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## **MEMORY: A POWERFUL WEAPON FOR PRESERVING THE PAST**

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### **Annotatsiya**

Mazkur mavzu inson xotirasining tarixni saqlab qolishdagi beqiyos ahamiyatini ochib beradi. Unda xotira nafaqat shaxsiy hayotdagi muhim voqealarni yodda saqlash vositasi, balki jamiyatning tarixiy, madaniy va ma'naviy merosini avloddan avlodga yetkazishda kuchli qurol ekani ta'kidlanadi. Shuningdek, insoniyat xotirasi orqali o'tmishdagi xatolardan saboq olish, haqiqatni tiklash hamda adolatni qaror toptirish mumkinligi muhim o'rin egallaydi. Mavzu doirasida xotiraning ijtimoiy ongdagi roli, tarixiy xotira va uni saqlashning turli usullari (og'zaki rivoyatlar, yozma manbalar, san'at asarlari va boshqalar) ham yoritiladi. Bu mavzu tarix, falsafa, adabiyot hamda ijtimoiy fanlar bilan bevosita bog'liq bo'lib, yoshlarda tarixiy ong va milliy g'ururni shakllantirishga xizmat qiladi.

### **Аннотация**

Данная тема раскрывает бесценную роль человеческой памяти в сохранении истории. Подчеркивается, что память служит не только для запоминания важных личных событий, но и является мощным оружием для передачи исторического, культурного и духовного наследия из поколения в поколение. Благодаря памяти человечество может извлекать уроки из ошибок прошлого, восстанавливать истину и утверждать справедливость. В теме также освещается роль памяти в формировании общественного сознания, а также различные способы её сохранения — устные предания, письменные источники, произведения искусства и другие формы. Эта тема тесно связана с историей, философией, литературой и общественными науками и способствует формированию исторического сознания и национальной гордости у молодежи.



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## Annotation

This topic explores the invaluable role of human memory in preserving history. It emphasizes that memory is not only a tool for recalling important personal events, but also a powerful weapon for passing on historical, cultural, and spiritual heritage from generation to generation. Through memory, humanity can learn from past mistakes, restore truth, and establish justice. The theme highlights the role of memory in shaping social consciousness, as well as various methods of preserving it—such as oral traditions, written sources, works of art, and more. This topic is closely linked to history, philosophy, literature, and social sciences, and contributes to fostering historical awareness and national pride among youth.

**Keywords:** identity, sensory memory, hippocampus, cortex, emotional memory, imagery memory, motor memory, verbal memory.

What do you think about the word "memory"? Where does it come from? If you are unsure, learn that the word "memory" actually comes from Arabic. Its original meanings refer to "to remember," "to recall," or "to retain in mind." Memory encompasses not only biological aspects but also psychological and social dimensions. This is because it plays a significant role not only in preserving personal experiences but also in maintaining culture and history. Thus, the term "memory" expresses the process of recalling and retaining past experiences.

You might wonder: why do we need memory? The reasons are as follows:

Memory is essential for a person for several reasons, as it is crucial for an individual's life, development, and interaction with the environment. Memory performs the following key functions:

1. Learning from the past: Through memory, a person learns from the mistakes or successes made in the past. This helps in making more rational decisions in the future. This was the first function.
2. Identity and personal development: Memory shapes a person's sense of self, that is, their identity. Various experiences and memories from the past create and help maintain personal identity.



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3. Learning and knowledge retention: Memory is essential for storing new knowledge. By retaining new information, a person develops new skills and achieves success in life.

4. Social connections and relationships: Through memory, people strengthen their interactions with each other. For example, experiences and memories shared with close individuals are crucial for social connections.

5. Problem-solving: Memory assists individuals in solving problems. By recalling past experiences and methods, it becomes easier to adapt to new situations and respond to them.

6. Managing Emotions: Memory sometimes plays a crucial role in regulating a person's emotions. For example, certain memories can elevate one's mood or provide a sense of calmness.

Overall, memory is essential for individuals to learn from the past, prepare for the future, and succeed in social life.

There are many literary works and scientific studies about memory. Below are some notable books and works that discuss memory, its nature, and significance:

1. "Memory" by Daniel Schacter: This book discusses how memory works, the errors associated with it, and instances of false memories.
2. "A Little Life" by Hanya Yanagihara: In this novel, memory and past traumas play a crucial role.
3. "How the Past Shapes Us" by David Carr: This work examines the role of memory in personal development.
4. "Memory and Identity" by Pope John Paul II: This book explores the impact of memory on personal identity.
5. "Memory and Culture": A collection of essays from various authors analyzing the connections between culture and memory.
6. "The Structure of Thought" by Gerald M. Edelman: This book analyzes the relationships between knowledge, consciousness, and memory.
7. "The Long Way Home" by Tana French: In this novel, the characters' pasts, their experiences, and their psychological consequences are discussed.



Through these works, you can gain a deeper understanding of the complexities of memory, its importance in human life, and its role in both social and personal contexts.

From a biological perspective, memory is generally divided into three main types: sensory (short-term) memory, short-term memory, and long-term memory.

## **1. Sensory Memory**

Sensory memory is a very short-term storage of information that responds to stimuli from the environment, such as images, sounds, smells, and more. This type of memory lasts only about 1-2 seconds and retains data received from the sensory organs (sight, hearing, smell, etc.).

**Biological Basis:** Sensory memory is based on signals received by the sensory organs. For instance, visual memory captures visual information coming through the retina, while auditory memory processes sounds received through the inner ear. This information is temporarily stored in specific areas of the cerebral cortex.

## **2. Short-term memory.**

Short-term memory is a type of memory that lasts only a few seconds to a few minutes and is typically capable of holding about  $7 \pm 2$  pieces of information. This memory is essential for temporarily storing and processing new information.

**Biological basis:** Short-term memory operates in various regions of the brain cortex, including the prefrontal cortex and temporal lobes (such as the hippocampus). The prefrontal cortex manages short-term information, where it is stored and processed. Additionally, synaptic connections between neurons in the brain play a crucial role in this process.

## **3. Long-term memory.**

The process of synaptic plasticity is crucial for the formation of long-term memory. Synaptic plasticity, which refers to the strengthening or weakening of connections between synapses, enhances information transfer between neurons. This process occurs between the hippocampus and the cortex. The hippocampus plays a vital role in transferring new information from short-term memory to long-term memory.



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A.V. Petrovsky's edited textbook "General Psychology" contains the following classification.

1. Based on the characteristics of psychic activity predominantly manifested in activities:

- Motor memory (kinesthetic memory)
- Emotional memory
- Imaginative (figurative) memory
- Verbal (semantic) memory

2. Based on the objectives of activities:

- Involuntary memory
- Voluntary memory

1. Emotional memory:

- This type of memory is related to a person's emotional experiences, recalling how certain situations or events made us feel. For example, memories of happy or sorrowful moments.

2. Imagery Memory:

- Imagery memory refers to memories that are stored through visual images. In this type of memory, we hold images of things, places, or people we have seen. For example, when we see a particular place, its image remains in our memory.

3. Procedural Memory:

- Procedural memory is related to motor movements and skills. In this type of memory, our physical activities and the necessary skills to perform them are stored. For example, the skills acquired during the process of learning to ride a bicycle.

4. Oral memory:

- Oral memory plays an important role in people's communication through speech. In this type of memory, we store information that we have heard or spoken, such as stories, anecdotes, or other personal experiences shared with others.

Every type of memory is crucial for a person's life and experiences, and they work in relation to one another. Additionally, I would like to mention that the spatial aspect of memory is universal. Spatial memory is the ability of a person or animal to remember the locations within their environment, the distances between objects, and their arrangements.



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Spatial memory is important for many cognitive processes, such as navigation, remembering places, and exploring the environment. The speed of memory can vary among individuals depending on their age. Generally, younger children tend to have a higher memory speed. They quickly assimilate new information and have a stronger ability to retain it.

As a person ages, memory speed may sometimes decline. Middle-aged individuals and older adults may experience memory-related issues, such as decreased short-term memory or difficulties in retaining information. However, this is individual for each person and depends on many factors: genetic factors, health status, lifestyle, and many other things.

In addition, it is very important to support brain function in order to maintain cognitive activity. Activities such as studying in school or university, learning new languages, or engaging in logical games can help improve memory.

Interesting facts about memory:

1. **Location of memory:** Although memory is primarily located in the brain, it is distributed across various regions. For example, the hippocampus is crucial for long-term memory.
2. **Memory reconstruction:** In the process of recalling our memories, we often reconstruct them. Each time we remember a memory, it is reshaped and can change.
3. **Brain and energy consumption:** Although the brain accounts for only about 2% of body weight, it consumes approximately 20% of the body's energy. A significant portion of this energy is used for memory-related processes.
4. **Age and Memory:** As people age, their memories may change. Typically, individuals in their teenage years and those in their 20s to 30s have the strongest memory.
5. **Stress and Memory:** High levels of stress or depression can negatively affect cognitive functions, including memory. The stress hormone cortisol can reduce brain activity.
6. **Memorizing errors:** Sometimes what we commonly refer to as "mistakes" are actually correct; this phenomenon manifests in "falsified" or "augmented" memories.





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7. Memory strategies: Specifically, strategies such as repetition, visualization, or association can be employed to better retain information.

8. The role of sleep: During sleep, our brains review and consolidate information, which is why getting enough sleep is very important.

9. Practical notes: People often use written notes or applications to remember necessary information, which helps reduce the load on their brains.

10. Neuroplasticity: Due to the brain's ability to be plastic, memory is formed and altered during the process of learning and new experiences. This also helps create new pathways when the brain is damaged or diseases occur.

In summary, memory is a necessity for human life, as it affects our personal development, social connections, and overall well-being.

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