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CONSIDERATIONS ON LANGUAGE IN THE SYSTEMIC APPROACH TO COMMUNICATION

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Abstract

The article represents an extensive review of the specialized scientific literature, with the aim of analyzing, synthesizing and highlighting the most relevant theoretical benchmarks related to language and communication. These benchmarks, fundamental to understanding the complexity of these psychological and social processes, are discussed from various disciplinary perspectives, providing an overview of how language influences and mediates cognitive, affective and interpersonal processes. Through this approach, the paper focuses on the identification of key theories and concepts that have significantly contributed to the understanding of language as a system of signs and as a psychological process, as well as communication as an essential social act in the development and organization of human societies.

Keywords: *communication, language, forms, functions, barriers*

Rezumat

Articolul reprezintă o revizuire amplă a literaturii științifice de specialitate, având ca scop analiza, sinteza și evidențierea celor mai relevante repere teoretice legate de limbaj și comunicare. Aceste repere, fundamentale pentru înțelegerea complexității acestor procese psihice și sociale, sunt discutate din diverse perspective disciplinare, oferind o imagine de ansamblu asupra modului în care limbajul influențează și mediază procesele cognitive, afective și interpersonale. Prin această abordare, lucrarea se axează pe identificarea teoriilor și conceptelor cheie care au contribuit semnificativ la înțelegerea limbajului ca sistem de semne și ca proces psihic, precum și a comunicării ca act social esențial în dezvoltarea și organizarea societăților umane.

Cuvinte-cheie: *comunicare, limbaj, forme, funcții, bariere*

Language is a complex cognitive process based on linguistic exchanges in human-to-human communication which not only transfers information but also enriches both parties involved. There is an interesting analogy between the exchange of ideas and economic exchange, where instead of a simple transaction, the exchange of ideas creates a duplication of knowledge.

Indeed, language is a dynamic system, formed and developed within a social-historical context. Its use is studied by psycholinguistics. Speech, as an individual and concrete manifestation of language, is a particular dimension of language and becomes the object of study of psychology, as it involves cognitive and emotional mechanisms unique to each individual.

It is intriguing how the fields of study of linguistics, psycholinguistics and psychology intertwine to understand not only the structure of language, but also how it is used and perceived in the process of communication.

Language as an essential tool of communication and as a complex psychological process is closely related to intellectual and motor functions. Language not only facilitates the exchange of information between people, it is also the means by which verbal, abstract and notional thinking becomes possible. In this context, language can be seen as an integrative phenomenon involving multiple cognitive, affective and social dimensions.

Speech, as the primary and tangible form of language, develops from infancy and evolves throughout life as an individual's experiences and knowledge accumulate. This process is influenced by each person's social, cultural and educational background, so that language not only reflects an individual's thoughts and personality, but also their environment.

Defining language as a psychological activity emphasizes its complexity: it is not just a simple linguistic code, but includes advanced cognitive mechanisms such as memory, attention and information processing, all interlinked to enable verbal communication and thinking.

This interdependence between language, thinking and communication shows how deeply language is embedded in human life, not only as a means of transmitting information, but also as a foundation for intellectual and social development [Buganu, 2018].

Communication holds a fundamental role in human society, serving as a crucial tool for both social and spiritual connection. According to N. Popescu, communication is a special form of exchange between individuals, centered on the transfer and reception of information [Popescu, Buganu, 2019]. It is essential for any culture and individual act of social behavior, being omnipresent in human interactions. It is a common view in communication studies, emphasizing the vital role of verbal and non-verbal interactions in shaping society and culture.

Communication can occur at five *levels*. Thus, we distinguish intrapersonal, interpersonal, group, mass, and public or media communication.

Intrapersonal communication is the process of thinking, reflecting and making decisions within one's inner self. It is an essential aspect of self-awareness. Even if it does not involve other interlocutors, *intrapersonal communication* profoundly influences the way we interact with the world around us. On the other hand, *interpersonal communication* is essential for the development of human relationships and for functioning in society. It involves the exchange of information, emotions and ideas between two or more people. It is the form of communication that enables us to build and maintain social bonds, collaborate at work and navigate everyday life. Communication plays an essential role in our development and functioning, both personally and socially.

Group communication takes place in small human collectives and enables the exchange of ideas and emotions, discussions, problem-solving, conflict resolution.

Mass communication involves an institutionalized production of written, spoken, visual and audiovisual messages addressed to a large and varied audience.

Public or media communication is a specialized form of human communication that has its roots in ancient rhetoric. The essential feature of public communication is that it operates at the level of social representations and allows for a rapid modification of public discourse. It differs essentially from other types of communication in its purpose.

Communication takes different *forms*. Thus, we distinguish verbal, written, oral, nonverbal, and paraverbal communication.

Verbal communication is an essential aspect of human interactions serving as the primary channel through which we express our thoughts, ideas and emotions. The way a person uses language is influenced by their experiences, upbringing and social context. Therefore, each individual develops a unique communication style, which reflects his or her personality, values and experiences. Language and thinking are closely intertwined, as the way we formulate ideas can influence the very way we think. The richer a person's vocabulary and more diverse knowledge, the more nuanced and precise they can express concepts and ideas. Personal communication style is essentially a reflection of each person's uniqueness, and is an indicator of how one perceives and interprets the world around.

This personalization of communication makes the dialogue a complex experience, in which not only the words, but also the tone, rhythm and structure of the speech convey information about the sender of a message. Style, therefore, is not just a feature of language, but an essential component of an individual's identity.

Written communication can serve both intrapersonal and interpersonal functions. Written communication usually uses elements such as: medium-length sentences (15-20 words), paragraphs centered on a single idea, clear words; emotionally balanced vocabulary, affirmative expressions. Written communication has several *advantages*: durability over the oral form of communication, accessibility to multiple readers, can be read at the right time and can be re-read.

The steps in written communication are similar to those in the structure of a *speech*: there is a preparation phase (establishing the objectives, the role and the audience, those who will read the text - the key points we want them to remember) and a drafting phase (the main ideas are developed by following a script) according to indicators such as clarity, credibility, conciseness using the three parts of the script: introduction, main content and conclusion.

Oral communication is, by nature, essential to human interactions, with nonverbal communication serving to complement and enrich it. Through supporting elements such as gestures, facial expressions and tone of voice, the verbal message becomes clearer and more convincing. Also, the fact that spoken language is the most commonly used form of communication underlines its importance in various fields, including education, business and interpersonal relationships. The interaction between different forms of communication is fundamental to a deeper understanding of the messages we want to convey.

Non-verbal communication occurs without the use of language and is influenced by society and culture. There is no clear boundary between nonverbal and verbal communication, they are interrelated and interdependent. The language in which we do not use words to express ourselves has developed through imitation, and is often beyond our strict control, because we involuntarily convey nonverbal messages, unlike verbal language where the beginning and end of communication is marked. Humans do not limit themselves to exchanging only words, but they also communicate using other signs such as body parts, clothing, gestures, objects, graphic representations, silence, etc. It should be noted that we speak using our vocal organs and communicate with our whole body at the same time.

Social experiences and interpersonal interactions have shown us that a hug or a kiss often speaks louder than a declaration of love. And the credibility of gestures often surpasses that of words, which do not always tell the truth. When verbally transmitted messages contradict nonverbal messages we tend to believe nonverbally transmitted signals [Dinu, 2004, pp. 213-214].

Paraverbal elements accompany speech and characterize the oral form of communication. Prof. I. Contrea reviews several paraverbal elements: intonation, rhythm, tonality, affective manifestations such as sighing, hiccups, interjections, invocations, onomatopoeic formulas (calling/recalling birds, animals), etc. [Condrea, 2008, p. 22].

Specialized literature identifies a great variety of communicative acts, classified based on various criteria such as the status of the interlocutors, the code used, the purpose of the communicative act, the capacity for self-regulation, the nature of the content, etc. [Pâinișoară, 2008, p. 74].

According to *the status of the interlocutors* communication can be classified as:

- *vertical* - either upward (ascendent) or downward (descending) - communication: *ascendent* communication refers to messages that are sent from lower to higher hierarchical levels and *descending* communication refers to messages that are sent from higher to lower hierarchical levels;
- *horizontal* - either lateral or serial communication: *lateral* communication refers to messages sent from peer to peer (manager to manager; worker to worker) and this type of communication facilitates the shared understanding of phenomena, methods and problems, develops employee sa-

tisfaction and workplace bonding; *serial* communication refers to messages sent along a chain of individuals, often leads to issues such as rumors.

According to *the code used* there is:

- *verbal* or *linguistic* communication which is realized by means of natural languages, which constitute the most complex language, having various functions: cognitive, communicative, representative, expressive, persuasive, regulatory, ludic and dialectical. Through verbal language a person draws attention to themselves, influences others, and is influenced in return;
- *paraverbal* or *paralinguistic* communication, in which the message is not conveyed solely through words but also depends on how something is said. According to some authors, the 'paraverbal subsystem' is made up of the following elements: intonation, voice volume, voice intensity, speech rhythm, tonality, use of pauses, diction and accent, voice timbre, etc.
- *nonverbal communication* which uses as tools physical appearance, mimicry or gesture, to nuance the message, help the sender to express themselves more fully; physical appearance (clothing, physical appearance) conveys true or misleading messages about the status of the sender; gesture indicates the psychological, social and cultural nature of the sender, being a way of knowing their intentions; mimicry makes the intention explicit and nuances the verbal message, or sometimes replaces them entirely;
- *mixed communication* which involves the effective coupling of three types of communication: verbal communication, paraverbal communication and nonverbal communication.

According to *the purpose of the communicative act* there is:

- *accidental communication* which is characterized by the accidental transmission of information;
- *subjective communication* which expresses the speaker's affective state often as a means of releasing and balancing accumulated positive or negative psychological tension;
- *instrumental communication* which occurs when it has a specific purpose and achieves a certain effect. It adapts to the reaction of the communication partners in order to achieve the intended effect.

According to *the capacity for self-regulation* we distinguish:

- *lateralized/unidirectional* communication which is a kind of communication via radio, TV, magnetic tape; these forms do not allow natural, real-time interaction;
- *non-lateralized communication* which involves simultaneous interaction between the sender and receiver, allowing immediate feedback and mutual regulation.

According to *the nature of the content* the scientists distinguish:

- *referential* communication which aims at conveying a specific (usually scientific) truth;
- *operational-methodological* communication which aims at understanding a truth, as well as how to proceed mentally/operationally (practically) in order to decipher and understand the transmitted truth;
- *attitudinal communication* which evaluates what is being communicated, taking into account the context of the interaction and the stance or position of the communication partner. Regardless of the type, communication is present in every aspect of life and is essential for both collaboration and coexistence.

Effective communication depends on a shared understanding of the message. It is very important how and how much we communicate, but above all how effectively we do so.

There are different opinions in the literature on the development of the term "communication" and its associated functions. However, for practical purposes, we will refer to the three functions proposed by T. K. Gamble and M. Gamble (1993) [apud Pâinișoară, 2008, p. 40]:

- the *function of understanding and knowledge*. Communication contributes to better self-knowledge and understanding of others. These two forms of knowing are interdependent: in getting to know others in the process of communication, we also come to understand ourselves. We learn how others influence us, just as we influence them. We can say that we see ourselves reflected in the eyes of others, like in a mirror. Sometimes that mirror distorts the image, yet we rely on it to gain insight into how we appear;
- the *function of developing consistent relationships with others*. It is not enough to simply develop our own self in relation to others and get to know them. We need communication to build relationships through which we share our realities and co-construct the meaning of the world around us. In this way, communication fulfills a socializing function that connects individuals within a shared context;
- the *function of influence and persuasion*. Through communication we can influence others to engage with us in order to achieve certain goals. This function develops the function of collaboration and coordinated effort, key aspects of human interaction that communication makes possible.

Another classification of communication functions is proposed by the researcher R. Jakobson. He distinguishes the following:

- the *referential function* which covers the reference of the message, but also the situational framework in which its transmission takes place. This function focuses on conveying information about the external world. Jakobson introduced it to distinguish between aspects related to the syn-

tax of the message and those related to semantics and pragmatics, that is, its relation to external reality.

- the *conative* or *rhetorical function* through which the sender tries to persuade the receiver (advertising, speeches). It is directed to the addressee of the communication. The verbal form most associated with this function is the imperative mood.
- the *emotive* or *expressive function* is focused on the sender and consists in expressing feelings.
- the *poetic function* which is specific to artistic or literary language. It emphasizes the form of the message itself, how the poetic effect of the message is achieved, through artistic devices, imagery and stylistic choices.
- the *metalinguistic function* which is realized through nonverbal elements, such as: mimicry, gestures, intonation and contain references to the code used.

It is worth mentioning that *language* can be determined as a system of communication through *signals*, whether within or beyond verbal language. Regarding the nature of language, the most resistant doctrines have been those that have seen language as a communication tool designed to inform about states of the world.

Sometimes communication can be distorted by some limitations, called barriers, such as [Marin, 2013; Norel, 2010; Pamfil, 2009]:

1. *Internal barriers in verbal communication:*

- physiological/psychological factors - interlocutors' state of health, emotional state, states such as hunger, thirst, lack of sleep, etc.;
- incorrect decoding of the message due to differences in the meanings people assign to the same word;
- distortions related to differences in attitudes, beliefs, value systems, life experiences;
- the tendency to evaluate, judge or disapprove of the message being received;
- discrepancies between self-image and external perception - occur because of lack of self-confidence in the interlocutor;
- incorrect message wording - unclear or incomplete wording of the message, either intentionally or unintentionally;
- individual cognitive limitations in transmitting and receiving the message - speed of absorbing/thinking;
- limited ability to retain/process information;

2. *External barriers to verbal communication:*

- physical environment, the space in which the communication takes place - noise level, lighting, temperature, etc.;
- the physical distance between the interlocutors - either the two do not hear each other or they sit too close;

- distracting visual/olfactory stimuli etc. (distracting furniture, clothing, odors etc.);
- unsuitable times/circumstances for communication; repeated interruptions causing stress);

3. *Improving verbal communication skills*

Communication helps to establish and maintain relationships with others, and if it is poor, it can lead to misunderstandings on all levels, both personal and professional. Therefore developing effective verbal communication skills is crucial. Below are some key strategies:

- learn to master the art of listening - it is very important in verbal communication; active listening is a very important skill, and listening carefully to your interlocutor is vital for good communication; be prepared to listen to your interlocutor - focus on what they have to say, not on what they want you to say in response; keep an open mind and avoid forming judgments based on gender, ethnicity, accent, social class, or physical appearance; focus on the main thrust of the message - try to understand what they have to say, but also 'read between the lines'; avoid anything that might distract you from the conversation. For example, if background noise is interfering, politely suggest moving to a quieter place; be objective; try to use all the information you have, and don't rely on just one or two ideas; use a warm and friendly tone with others, smile it is scientifically proven that we are attracted to people who are friendly, because they make us feel good and generate a pleasant mood; think carefully about what you would like to say before you speak - it is often advisable not to say everything that comes to mind if that information does not add genuine value; don't talk too much - a person who talks excessively can be considered tiresome because they dominate the conversation. Be genuine - try to be honest and transparent when communicating with others; be clear and concise in your expression so that the message is best understood; respect your interlocutor - pay attention to what the interlocutor says, be modest; express your point of view without hurting others; listen to what others have to say and respond without becoming aggressive, even when you disagree with what you hear; be confident - confidence comes from the words you use, your tone of voice, eye contact, body language; pay attention to your body language and tone of voice; tailor your message to the speaker so that you are understood; improving verbal and non-verbal communication skills requires constant awareness, sustained efforts and a steady desire for self-improvement. The only way to achieve this growth is practice.

Equally important in interactions with others is the "first impression" –the initial judgment we form when we meet a person for the first time. It is based on the way they look, talk and behave, as well as on what we have heard about them.

First impressions guide future communications to some extent. It can be revised later and even needs to be constantly updated with new information about the person as we get to know them better [Nicolau, 2022].

4. *Communication and language problems*

Both children and adults can experience language problems arising from different etiologies (causes). Speech disorders affect a person's ability to produce sounds that form words, while language disorders make it difficult to understand or use words and therefore hinder communication with other people.

In these cases, speech therapy, which focuses on improving speech and the ability to understand and express oneself, including non-verbal language, is indicated. It can be recommended for both children and adults.

Some speech disorders begin in childhood and improve with age, while others continue into adulthood and require long-term therapy.

For adults, speech disorders affect self-esteem and overall quality of life. Speech therapy helps improve speech, and the type of treatment depends on the severity of the problem and its cause.

5. *Causes of language problems in adults:*

- brain injury caused by stroke or other diseases;
- damaged vocal cords;
- the existence of a degenerative disease, such as Parkinson's or Huntington's chorea or amyotrophic lateral sclerosis (Lou Gehrig's or Charcot's disease);
- dementia;
- autism;
- down syndrome.

When these speech or language disorders occur, an adult can experience anxiety and depression and can become socially isolated. In addition to speech therapy, individual psychotherapy sessions are recommended to treat these disorders [Nicolau, 2022].

Communication, at both interpersonal and group levels, is indeed essential for the functioning and development of individuals and society. It is not just a means of exchanging information, but a fundamental process that influences how people understand themselves and the world around them. Through communication, individuals construct their identities, form relationships and collaborate within groups or communities. In this way, society as a whole becomes a functioning and evolving system.

Researchers who have emphasized the importance of communication in defining the individual and society argue that, without communication there would be no social cohesion, knowledge transmission or cultural and technological development. Communication creates a network of connections

between individuals, and these connections become the foundation for creating the norms, values and institutions that define society.

In a broader sense, communication enables the transmission of traditions, values and knowledge from one generation to the next, facilitating social adaptation and progress. Without communication, it would be impossible to have an organized social system or to develop meaningful interpersonal relationships. This is why communication is seen by many authors as a central element in defining not only the individual but also society as a whole.

The relationships between communication and individual development

Communication and personal development are deeply intertwined. The reasons we have enumerated illustrate the idea that communication plays a central role in both the process of humanization and the formation of personality. Here are some key points:

- *Humanization and personality development:* Communication is essential in the process of forming the individual as a social being. Through communication, social experiences, norms, values and traditions are transmitted and internalized, which allows the individual to develop their identity and personality.
- *Education and social integration:* Without communication, individuals would remain at a purely biological level of development, lacking the ability to engage in rational or reflective interaction. Communication provides the opportunity to learn, collaborate and adapt within society, and through this interaction, individuals develop their social and intellectual skills. It is essential for lifelong learning, both formal and informal.
- *Communication as the essence of humanity:* What fundamentally defines humans is the capacity to communicate. Without this, there could be no community or sense of humanity. Communication makes it possible for individuals to act as rational beings capable of reflection, cooperation and mutual influence.
- *Transformation into a social actor:* Communication transforms the individual from a mere passive participant into an active actor capable of influencing the environment and others. In this sense, communication is not just a process of transmission, but one of construction of social reality. Individuals construct their identity and influence the social context in which they live. This construction is continuous and dynamic.
- *Construction and recreation of social reality:* Communication does not simply reflect reality, but actively participates in its creation. Social reality is a permanent 'construction site' and individuals contribute to this reality through their communicative transactions. Thus, the communicative space is a dynamic one, where meanings are constantly being adjusted and transformed.

This ongoing process of communication takes place in a nuanced framework where meanings are not fixed, but change according to the context and the interactions between participants. Individuals construct and reconstruct themselves as they navigate through the various 'social micro-situations', and language becomes the main instrument through which this process takes place.

The social reasons for communication

They are as important as the individual ones, as they enable cohesion, co-operation and progress within groups and societies. Here is how these social reasons manifest themselves:

- *Uniformity of information:* Communication helps to equalize access to information among members of society, reducing the gaps between those who are well informed and those who do not have access to the same sources of information. This uniformity is essential for coordinated actions and for enabling individuals to make decisions based on the same knowledge base.
- *Uniformity of opinion and action:* Communication facilitates the formation of common opinions within social groups, helping to build consensus. This uniformity of opinion is essential for the coordination and realization of collective action. When group members share the same information and points of view, it becomes easier to collaborate and act in a common direction, be it on social, economic or political initiatives.
- *Changing group hierarchies:* Communication can become a powerful tool for changing power relations and hierarchies within groups. By exchanging information and opinions, individuals and groups can renegotiate their positions in society, whether through debate, negotiation or by spreading new ideas that challenge the existing order.
- *Externalizing emotions and social organization:* Communication also satisfies the emotional needs of individuals, enabling them to express their feelings, worries and joys. This is an essential function for maintaining emotional bonds between members. A society also cannot function without effective communication, as interactions between groups and individuals are the foundation of social organization. Communication facilitates the coordination of collective actions, the maintenance of social relations and the resolution of conflicts, all of which are essential for the well-being of society.

Thus, social communication not only ensures the transmission of information, but also strengthens interpersonal and inter-group relations and plays a central role in maintaining the structure and functioning of society.

The roles of communication

The roles of communication are extremely varied and reflect the complexity of human interactions. They serve cognitive, social, and emotional functions. Below are some of the key roles:

- *Personal discovery*: Communication helps us learn about ourselves and others. By dialoguing with others and reflecting on our own responses and reactions, we discover ourselves. Social communication, in which we relate to other people, plays a crucial role in identity formation and self-evaluation.
- *Discovering the outside world*: Communication is a means by which we explore and better understand the reality around us. By sharing information and experiences with others, we gain a clearer perspective on the outside world - on the objects, events and contexts in which we live. Communication is thus an essential channel for knowing and interpreting reality.
- *Establishing meaningful relationships*: Communication is the foundation of interpersonal relationships. It enables us to establish and maintain meaningful relationships through which we express our emotions, connect with others and fostering a sense of belonging. Close relationships provide emotional support and the satisfaction of being loved and accepted.
- *Changing attitudes and behaviors*: Communication, especially through the media, plays a key role in influencing and changing attitudes and behaviors. It can change the way we think and act, whether through persuasion, education or exposure to new perspectives and information. This role is crucial in social, political or commercial campaigns.
- *Playing and having fun*: Communication is not only a thoughtful process, it is also a means of relaxation and entertainment. Jokes, funny conversations and verbal games bring us joy and make us feel good, giving us a way to unwind and connect in a positive way with others.

These roles emphasize that, beyond its function of transmitting information, communication is a multifunctional process that supports personal, social and emotional development, influencing the way we interact with the world and with ourselves.

Language plays an essential role as a mediator in the functioning and development of all mental mechanisms, whether conscious or unconscious. It is not only a communication tool, but also a fundamental vehicle for cognitive and affective processes. Here is how language influences different mental mechanisms:

- *Perception*: Under the influence of language, perception acquires meaning and significance. What we perceive is structured and interpreted through language, transforming raw perception into goal-directed and intent-driven observation. Language helps us to identify and categorize what we see, hear or feel, thereby enriching the perceptual experience.
- *Representations*: Language contributes to the generalization of mental representations. When we evoke or form mental representations with words, they become more abstract and generalized, making it easier to

categorize and organize information from reality. Language thus enables us to manage abstract concepts and build a broader understanding of the world.

- *Formation of notions, judgments and reasoning:* Language is indispensable in the formation of notions and concepts, in the elaboration of judgments and in the development of reasoning. Without language, we would lack the ability to abstract or generalize, and therefore solve complex problems. Language gives us the framework to organize our thinking and process information at a high level.
- *Memory:* Verbal forms play a crucial role in long-term memorization. When we learn or recall information, we often use words to organize and structure it. Words become "vehicles" for images and ideas in the process of imagination and memory. In this way, language helps to efficiently store and retrieve information from memory.
- *Motivation and volition:* Language allows us to clearly define the motives behind our actions and to differentiate them from the goals we pursue. Verbalization contributes to self-regulation by formulating intentions and goals in an explicit and conscious way. Without language, our ability to reflect on our motivations and self-regulate our actions would be considerably limited.
- *Personality:* Language is central to the formation and externalization of human personality. Much of what constitutes our personality is expressed through language: attitudes, beliefs, values, desires and aspirations. Verbal communication thus becomes a way of externalizing our identity and connecting with others.

The role of language

Language plays such a profound and essential role in mental life that its activity persists even when external communication stops. This happens because language is not only a means of communication with others, but also a fundamental tool for thinking and processing internal information. Here is how this constant activity of language is manifested:

- *Inner language:* Even in the absence of external communication, language activity continues in the form of inner language. Our thinking, often verbalized in the mind, uses words and sentences to organize and structure ideas. Inner language helps us reflect on problems, analyze our emotions, and plan our actions. It is a continuous cognitive process that allows us to navigate through thoughts without necessarily expressing them externally.
- *Language in the waking state:* Throughout the waking state, even when we are not directly interacting with others, language is present. We use language to reason, recall information, or coordinate our thoughts when facing tasks. This continuous activity of language makes possible mental

self-regulation and the adjustment of our behavior based on encountered situations.

- *Language during sleep*: Even during sleep, language can manifest through dreams. Words, conversations, and internal or external dialogues can appear in dreams, reflecting the fact that the mental activity associated with language does not stop completely, even in resting phases. Language can be part of the unconscious processes through which the brain organizes and processes experiences and emotions from the day.
- *Mental organization function*: Language plays an essential role in organizing our thoughts, emotions, and experiences. Even in moments of silence, when we are not speaking to others, language helps us make sense of things, solve problems, and formulate internal responses to different situations. This internal process, although silent, is continuous and essential for our mental balance.
- *Reflection and self-evaluation*: Inner language is essential for self-evaluation and reflection. It allows us to analyze our behaviors, ask ourselves questions, and explore new perspectives on reality. This process contributes to personal development and our adaptation to different social and personal contexts.

Thus, language is not only a means of communication with others but also a tool for organizing and processing our thoughts. Its continuous activity, whether in wakefulness or sleep, underscores its crucial importance in our mental life and in maintaining the functioning of consciousness and personal identity.

Conclusions

Language can be considered the central axis of the human psychic system, as it facilitates processes of awareness, abstraction, and self-regulation, providing a structure for the manifestation of consciousness. Without language, we would not be able to reach the same levels of complexity in thinking, understanding, and social interaction.

Communication plays an essential role in defining our identity and in the relationships we build, both professionally and personally. Therefore, it is important to pay attention to how we communicate and continuously strive to improve this skill. *Effective communication* helps build better relationships, increase self-confidence, manage conflicts, and achieve career success. Practicing communication skills has a direct impact on the quality of our lives.

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