



## GENERAL CONCEPT OF COGNITIVE MECHANISMS

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### Abstract

This article presents concept on cognitive mechanisms in general and discusses contemporary views concerning them.

**Keywords:** Human thought process, cognitive mechanisms, perception, cognitive structures, coding the information, cognition.

### Introduction

Cognitive linguistics is a modern and actively developing field of linguistics, the main area of study of which is the interaction language and consciousness. This section of scientific knowledge summarizes the data of various sciences: linguistics, psychology, sociology, cultural studies, philosophy, anthropology and others. Cognitive scientists explore the general principles of mental processes. Cognitive linguists, on the other hand, view language as means of access to human thought processes.

This is explained by that it is through language that society accumulates, stores and transmits social experience. Thus, language can be defined as a system of signs in a certain way codifying and transforming various kind of information.

Cognitive linguistics was born recently and, obviously, this explains the insufficient, in our opinion, formation and stability terminological apparatus of this branch of linguistics. In particular, different researchers understand and apply such concepts as cognitive structures and cognitive mechanisms in different ways.

And if there is a more or less clear and fixed definition of cognitive structure (cognition), then somehow accurate, consistent, and established understanding of cognitive mechanisms absent.

In order to understand what are cognitive structures and cognitive mechanisms, how they relate to each other, first, we need to understand what structures are and mechanisms as general scientific concepts.

Structure - a set of stable connections of an object that provide it integrity and identity to oneself, as well as the preservation of its basic properties under various external and internal changes. [Философская энциклопедия, Т.5, 1970: 140]. The concept of structure is now often correlate with the concepts of organization and system, although scientists on this issue have not yet come to a consensus. Some researchers





believe that the concept of a system is broader than the concept of structure, since the latter expresses only what remains stable and relatively unchanged under various system changes.

### **Main Part.**

In modern cognitive linguistics, the concept of a cognitive system considered identical to the concept of cognitive structure. Another synonym concept of cognitive structure is the concept of cognition.

E.G. Khomyakova defines a cognitive system or cognitive structure as a system of cognition of the individual, formed in his mind in the result of the formation of his character, education, training, observation and thoughts about the environment. Based on it, goals are formed and decisions are made about how to act in a given situation, i.e. we can say that cognitive structures regulate daily human activity, performing, among other things, the function of goal setting. At the basis of the cognitive system is the interaction of thinking, consciousness, memory and language; the carrier of such a system is the human brain.

E.S. Kubryakova defines cognition as a cognitive process or a set of mental (mental) processes of perception of the world, simple observation of the surrounding world, categorization, thinking, speech, etc., that serve to process information [Кубрякова, Краткий словарь когнитивных терминов, 1996: 81-84].

Consciousness arranges results thinking, i.e. knowledge, transforming them into cognitive structures. These cognitive structures, in turn, are transferred to memory and are, thus, units of storage of accumulated information. At the same time, it is important emphasize that consciousness operates not only with knowledge. An essential part perceived information are opinions, assessments, beliefs, ideologies, scripts and so on. Moreover, certain opinions, assessments, beliefs, etc. can be imposed on a person by using linguistic means in a certain way.

A kind of "key" to change these cognitive structures of the individual is the emotional-volitional component of his psyche. The emotionally evaluative component that most often undergoes changes in journalism, in turn, serves as a "trigger" for change the content of the corresponding cognitive structure (Muravskaya, 2014). The totality of all these elements (cognitive structures) stored in consciousness, forms the worldview of the individual, his picture of the world, which, in turn, to a large extent predetermine and direct behavior person. From this we can conclude that, influencing cognitive structure of a person, it is possible to influence his perception of the world and daily activities, directing them in a certain way.





V.V. Krasnykh (Krasnykh, 2003) distinguishes the cognitive structure as separate category and defines it as follows: "Cognitive spaces and cognitive base are formed by cognitive structures, which are meaningful (that is, having a certain content-meaning) form of coding and storage of information. Cognitive structures are organized and structured in a certain way parts of the cognitive space. These are a kind of "elementary" units, that is, basic, on the one hand, and further indivisible with another. Cognitive structures shape our competence and lie within its basis.

V.V. Krasnykh identifies phenomenological and linguistic cognitive structures.

The former form a body of knowledge and ideas about historical events, real persons, laws of nature, works of art, etc., and the second - about the laws of the language, its syntactic structure, lexical stock and etc.

The main cognitive structures most researchers consider concepts, frames, images and scenarios, or scripts. But again here there are too many different views and approaches. In the works of V.V. Krasnykh, for example, there is no clear explanation of the relationship between the concepts of concept and cognitive structure, based on her views, the cognitive structure can be defined as a concept and vice versa. Various researchers refer to varieties of concepts kaleidoscopic concepts, mental pictures, schemes, insights, scenarios, hypernyms (Babushkin, 1997). Others distinguish such types of concepts as concepts, schemes, frames, specifically sensory images, representations, propositions, scripts / scripts and gestalts [Boldyrev, 2004: 18–36] There are also other views on typology of concepts. It is clear, however, that most researchers agree that that all these cognitive units (images, scenarios, concepts, frames) are cognitive structures of the individual.

The concept of cognitive mechanisms is obviously more difficult to research and comprehension, and therefore at least somewhat clear and precise

There is currently no definition for this phenomenon. To start again

Let's give a general philosophical definition of the term "mechanism".

According to him, mechanism is a set of states and processes, of which any physiological, psychological, social or any other phenomenon, as well as this internal device, system functioning of something, the apparatus of any type of activity [Explanatory dictionary of the Russian language, 2005: 298]. From the point of view of cognitive linguistics, it is legitimate, in our opinion, to say that the cognitive mechanisms are a set of cognitive structures or cognitions,

interconnected and interacting with each other. It is well known that

The object of cognitive linguistics is language as a mechanism of cognition.

The surrounding reality is known by a person in all its diversity.

by various means, as mentioned earlier, by means of knowing the world, and





also storage and transmission of information are cognitive structures.

Directly cognitive activity, in particular, coding and decoding of speech messages occurs in the human brain, and mechanisms that allow us to cognize the world around us are first of all, consciousness, thinking, perception, memory and will.

From this point of view, cognitive structures can be considered "operational units" cognitive mechanisms, those functional units that operate in the course of their work consciousness, thinking and memory.

At present, it is generally accepted that the process of cognition can be divided into a number of hypothetical stages, at each of which the perceived information goes through a series of steps. From the point of view of cognitive linguistics it can be assumed that a person receives incoming information using perception mechanism.

Further, the mechanisms of consciousness and thinking, which includes such cognitive structures as concepts, images, scripts, frames, etc., which, in turn, make it possible to identify units of information, highlight the main characteristics of a particular object or phenomenon, to predict how the situation will develop in further, and so on. Scientists also suggest that the reaction to a particular information or event (stimulus) is the result of a series of such operations and thought processes carried out in help of cognitive structures and cognitive mechanisms. Cognitive structures ensure the fulfillment of all stages of the process of cognition.

The concept of cognitive mechanisms is closely related to various kind of emotional phenomena and factors. In cognitive-behavioral psychotherapy, there is a formula for the flow of an emotional reaction, a formula ABC, where each of the letters is the first letter of the corresponding cognitive mechanism for developing an emotional response. This formula is decrypted as follows:

- A (activating event) - an activating event: situation, stimulus, conditioning the response process;
- B (beliefs) - beliefs, expectations, attitudes, beliefs, representations of the situation, interpretations and conclusions;
- C (consequences) - consequences: emotions, feelings, behavior [Ellis, 1984:21]

It should be noted that human emotions depend mainly on component B, i.e. thoughts and representations (corresponding to cognitive structures) of a person about some event, and not from component A, that is real event. This fact allows us to say that the corresponding way of presenting information, that is, selecting a certain kind lexical units and their combinations, various tropes and stylistic devices, it is possible to have



a significant impact on the emotional-volitional sphere individual, that is, on such cognitive mechanisms as will and emotions.

## Conclusion

After analyzing the monographs of various domestic and foreign scientists dealing with the problems of cognitive science in general and cognitive linguistics in particular, we come to the conclusion that most of them study the very essence and functioning of various cognitive structures and mechanisms, without paying due attention to the development of a single and precise terminological apparatus. Meanwhile, the development of such a device seems extremely important, because cognitive linguistics is quite modern discipline, which is very popular at the present time, which means that everything will be carried out new and new scientific research, which may be somewhat difficult due to the lack of a unified terminology. Following V.V.Krasnykh, we believe that cognitive structures are a meaningful form of coding and information decoding. Cognitive mechanisms, in our opinion, are units of a more complex order and represent a set cognitive structures. Cognitive mechanisms, in turn, can form a cognitive system that allows the implementation of one or another cognitive and mental activity.

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