

The Importance of Memory in the Process of Communication

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Abstract:

This article analyzes the role of memory in the communication process and its psychological and linguistic functions. It demonstrates how poor memory function or complete memory loss can lead to ineffective communication. Additionally, the influence of communication on memory is explored based on psychological experiments. The interaction between memory and communication, as well as the difficulties faced by individuals with memory loss in social communication, are illustrated through Zulfiya Qurolboy qizi's short story "Kuygan shahar" (The Burned City)*.

Keywords: memory, communication, psycholinguistics, linguistic tools, memory functions, psychological experiments.

Introduction

The communication process involves complex psychological and cognitive processes. Memory plays a crucial role in this process, as it allows individuals to retain and later use previously perceived and experienced information. Memory enables us to remember words and use them appropriately in different contexts. Therefore, the relationship between memory and communication has been widely studied by both linguists and psychologists.

Literature review

Linguists have mainly studied the influence of memory on communication. For instance, K. King researched the functional model of memory [1], while D. Yunuk and others focused on the memory characteristics of communication participants [5]. A. Todorov conducted an experiment to study the impact of communication on memory [2]. These studies provide a deeper understanding of the interaction between communication and memory.

The main part

Memory is the process of retaining information about what we have previously perceived, experienced, and done, and later recalling or remembering it.

It is impossible to imagine the communication process without the involvement of memory. Everything from the linguistic units we use during communication to how we respond to the participants in the conversation is closely related to the functional characteristics of memory.

It is well known that in learning foreign languages, memorizing words, retaining them, and being able to use them in communication is crucial. A similar process occurs not only with the foreign language being learned but also with one's native language. As a baby begins to understand the world, they gradually learn words, and later develop the habit of producing these words themselves. By "producing," we mean pronouncing words and using them appropriately in context. All of this happens in connection with memory. As a person grows, their vocabulary expands, and they reach a level where they can distinguish the stylistic and pragmatic features of linguistic tools.

Memory is not merely a mechanism for retaining words and linguistic patterns. In communication, it is not enough to simply retrieve words from a "storage" in the brain. The speaker selects and uses the appropriate linguistic tool only after assessing the speech situation. This process requires the collaboration of various cognitive functions such as thinking, perception, attention, and others, working alongside memory. Often, this process occurs automatically and so quickly that an ordinary person is unaware of the complex mental operations happening within their mind.

The relationship between memory and communication has been studied by both psychologists and linguists. For instance, K. King has researched the functional model of memory in communication [1], D. Yunuk and others have focused on the memory characteristics of communication participants [5], and A. Wray has conducted studies on the role of memory in communication [3].

Linguists have often studied the influence of memory on communication. However, psychologists have also conducted experiments on the reverse process, exploring how communication impacts memory. Notably, A. Todorov conducted an intriguing experiment that revealed how communication influences our memory. Todorov examined memory mechanisms in relation to communication contexts [2]. In the experiment, 48 students were asked to read an essay about a student named Donald, which contained seven pieces of neutral information that neither evaluated Donald positively nor negatively. Based on their own perspectives, the participants could interpret the information as either a positive or negative trait. At the end of the essay, they were asked to rate Donald on a seven-point scale, either positively or negatively, relying on the information they remembered. For instance, after reading a specific detail, the students had to decide whether Donald was independent or stubborn. On the day of the experiment, the participants were introduced to another student who claimed to have participated in the same experiment the previous year and said that the Donald mentioned in the essay was his classmate. The participants were divided into four groups. The "past-year" student told the first group that he liked Donald, and the second group that he didn't like Donald. In the third group, it was suggested that if the participants rated Donald positively, the past-year student would have an easier time recognizing him. Conversely, the fourth group was told that if they rated Donald negatively, the student would more easily identify him. The results showed that participants who were told that the past-year student liked Donald gave more positive ratings, while those who were told he didn't like Donald gave more negative evaluations. Based on these findings, Todorov concluded that communication acts influence memory. According to his research, the impact of the communication situation on memory cannot be altered—communication directly affects memory.

The weakening or poor functioning of memory can lead to ineffective communication. In some cases, a person who has lost their memory may not be able to communicate with anyone at all. For

this reason, memory and its impact on human communication remain highly relevant topics in modern psycholinguistics.

In Zulfiya Qurolboy qizi's short story "Kuygan shahar" (The Burned City), the main character is an elderly woman who has lost her memory and imagines herself living in the past. In her younger years, the woman worked at the market, often leaving her young children alone at home. One day, while she was at the market, her house caught fire, and only one of her sons survived. The traumatic experience caused her to lose her memory. As a result, even after many years, with her son now married and having children of his own, the woman still believes she is living in the time when her house burned down.

Yo'q, u telba emasdi. Uning xotirasi inqirozga uchragan, necha yillardan buyon ko'rlik dunyosidan ham battarroq bir zulmat ichida, olamdagi o'zgarishlardan bexabar, na kechaning, na bugunning farqiga bormasdan, yolg'iz, hattoki yolg'izdan yolg'iz, hududsiz zulmat ichida yashardi. Ong-shuurida hayotining faqat eng og'ir damlari – yigirma yil muqaddam, bozorda choy sotib tirikchilik o'tkazgan davri – xuddi halokatga uchragan vaqtning bir parchasiday qotib qolgan; yoshi bir yerga borgan, ro'zg'orning barcha tashvishlaridan qutilgan bo'lsa-da, hamon ilgariday, ya'ni oilaning butun tashvishlari o'z gardanida bo'lgan vaqtlardagiday kuyib-pishib yurar, holdan toyib yotib qolguncha bozordan beri kelmas, lekin hech qachon birovning moliga ko'z olaytirmas, o'zi o'qimagan va ongiga sig'dira olmagan sonmingta dunyoviy qonunlardan faqat bittasini – “Halol yasha”, deganini juda qattiq ushlab olgan, xuddi bitta to'g'ri chiziqli bo'ylab tinimsiz borib-kelayotganday yashar, kelajak esa... nazarida juda uzoqda, hech yetib bo'lmaydiganday tuyulardi...

The elderly woman does not call people by their real names, confusing them with others; this causes people to avoid speaking with her and even mock her. This misunderstanding and misidentification further isolate her, highlighting how memory loss can create social barriers and lead to loneliness, as others find it difficult to engage with or understand her reality.

Biroq kampir qorovul bilan so'rashmasdan o'tmaydi.

- ✓ *Yaxshi yuribsanmi, Boltavoy? Bola-chaqang omonmi?*
- ✓ *Ha, omon, omon. Omon bo'lmay nima... – yoqtirmayroq javob berdi qorovul. – Faqat siz qachon mening ismim Boltavoy emasligiga ahamiyat berarkansiz?*
- ✓ *Mening uycham ham omonmi, Boltavoy?*
- ✓ *Omon, omon. Ana, qo'qqayib turibdi. Eshik-derazalari berkitilgan bo'lsa, kim ham teginardi?*
- ✓ *Ha, yaxshi...*

In reality, the guard's name is not Boltavoy, but the elderly woman calls him that, which causes the guard to feel displeased. In this situation, it is important to consider subjective factors when interacting with people who have lost their memory. In the story, some characters, who sympathize with the elderly woman and understand that she has lost her memory, do not take offense at her behavior. Instead, they engage with her out of compassion.

This highlights the significance of empathy and understanding in communication with individuals suffering from memory loss, emphasizing the need to account for their mental state rather than responding with frustration or mockery.

- *Roziyaxon, mana qahvangiz, – kampir qaynoq hovur ko'tarilayotgan chashkani qirq besh-ellik yoshlardagi ayolga uzatdi. – Kecha bundan keyin sal quyuqroq damlang, degandingiz, mana, aytganingizday damladim.*

Kartoshka-piyoz qoplarining ustida o'tirgan Roziyaxon deganlari – uning ismi aslida Salimaxon, lekin kampir uni har doim Roziyaxon deb ataydi, u to'ladan kelgan, bilaklari larsillagan,

oytovoqday yuzida ko'zlari bir chiziqday bilinib-bilinmay turgan, shartakiroq ayol, – yoyilib iljaygancha kampirning qo'lidan chashkani olarkan:

- *O'zimning aqlli opoqimdan aylanay! – dedi go'yo qarshisida yetmish yashar kampir emas, yetti yashar bola turganday erkalab. – Oh, oh, hidini qarang, hidini... Ertaga yana shunaqasidan bo'lsin, xo'pmi?*
- *Xo'p.*

Salima-Roziya choychaqa uzatdi.

- *Endi boraqoling. Siz bilan valaqlashishga vaqtim yo'q.*

In fact, the elderly woman's confusion with names stems from her living in the past. She believes she is still in the same state she was twenty years ago. As a result, she calls people by the names of those who existed in that time—individuals she lived and worked with back then. Unaware of this, others try to argue with her and attempt to make her understand the current reality.

This scenario illustrates the challenges that arise when people are unaware of or insensitive to the mental state of individuals with memory loss. Their attempts to impose the truth on her, rather than understanding her condition, further complicate communication and can cause frustration for both parties.

- *Nimalar deb valdirayapsiz? Narimon boyvachcha deganlari kim o'zi? Bozorkom Sodiq boyvachcha-ku! Siz qaysi zamonda yashayotganingizni bilasizmi o'zi?!*

Janjalkashning shu uch og'iz gapi yetarli, kampir birdan quturib ketadi:

- *Hoy, manjalaqi, nima, meni esdan og'ib qolgan deyapsanmi?! Bozorning xo'jayini Narimon boyvachcha ekanligini bilmasang, yur, o'zim ko'rsatib qo'yaman!*

Kampir aravachasini uloqtirib yuboradi-yu, janjalkash tomon xezlanadi.

This demonstrates that memory is one of the essential psychological processes necessary for effective communication. Poor memory function negatively impacts the efficiency of communication. Memory is closely tied to emotions and manifests itself in ways that influence communication, shaping how individuals interact and respond to one another.

Conclusion

Memory is one of the key psychological processes in communication. Weak or impaired memory significantly affects the quality of communication. Therefore, the relationship between memory and communication remains a relevant topic in the field of psycholinguistics. Using the example of “Kuygan shahar” the challenges of social communication for individuals with memory loss are illustrated, further emphasizing the importance of memory in the communication process.

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