

Good news: Learning a foreign language helps increase brain elasticity

New findings show that people who are exposed to foreign languages have better elasticity.

Articles like new motivation for those who are already and will learn foreign languages.

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And to get this, a group of scientists conducted experiments on 22 students including 10 men and 12 women. Then, they were able to **measure EEG** electrodes with electrodes placed on their heads and let students listen to recordings of vocabulary about their mother tongue and other language vocabulary.

Experimental results show that, when listening to the group from the mother tongue, the students' brains are almost normal.



Photo source: Internet.

But conversely, when it comes to foreign vocabulary, the human brain region becomes more elastic, moving at a faster rate with the desired purpose of decoding grouped from there, meanwhile, electroencephalography data Physiological measurements from the neural system show that there are also signs of rapid and strong increase.

"These mechanisms will make our brains **more flexible, more resilient, more flexible,**" Yuriy Shtyrov, a researcher at the University of Helsinki, said in a statement.

Thus, the above experiment shows that learning foreign languages ??not only helps us improve the level and knowledge of the word itself but also helps the brain to be more elastic and more flexible. The above information is receiving interesting interest from many international medical experts.

Huynh Dung (According to Newkerala)

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