

WHY READING IS IMPORTANT?

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Abstract: Reading plays a crucial role in personal, academic, and social development. It is one of the most effective ways to acquire knowledge, develop critical thinking, and improve language skills. Through reading, individuals gain access to a wide range of information, ideas, and perspectives that shape their understanding of the world. In the modern information society, the ability to read and interpret texts is more important than ever. Reading helps people analyze information, form independent opinions, and participate actively in education and professional life.

Keywords: Reading, literacy, education, knowledge, cognitive development, vocabulary, critical thinking, lifelong learning, imagination, comprehension.

Annotatsiya: O'qish shaxsiy, akademik va ijtimoiy rivojlanishda muhim rol o'ynaydi. Bu bilim olish, tanqidiy fikrlashni rivojlantirish va til ko'nikmalarini oshirishning eng samarali usullaridan biridir. O'qish orqali shaxslar dunyoni tushunishlarini shakllantiradigan keng ko'lamlil ma'lumotlar, g'oyalar va nuqtai nazarlarga ega bo'ladilar. Zamonaviy axborot jamiyatida matnlarni o'qish va talqin qilish qobiliyati har qachongidan ham muhimroq. O'qish odamlarga ma'lumotni tahlil qilishga, mustaqil fikrlarni shakllantirishga va ta'lim va professional hayotda faol ishtirok etishga yordam beradi.

Kalit so'zlar: O'qish, savodxonlik, ta'lim, kognitiv rivojlanish, lug'at, tanqidiy fikrlash, umrbod ta'lim, tasavvur, tushunish

Introduction:

Reading is one of the most fundamental skills that people develop during their education. It allows individuals to access knowledge, understand complex ideas, and communicate effectively. In today's rapidly changing world, where information is constantly expanding, reading has become even more important. It is not only a tool for learning but also a way to develop intellectual abilities and personal growth.

From an early age, reading helps children build language skills and improve their understanding of the world around them. Books, articles, and other written materials provide valuable information and encourage curiosity. As people continue to read, they gain new perspectives and develop the ability to think critically about different topics.

Furthermore, reading supports academic success and professional development. Students who read regularly tend to perform better in school because they understand texts more easily and can analyze information effectively. For these reasons, reading remains an essential component of education and lifelong learning.

Literature Review and Methods: Many scholars have examined the importance of reading in language learning and academic success. For example, linguist Paul Nation emphasized that extensive reading is one of the most effective ways to develop vocabulary knowledge and language proficiency. His research shows that learners who regularly read texts appropriate to their level encounter new vocabulary repeatedly, which helps them internalize words and improve comprehension.

Similarly, reading researcher Jane Oakhill highlighted that reading comprehension depends



on several cognitive processes such as inference making, memory, and understanding relationships between ideas in a text. According to her studies, students who lack these skills often struggle to fully understand written materials.

In addition, research by Joseph Torgesen demonstrated that early reading instruction focusing on phonemic awareness, vocabulary, and comprehension strategies significantly reduces reading difficulties among children. His work influenced modern literacy education programs and assessment tools used to identify reading challenges.

The methodology used in many studies about reading habits typically includes surveys, questionnaires, and experimental classroom observations. Researchers analyze students' reading frequency, reading preferences, and academic performance. Some studies also use pre-tests and post-tests to measure improvements in vocabulary knowledge and comprehension after reading programs.

For example, several studies selected groups of students who participated in extensive reading programs and compared their academic results before and after the intervention. These methods allow researchers to determine the influence of reading on language development, vocabulary acquisition, and academic success.

Results: The results of various studies confirm that reading has a significant impact on students' academic achievement and language development. Several empirical studies show that students who read regularly demonstrate higher levels of vocabulary knowledge, comprehension ability, and writing proficiency.

For instance, research on extensive reading programs found a strong positive correlation between reading frequency and writing performance, indicating that students who read more frequently tend to produce better academic writing.

Other studies also show that reading habits significantly influence comprehension skills. Researchers such as Patel and Jain and Banditvilai found that students with consistent reading habits achieved better reading comprehension scores and overall academic performance.

Similarly, a longitudinal study conducted by Kim and Kapitanoff demonstrated that students who engaged in leisure reading showed improved reading proficiency and higher academic achievement compared with students who rarely read.

Research also indicates that vocabulary knowledge plays a crucial role in reading efficiency. Studies show a strong correlation between vocabulary breadth and reading comprehension ability. Students with larger vocabularies can process texts more efficiently and understand complex ideas more easily.

Furthermore, studies examining reading habits and academic performance reveal moderate to strong positive correlations between reading frequency and educational success. Students who regularly read books and academic texts tend to develop better study skills, analytical thinking, and overall academic achievement.

Overall, these results confirm that reading not only improves language skills but also contributes to intellectual development, academic success, and cognitive growth.

Discussion: The findings discussed in this study demonstrate that reading plays a crucial role in academic and intellectual development. The works of researchers such as Paul Nation, Jane Oakhill, and Joseph Torgesen provide strong evidence that reading improves vocabulary knowledge, comprehension, and cognitive skills.

The results from different empirical studies consistently show that students who develop strong reading habits perform better academically. Reading exposes learners to a large amount of vocabulary, sentence structures, and ideas, which enhances their language proficiency and analytical thinking abilities.

Another important point highlighted in the literature is the connection between reading



comprehension and vocabulary development. Research indicates that students with larger vocabularies can interpret texts more effectively and understand complex concepts more easily. This supports the argument that reading is essential for language learning and academic success.

However, modern technological changes have influenced reading habits. Many students now prefer short digital content instead of long texts. While digital resources provide easy access to information, they may reduce deep reading practices. Therefore, educators should encourage balanced reading habits that include books, academic articles, and meaningful texts.

Overall, promoting reading culture among students remains a key strategy for improving education and developing critical thinking skills.

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