psychological point of view, reading is a process consisting of reading technique and reading comprehension. Reading comprehension is related to reading technique as a goal and a means. Comprehension when reading is a process of penetration into the content of a text by establishing connections between its elements, one of the types of human mental activity.

The reader does not simply extract ready-made information, he compares the meaning of what he reads with his experience, existing information and knowledge". [1].

Following E.G. Azimov A.N. Shchukin, we understand the following: "Reading is always aimed at perceiving a ready-made speech message (and not at creating it), at obtaining information, therefore it is classified as a receptive type of speech activity. The peculiarity of reading is that the assessment of the success of its implementation is subjective and is expressed in the reader's satisfaction with the result obtained - the achieved degree of completeness and accuracy of understanding" [2].

RESEARCH METHODOLOGY

As is known, in the methodology of teaching foreign languages there are four main types of speech activity - listening, speaking, reading and writing. Accordingly, they can be divided into oral and written, i.e. oral types of speech activity include listening and speaking, and written types of speech activity include reading and writing.

The article uses a comparative analysis of literature on the topic, a comparative typological method in the study of general and national features of figurative means in foreign texts, component analysis, which includes a multi-stage identification and definitional analysis when reading the original text, state educational standards, educational and work programs, foreign studying textbooks and teaching aids on language teaching methods, observation, interviews, questionnaires, surveys, testing experiments and other methods.

ANALYSIS AND RESULTS

Speaking about the psychological characteristics of reading, first of all, we mean the understanding of various texts by readers, provided that they have formed and stored in memory, i.e. speech mental assessment, pre-formed by a person, meaning that he has already encountered texts with a similar structure in functional styles (colloquial, scientific, official business, journalistic, artistic), and has also previously built such models and their modifications.

One should take into account the fact that reading acquisition refers to linguistic features, i.e. the process of processing written text is observed. From the point of view of psychology, this strategy is considered a result of performing various tasks. These tasks are gradually acquired in learning a foreign language and, as a result, there is a transition to skills of an automatic and perceptual nature.

When considering the psychological feature of a (foreign language) text, attention should be paid to such a mechanism as forecasting. The teacher's ability to predict a certain text implies the verbal and semantic aspects of speech. The forecasting process depends on the reader's or teacher's accumulated experience in understanding texts of a different nature, i.e. The more we read, the more we penetrate into the essence of the issue being studied. This mechanism plays an important role in acquiring scientific and artistic texts, in which structure, clarity and regularity of presentation are observed.

Firstly, regular reading contributes to the development of thinking ability, which is a factor in determining human vitality.

Secondly, According to the results of a psychological study conducted at Yale University in New Haven, USA, in 2016, a person's stress levels are significantly reduced by regular reading. Whoever begins to read calms down and improves the functioning of the heart and blood vessels. Education can extend a person's life regardless of gender, financial well-being, level of education and medical care. This is stated in a study conducted by scientists from Yale University (USA) Evny Bavishi, Martin D. Slade, Becca R. Levy, after analyzing data from 3635 people over 50 years of age, a conclusion was made [7].

Also, in the course of research by American scientists, it was found that women with higher education and higher incomes read more books. [7]. According to the authors of the study, it is books that have a beneficial effect on health; reading newspapers and magazines does not lead to the same result. "This effect is often due to the fact that the reader's mind is more engaged when reading a book than when reading a newspaper or magazine," said Evni Bavishi in an interview on the program "Book up for a longer life: readers die later, study finds" for the magazine The Guardian.

The scientist also added the following: "We were surprised by the positive effect of reading books on human health more than reading the media," adds E. Bavishi. That is, reading a specific work of fiction requires more time than any newspaper or magazine, which encourages the reader to empathize with the events in the work for a long time [7].

Jeanne Chall's article "Learning to Read: The Great Debate" reveals the role of reading for children from disadvantaged backgrounds. Chall spent three years visiting hundreds of classrooms, analyzing research and reviewing textbooks; she interviewed textbook authors, reading specialists, and teachers. Chall found that for beginning readers, knowing letters and sounds has a greater impact on reading achievement than the child's tested intelligence or IQ [8].

Reading has a certain positive effect on brain activity, in contrast to other types of speech activity, that is, listening and visual perception. Of course, thanks to reading, a person becomes more mature, so this type of speech activity improves memory, reduces stress, and develops emotional intelligence.

Thirdly, reading speech activity strengthens the ability to concentrate. Reading stimulates brain cells to improve their activity and helps develop cognitive skills and quick thinking. Detective and crime novels are especially important in this process, as they develop skills of better observation and attentiveness. For example, the Belgian Hercule Poirot, the hero of Agatha Christie's novel Poirot's Investigation, follows his own unique style. Even small details cannot escape him. Poirot, who has an excellent memory, does not disdain controversial tricks: conducting psychological experiments on suspects, searching their belongings or reading other people's letters. The Belgian's actions always horrify one of his partners, a true English gentleman, Captain Hastings. But the means for Poirot are always secondary, and the reader always witnesses that his highest goal is the desire of the next detective to get to the bottom of the truth and restore justice [9].

Fourthly, negative aspects in a person (fear, anger) lead to a complete failure of the immune system. Therefore, it would not be a mistake to say that the main factor in getting out of this situation is fiction. As a result, the reader develops empathy, that is, a feeling of feeling the role of the hero of a literary work.

Fifth, reading is of great importance in education in general, that is, it increases knowledge, vocabulary, and improves comprehension. Of course, studies on the benefits of reading are not only related to the field of psychology and pedagogy, but also in the field of economics. According to the research of scientists from the University of Surrey, the UK, "They conclude that those who voluntarily read at least ten books at a young age will later earn about 21 percent more." [10]

DISCUSSION

Time spent reading is ultimately a major factor in a person's longevity. So, by reading regularly, a person tries to overcome a negative emotional state and eventually comes out of this state. We can observe that in the process of reading it is a process of perceiving speech information expressed in literal symbols and noticing its content, through which students receive content from a written text in a foreign language, i.e. spiritual nourishment and try to think creatively.

CONCLUSION

To summarize, we can say that as a result of the analysis of foreign scientific literature, it is shown that it is desirable for the reader to read fiction not only in their native language, but also in other foreign languages. It was also established that this receptive speech activity was studied as an object of research within the framework of methods of teaching a foreign language, psychology, neuropsychology, pathopsychology and other disciplines. As a result, reading books is more important than periodicals in creating the basis for human survival.

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