

## THE INFLUENCE OF BILINGUALISM ON THE PROCESS OF SPEECH PRODUCTION

**Norboboyeva Munajat Oybek qizi**

*2nd year student at the faculty of Foreign language and Literature: English language  
Uzbekistan State World Languages University.*

[munajatnorboboyeva3@gmail.com](mailto:munajatnorboboyeva3@gmail.com)

**Supervisor: Rakhmonova Sardora Muminjanovna**

*Senior Teacher at the Uzbekistan State World Languages University.*

[sardorarakhmonova@gmail.com](mailto:sardorarakhmonova@gmail.com)

**Annotation:** *This article provides a theoretical analysis of the impact of bilingualism on the speech production process. The simultaneous activation of two linguistic systems in a bilingual individual leads to specific features in speech formulation, language selection, and expression. The paper discusses attention control, code-switching, and interference phenomena among bilinguals, as well as the cognitive advantages of bilingualism.*

**Keywords:** *bilingualism, speech production, code-switching, interference, cognitive process, psycholinguistics.*

**Аннотация :** *В данной статье теоретически рассматривается влияние билингвизма на процесс порождения речи. Активное функционирование двух языковых систем в сознании билингва приводит к особенностям в построении высказываний, выборе языка и процессе говорения. В работе анализируются явления переключения кодов, интерференции, а также когнитивные преимущества билингвизма.*

**Ключевые слова:** *билингвизм, порождение речи, переключение кодов, интерференция, когнитивные процессы, психолингвистика.*

**Annotatsiya:** *Ushbu maqolada ikki tillilik (bilingualizm) hodisasining inson nutq ishlab chiqish jarayoniga ta'siri nazariy jihatdan tahlil qilinadi. Ikki tilli shaxsning ongida ikki til tizimi bir vaqtda faol bo'lishi natijasida nutq tuzish, til tanlash va so'zlash jarayonlarida o'ziga xos xususiyatlar yuzaga keladi. Maqolada bilingvallarda diqqatni boshqarish, kod-almashuv va interferensiya hodisalari, shuningdek, ikki tillilikning kognitiv afzalliklari haqida so'z yuritiladi.*

**Kalit so'zlar:** *ikki tillilik, bilingualizm, nutq ishlab chiqish, kod-almashuv, interferensiya, kognitiv jarayon, psixolingvistika.*

**Introduction.** In recent decades, communication between people of different languages and cultures has expanded rapidly around the world. This global interaction has naturally led to the wide spread of bilingualism. Today, in many countries — including Uzbekistan — people are able to speak, read, and think in more than one language. This situation is not only a means of communication, but also an important factor that influences human thinking, cognition, and the mechanism of speech production. Language is the main form of expressing human thought. The process of turning ideas into words and structuring them grammatically is called speech

production. This process occurs in the brain and includes several stages such as lexical selection, grammatical formulation, and articulation.

For bilingual people, speech production becomes more complex because two language systems are active at the same time. For example, an Uzbek-Russian bilingual who wants to say “kitob” may also automatically recall the Russian equivalent “книга.” At this point, the brain must choose one language while suppressing the other. This affects speech speed, accuracy, and attention control. Bilingualism is not only a linguistic phenomenon but also a psychological and social one. The choice of which language to use depends on the situation, the topic, and the speaker’s emotional state. Studying how bilinguals produce speech therefore helps us understand both linguistic and cognitive mechanisms. Thus, bilingualism is not simply speaking two languages; it is a dynamic process of balancing between two linguistic and cultural systems. Understanding how bilingual speakers manage this process and how it influences speech production is an important issue for linguistics and psycholinguistics.

### The Nature of Bilingualism

Asosiy qism. Bilingualism can appear in different forms. Some people grow up with two languages from early childhood, while others learn a second language later through education or work. Early bilinguals usually have similar proficiency in both languages, while late bilinguals often have one dominant language. In the Uzbek context, many students are exposed to Uzbek at home and English or Russian at school. This situation leads to the development of two active language systems that interact constantly. François Grosjean (2010) notes that bilinguals should not be viewed as two monolinguals in one person, but as individuals with a unique, integrated linguistic competence that allows them to adapt flexibly to communicative needs. For instance, a student may say:

“Men bilmasdan noutbukimni uyda unutib qoldirdim”

The use of notebook (daftar) in an Uzbek sentence shows that both languages are active in the speaker’s mind, reflecting natural code-switching behavior.

### The Effect of Bilingualism on Speech Production

According to Levelt’s (1989) model, speech production includes three main stages: conceptualization, formulation, and articulation. Bilinguals must perform these stages while controlling two languages simultaneously. When a bilingual person wants to express an idea, both language systems are activated. For instance, when saying “book,” the brain may also activate “kitob.” The bilingual must inhibit one option and select the other, which requires more mental effort. This constant switching and control can slightly slow down speech but at the same time strengthens attention and mental flexibility.

Bilingual speakers often experience tip-of-the-tongue moments — when they know a word but cannot recall it immediately. However, such delays are balanced by better cognitive control and problem-solving skills. Researchers found that bilinguals are generally faster in tasks that require ignoring irrelevant information and focusing attention on one target.

### Cognitive Aspects of Bilingualism

Bilingualism deeply affects cognitive processes such as attention, memory, and decision-making. Regularly managing two active languages strengthens the brain's executive control system. This enables bilinguals to switch between tasks more efficiently and ignore unnecessary stimuli. For example, in psychological tests like the Stroop task, bilinguals usually react faster than monolinguals because they are used to resolving linguistic conflicts in daily communication. Their ability to focus on the relevant language while suppressing the other helps improve general attention control. In addition, bilinguals have higher metalinguistic awareness — they can think about how language works and analyze linguistic structures more consciously. A bilingual child, for example, can easily understand that cat and mushuk refer to the same concept, which helps them learn additional languages more easily in the future.

#### Code-Switching: A Natural Feature of Bilingual Speech

One of the most interesting characteristics of bilingual communication is code-switching, which means alternating between two languages in the same conversation or sentence. For example:

“Biz bugun meetingga bormasak bo‘lmaydi.”

(“We really have to go to the meeting today.”)

This phenomenon does not indicate a lack of language knowledge. Rather, it serves important social and expressive functions. Bilinguals often switch codes to:

express emotions more precisely (“O, bu so funny edi!”),

show identity or solidarity,

language lacks an appropriate term.

adapt to the conversation context, or fill lexical gaps

When one In bilingual societies, such as Uzbekistan, code-switching is a natural form of speech, especially among young people who use English terms in daily Uzbek or Russian sentences. It reflects cultural blending and linguistic creativity.

#### Interference and Language Mixing

While code-switching is purposeful, interference refers to unintentional influence of one language on another. It can appear in pronunciation, grammar, or vocabulary. Some common examples include:

“I very like this book” (Uzbek word order influencing English syntax);

“Close the light” instead of “Turn off the light” (literal translation);

or pronouncing English “thing” as /ting/ due to absence of the /θ/ sound in Uzbek.

Such interference is common during language acquisition but decreases with experience. Linguists argue that mild interference reflects the natural interaction between two active language systems rather than a failure.

#### Advantages of Bilingualism in Cognition and Communication

Although bilinguals face some linguistic challenges, they gain major cognitive and social benefits. Studies show that bilinguals:

have better attention control and multitasking skills;

develop stronger working memory;

show higher creativity and flexibility in problem-solving; and demonstrate greater cultural awareness and empathy.

Moreover, researchers found that bilingual older adults experience slower cognitive decline and delayed symptoms of dementia. Their constant practice in managing two languages keeps the brain active and resilient. In real life, bilinguals can adapt their communication styles easily. For example, an Uzbek-English bilingual can speak formally in English academic contexts but use emotional and expressive tones in Uzbek family settings — showing communicative flexibility across cultures.

Conclusion. Bilingualism has become an essential part of modern human experience. Managing two or more languages changes how people think, focus, and produce speech. Bilinguals constantly balance between two linguistic systems, which makes speech production a complex but enriching process. The bilingual mind demonstrates stronger cognitive control, greater mental flexibility, and enhanced attention management. Though bilinguals may sometimes hesitate or mix languages, these are natural signs of active mental processing. Therefore, bilingualism not only complicates speech production but also enriches it. It broadens human thought, deepens cultural understanding, and trains the brain to remain active. In today's multilingual world, developing bilingual or multilingual individuals is not only a cultural need but also a key factor for intellectual and cognitive growth.

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