

Proceedings of International Educators Conference

Hosted online from Rome, Italy.

Date: 25th May - 2024

ISSN: 2835-396X

Website: econferenceseries.com

THE POWER OF PROVERBS IN LANGUAGE, CULTURE, AND COMMUNICATION

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Annotation:

This article gives information about the history of proverbs and why they are important in human life. Proverbs are short sayings that give advice or share wisdom. The article also looks at where proverbs come from, how they have changed over time, and their importance in today's world. Drawing on powerful insights from professional scientists, the article examines the cognitive and social benefits of using proverbs in speech and writing. The article also explains how using proverbs can help our brains and relationships with others. By giving examples of well-known proverbs and what they mean, I show how these sayings contain valuable lessons that apply to everyone, no matter where they come from. In the end, the article highlights how proverbs have a big impact on the way we speak, our cultures, and how we connect with each other.

Key words: proverbs, language, culture, communication, wisdom, advice, sayings, tradition, learning, connection, cultural heritage, shared knowledge, folk wisdom, proverbial expressions, cross-cultural communication.

Introduction:

Proverbs are like tools that help us share important ideas and build strong relationships with others. Proverbs are like little nuggets of old-school wisdom—short, punchy phrases that pack a lot of smarts. They're not just quick sayings; they're like mini life lessons that tell you about people, culture, and how to live well. These bite-sized bits of advice have been shared verbally and in writing for ages, crossing over language and culture lines to give us all a peek into what makes us tick, what we believe in, and what we've learned. Proverbs give helpful tips, advice, and moral teachings that tackle everyday problems, tough situations, and things we all



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understand, offering an insight into how people act and make decisions. Some people think old sayings are disappearing in modern cultures, but that's not true. While some old sayings are no longer used because they don't fit today's world, new sayings that reflect current values and situations are always being created. For example, an old saying about a shoemaker, "Let the cobbler stick to his last" doesn't make sense now because there are fewer shoemakers. Instead, people might say, "Stick to what you're good at" which means the same thing. New sayings like "Another day, another dollar" or "Garbage in, garbage out" are still being made today. So, sayings are still important and will continue to be used.

The real meaning of some proverbs:

The literal meaning of a proverb such as "Don't cry over spilled milk" does make sense on its own, but it's not until you apply this meaning to a broader set of situations that you understand the real point of the proverb. For example, "Don't cry over spilled milk" means "Don't get upset over something that has already been done. It's too late to worry about it now, just get on with your life."

A saying like "Don't cry over spilled milk" makes sense by itself, but you truly get its point when you think about it in different situations. For instance, this proverb is all about not getting all worked up about things that are already over and done with. Instead, just move forward and focus on what's ahead.

The saying "Where there's smoke, there's fire" is an old proverb that originated around 43 BCE, but it gained more popularity during the Renaissance period. This saying uses a metaphor to mean that if there are signs hinting at something wrong, there's a good chance that it's true.

The saying "Don't judge a book by its cover" means that things may not always be as they appear. This phrase reminds us not to form opinions about people based only on their appearance or outward behavior. Just, like a book with a simple cover can hold a fantastic story inside, individuals may surprise you with qualities or talents that aren't immediately visible. Therefore, it's important not to jump to conclusions about someone solely based on how they look or present themselves.

The saying "Rome wasn't built in a day" reminds us that good things take time to create. Rome, a magnificent city, was not constructed quickly; it took many years of hard work and patience to complete. Similarly, if you want to achieve something truly great and enduring, you must understand that it won't happen overnight. It may



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require days, weeks, or even months of dedication to do it well. So, don't rush the process. Take your time and focus on doing things properly for long-lasting results. Language learning: Wolfgang Mieder (2004) says that proverbs are useful for teaching because they contain valuable lessons. When learning a new language, proverbs help us understand the culture and meanings behind words. Experts also believe that using proverbs in English classes helps students communicate better. Proverbs come from different cultures and have been used for a long time, so they teach us about life. In language classes, teachers can use proverbs to teach speaking, writing, grammar, and more. Students can compare English proverbs with their own culture's proverbs, which makes learning more interesting. Using proverbs is a good way to introduce new cultures and values in class. Starting lessons with English proverbs can also make students more interested in learning. There's a saying in English that "Well begun is half done," meaning that starting well is important for success. Using interesting activities at the beginning of lessons helps keep students interested and motivated to learn more. To start a lesson well, a teacher should do something to make students happy and interested. This could be by doing fun activities or talking about English sayings. Comparing English sayings with sayings in Uzbek can also be helpful. For example, "East or West, Home is best" with an Uzbek proverb "O'z uying – o'lan to'shaging" This can make learning English more enjoyable and help students learn faster. A good beginning can lead to a successful and enjoyable learning time. To start a lesson well, a teacher can use sayings to help students with their pronunciation. Sayings can be helpful for practicing tricky sounds, especially ones that are not in Uzbek. Instead of just practicing individual words or phrases with certain sounds, the teacher can use sayings and proverbs in class. By repeating a saying over a couple of lessons, students can improve their pronunciation. It's important to choose sayings that focus on specific sounds. For example, for the sound "w", you can use sayings like "Where there is a will there is a way" or "Watch which way the cat jumps". For the sound "m", you can use sayings like "So many men, so many minds" or "To make a mountain out of a molehill". And for the sound "b", you can use sayings like "Don't burn your bridges behind you" or "Business before pleasure". This can make learning English more fun and help students get better at speaking.



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