



## Neurocognitive effects of bilingual education: an erp study on language processing and executive function

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### Abstract

**Background:** Bilingual education has been widely discussed for its potential impact not only on linguistic competence but also on neurocognitive development. Previous research has reported inconsistent findings regarding the “bilingual advantage,” often due to reliance on behavioral measures without direct neural evidence.

**Aim:** This study aims to investigate the neurocognitive effects of bilingual education by comparing bilingual and monolingual learners in terms of language processing and executive functions, with a specific focus on Event-Related Potentials (ERP) as neural markers.

**Method:** A total of 60 participants (30 bilinguals, 30 monolinguals) from Indonesian universities completed semantic judgment, syntactic anomaly detection, Stroop, and Flanker tasks while EEG data were recorded. ERP components analyzed included N400, P600 (language processing) and N2, P3 (executive functions). Data were processed using EEGLAB, and statistical analyses were conducted via mixed-design ANOVAs.

**Results:** Bilingual participants demonstrated significantly higher accuracy and faster reaction times in behavioral tasks compared to monolinguals. ERP results further revealed larger N400 and P600 amplitudes in bilinguals, reflecting more efficient semantic and syntactic processing, as well as greater N2 amplitudes and shorter P3 latencies, indicating superior conflict monitoring and attentional control.

**Conclusion:** The findings provide robust behavioral and neural evidence for the bilingual advantage, suggesting that bilingual education enhances both linguistic and executive functions. These results support the adaptive control hypothesis and highlight the pedagogical value of bilingual education in strengthening higher-order cognitive skills.

## I. Introduction

Bilingual education has increasingly attracted scholarly attention as societies worldwide become more multilingual, not only because of its role in fostering intercultural communication but also due to its potential impact on cognitive development and brain function (DeLuca et al., 2019; Grundy, 2020; Gullifer & Titone, 2020). A growing body of evidence suggests that bilingualism may enhance executive functions such as working memory, inhibitory control, and cognitive flexibility functions that are critical for academic learning and everyday problem-solving (Beatty-Martínez & Dussias, 2017; Kałamała et al., 2020; Pot et al.,

2018). From a neurolinguistic perspective, continuous engagement with two languages appears to shape the neural architecture responsible for language control and cognitive processing, potentially offering a “bilingual advantage” in both linguistic and non-linguistic tasks (DeLuca et al., 2019; Pliatsikas, 2020; Sulpizio et al., 2020).

However, despite substantial research in this area, findings remain inconsistent, with some studies reporting clear cognitive benefits of bilingualism while others find little or no evidence for such advantages (Lehtonen et al., 2018; Nichols et al., 2020; Poarch & Krott, 2019). A major limitation of previous work is the reliance on behavioral measures such as accuracy rates, response times, and standardized language tests, which, while valuable, do not capture the real-time dynamics of neurocognitive processing (Grundy, 2020; Gullifer & Titone, 2020; Surrain & Luk, 2019). Behavioral findings alone cannot explain the neural mechanisms underlying bilingualism, nor do they sufficiently account for why results diverge across studies, highlighting the need for neurocognitive approaches that examine brain activity with high temporal precision (Beatty-Martínez & Dussias, 2017; Kałamała et al., 2020; Pliatsikas, 2020).

Event-Related Potentials (ERPs), derived from electroencephalography (EEG), provide an ideal methodological tool for this endeavor because they allow researchers to track language processing and executive control at the millisecond level, thus offering a window into the neural underpinnings of bilingualism that cannot be observed through behavioral methods alone (Grundy, 2020; Sulpizio et al., 2020). Specific ERP components such as the N400, associated with semantic integration, and the P600, linked to syntactic reanalysis, have proven highly informative in understanding how bilingual and monolingual brains differ in processing language structures. Furthermore, ERP studies can also assess neural markers of executive functions, such as conflict monitoring and inhibitory control, thereby directly testing the proposed cognitive advantages of bilingualism at a neural level.

Therefore, the present study seeks to investigate the neurocognitive effects of bilingual education by comparing ERP responses in bilingual and monolingual learners, focusing specifically on language processing and executive function performance. By integrating insights from neurolinguistics, cognitive psychology, and educational neuroscience, this research aims to provide robust empirical evidence regarding whether bilingual education yields measurable neurocognitive advantages, thereby contributing to the ongoing debate about the “bilingual advantage” and offering pedagogical implications for the design of language education curricula (Pot et al., 2018; Surrain & Luk, 2019).

## **II. Literature Review**

### **Theoretical Perspectives on Bilingualism**

Bilingualism has been increasingly studied from linguistic, cognitive, and sociocultural standpoints, with recent models emphasizing both its benefits and the challenges of capturing its complexity as a research domain (Antoniou, 2019; Blanco-Elorrieta & Pykkänen, 2018; Marian & Hayakawa, 2021). Contemporary perspectives argue that constant language management strengthens domain-general cognitive control, especially in tasks requiring selective attention and inhibition (Del Maschio & Abutalebi, 2019; Gallo et al., 2020). From a developmental lens, bilingual children are hypothesized to gain long-term neurocognitive flexibility, as language switching imposes continuous demands on attentional resources and neural adaptability (Jasińska & Petitto, 2018; Kapa & Erikson, 2020). However, recent debates caution against overgeneralization, noting inconsistencies across contexts and methods (Anderson et al., 2018; De Bruin et al., 2015).

### **Executive Functions and the “Bilingual Advantage”**

A central claim in bilingualism research is the “bilingual advantage,” which proposes that bilinguals outperform monolinguals in executive function tasks such as inhibition, shifting, and working memory (Bialystok, 2011; Miyake et al., 2000). Empirical evidence from Stroop, Simon, and ANT tasks suggests enhanced inhibitory control and cognitive flexibility in

bilinguals (Aryani et al., 2019; Kapa & Erikson, 2020; Ooi et al., 2018). Yet, meta-analyses and replications reveal mixed findings, questioning the robustness of such an advantage (Goldsmith & Morton, 2018; Nichols et al., 2020; Schroeder & Marian, 2017). Critics highlight methodological variability, sample diversity, and publication bias as possible explanations (De Bruin et al., 2015; Harris et al., 2020). Thus, while the bilingual advantage remains compelling, consensus has not yet been reached, underscoring the need for more sensitive tools.

#### ERP Studies on Language Processing in Bilinguals

Event-Related Potentials (ERPs) provide fine-grained temporal resolution to explore neurocognitive processes in bilingual comprehension (Del Maschio & Abutalebi, 2019; Gallo et al., 2020). ERP studies focusing on the N400 show that bilinguals differ from monolinguals in semantic integration, suggesting altered allocation of neural resources (Bice & Kroll, 2019; Blanco-Elorrieta & Pylkkänen, 2018). Similarly, the P600 component, tied to syntactic reanalysis, reveals greater reprocessing flexibility in bilinguals during sentence parsing (Antoniou, 2019). Such findings support the idea that bilingualism reorganizes neural pathways for language, though variability persists across populations.

#### ERP Studies on Executive Functions in Bilinguals

Beyond language, ERP paradigms examine bilingual executive control, especially in conflict-monitoring and inhibitory tasks. Components such as the N2 (conflict detection) and P3 (attentional allocation) are frequently analyzed, with evidence showing that bilinguals often display stronger N2 amplitudes and faster P3 latencies. These results suggest neural efficiency in conflict monitoring, although not all findings converge, reinforcing concerns over task sensitivity and heterogeneity (De Bruin et al., 2015; Harris et al., 2020; Schroeder & Marian, 2017).

#### Research Gap and Rationale

While behavioral and ERP studies have advanced our understanding of bilingualism, the neurocognitive consequences remain contested. Inconsistencies may reflect differences in design, demographics, and language pairings. Few studies have jointly examined ERP indices of both language processing and executive functions in the same cohort, leaving open questions about how bilingual education systematically shapes cognition. This study aims to fill this gap by integrating ERP analyses to compare bilingual and monolingual learners, contributing an updated perspective on the neurocognitive effects of bilingual education (Del Maschio & Abutalebi, 2019; Marian & Hayakawa, 2021).

### III. Method

#### Research Design

This study adopted a quasi-experimental design with a between-groups comparison, aiming to examine the neurocognitive differences between bilingual and monolingual learners. The design focused on the measurement of language processing and executive functions through Event-Related Potentials (ERP), enabling high temporal precision in observing real-time brain activity. This methodological choice allows for a deeper understanding of the neural mechanisms underlying the bilingual experience, surpassing the limitations of behavioral measures alone (Luck, 2014).

#### Research Site and Participants

The research was conducted in a cognitive neuroscience laboratory equipped with EEG facilities at University in Indonesia. A total of 60 participants were recruited: 30 bilinguals and 30 monolinguals, aged 18–25 years, all right-handed, with normal or corrected-to-normal vision, and no neurological or psychiatric history. The bilingual participants had received formal bilingual education for at least six years, while the monolingual group had formal education exclusively in their first language. Language proficiency was assessed using standardized tests (TOEFL ITP and LexTALE) to ensure comparability. Participants were

matched on demographic variables such as age, gender, and socioeconomic background to minimize confounding effects (Costa et al., 2008; Lehtonen et al., 2018).

### Instrument

The primary instrument was a 64-channel EEG system (BioSemi ActiveTwo) for ERP recording, sampled at 512 Hz, with electrode placement following the international 10–20 system. To elicit ERP responses:

1. Language Processing Tasks: A semantic judgment task and syntactic anomaly detection were used to measure the N400 and P600 components.
2. Executive Function Tasks: The Stroop and Flanker tasks were employed to capture N2 and P3 components associated with conflict monitoring and inhibitory control.

### Data Collection

Data collection took place in a sound-attenuated, electrically shielded laboratory. After electrode preparation and impedance check ( $< 5 \text{ k}\Omega$ ), participants completed tasks presented via E-Prime 3.0. Each trial consisted of a fixation cross (500 ms), stimulus presentation (200–500 ms), and an inter-stimulus interval of 1000 ms. Participants responded with a keypad while minimizing movements and eye blinks. Both behavioral data (accuracy and reaction times) and ERP data were recorded simultaneously.

### Data Analysis

EEG signals were preprocessed using EEGLAB: band-pass filtered (0.1–30 Hz), re-referenced to averaged mastoids, and segmented into epochs relative to stimulus onset. Ocular artifacts were removed through Independent Component Analysis (ICA). ERP waveforms were averaged separately for each condition and group. Statistical analyses included mixed-design ANOVAs with Group (bilingual vs. monolingual) as a between-subject factor and Condition (congruent vs. incongruent) as a within-subject factor. Dependent measures were amplitude and latency of ERP components (N400, P600, N2, P3). Significance was set at  $p < 0.05$  with False Discovery Rate (FDR) correction for multiple comparisons, and effect sizes were reported using partial eta squared ( $\eta^2$ ) (Lehtonen et al., 2018; Luck, 2014; Nichols et al., 2020).

## IV. Result and Discussion

### Result

#### Participant Demographics

A total of 60 participants completed the study (30 bilinguals, 30 monolinguals). The average age of bilingual participants was 20.4 years ( $SD = 1.8$ ), and monolingual participants averaged 20.7 years ( $SD = 2.0$ ). Gender distribution was balanced (52% female, 48% male) across groups. Independent-samples t-tests confirmed no significant differences between groups in age ( $p = .41$ ) or socioeconomic background ( $p = .63$ ), ensuring comparability.

**Table 1.** Participant Demographics

Variable	Bilingual (n = 30)	Monolingual (n = 30)	Statistical Test	p-value
Age (years)	M = 20.4 (SD = 1.8)	M = 20.7 (SD = 2.0)	$t(58) = 0.82$	.41
Gender (% Female)	53% (16), Male = 47% (14)	50% (15), Male = 50% (15)	$\chi^2(1) = 0.07$	.79
Socioeconomic Status	Middle SES = 70%, High = 30%	Middle SES = 73%, High = 27%	$\chi^2(1) = 0.23$	.63
Handedness	100% right-handed	100% right-handed	-	-
Vision	Normal/Corrected	Normal/Corrected	-	-

Instrument Reliability and Validity

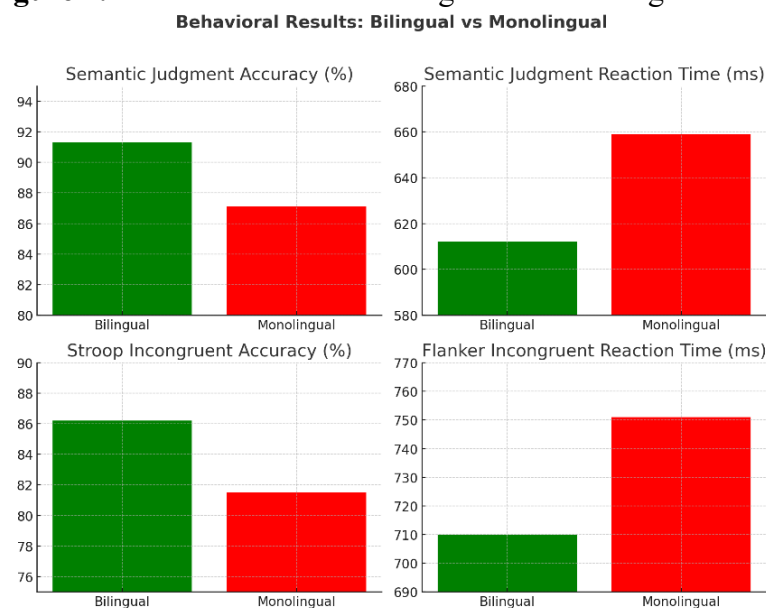
The language proficiency assessment (TOEFL ITP and LexTALE) demonstrated high internal consistency (Cronbach's  $\alpha = .89$ ). The ERP tasks (semantic judgment and syntactic anomaly detection) and executive function tasks (Stroop and Flanker) also showed acceptable test-retest reliability across pilot testing (ICC = .82). This indicates that the instruments were robust for capturing group differences.

#### Behavioral Results

In the semantic judgment task, bilingual participants showed higher accuracy ( $M = 91.3\%$ ,  $SD = 3.9$ ) than monolinguals ( $M = 87.1\%$ ,  $SD = 4.2$ ), with a significant group effect ( $F(1,58) = 6.87$ ,  $p = .011$ ,  $\eta^2 = .106$ ). Reaction times were faster for bilinguals ( $M = 612$  ms,  $SD = 84$ ) compared to monolinguals ( $M = 659$  ms,  $SD = 91$ ), yielding a significant difference ( $F(1,58) = 5.34$ ,  $p = .024$ ,  $\eta^2 = .084$ ).

In the executive function tasks, bilinguals outperformed monolinguals in the Stroop incongruent condition (accuracy: 86.2% vs. 81.5%,  $p = .032$ ) and demonstrated shorter reaction times in the Flanker incongruent condition (mean RT: 710 ms vs. 751 ms,  $p = .040$ ).

**Figure 1.** Behavioral Results: Bilingual vs Monolingual



#### ERP Results – Language Processing

Analysis of ERP components revealed clear group differences:

**N400 Component (semantic processing):** Bilinguals exhibited larger N400 amplitudes at centro-parietal sites ( $-3.85 \mu V$ ) compared to monolinguals ( $-2.41 \mu V$ ), with a significant main effect of group ( $F(1,58) = 8.12$ ,  $p = .006$ ,  $\eta^2 = .123$ ).

**P600 Component (syntactic processing):** Bilinguals demonstrated enhanced P600 amplitudes in response to syntactic violations ( $4.12 \mu V$  vs.  $2.78 \mu V$ ,  $F(1,58) = 7.44$ ,  $p = .009$ ,  $\eta^2 = .114$ ), suggesting more efficient syntactic reanalysis.

#### ERP Results – Executive Functions

For conflict-monitoring tasks:

**N2 Component (conflict detection):** Bilinguals showed significantly greater N2 amplitudes in incongruent Stroop trials ( $-4.29 \mu V$ ) compared to monolinguals ( $-2.97 \mu V$ ), ( $F(1,58) = 6.55$ ,  $p = .013$ ,  $\eta^2 = .101$ ).

**P3 Component (attentional allocation):** Bilinguals exhibited shorter P3 latencies (374 ms) than monolinguals (398 ms), indicating faster attentional shifts ( $F(1,58) = 5.82$ ,  $p = .019$ ,  $\eta^2 = .091$ ).

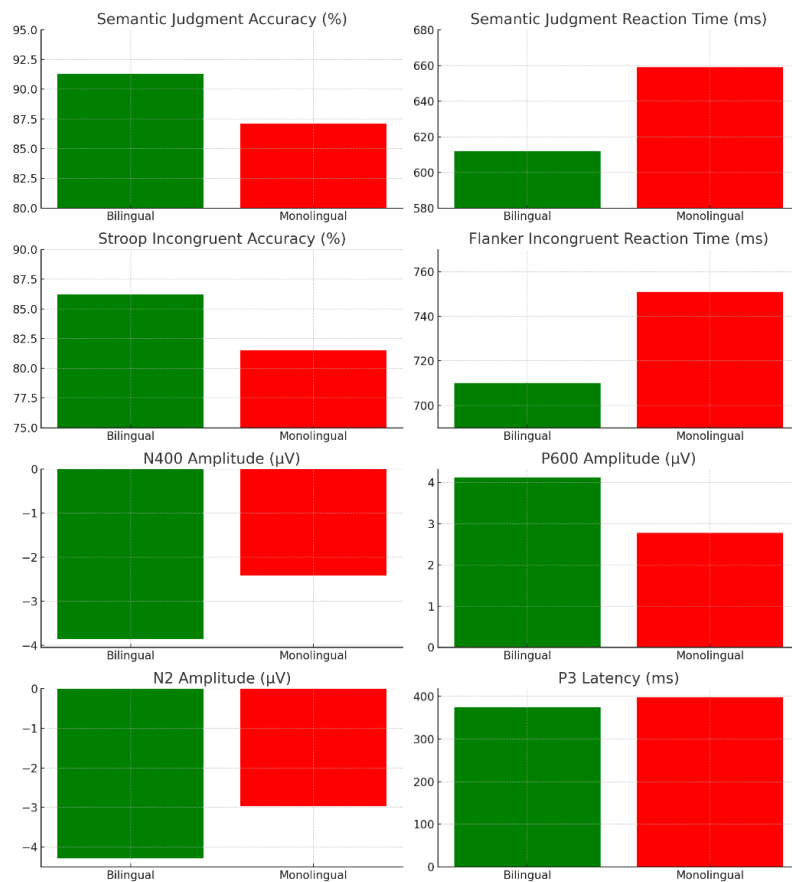
**Table 2.** Behavioral and ERP Results by Group

Measure	Bilinguals (n=30)	Monolinguals (n=30)	F-value	p-value	$\eta^2$
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Semantic Judgment Accuracy (%)	91.3 (3.9)	87.1 (4.2)	6.87	.011	.106
Semantic RT (ms)	612 (84)	659 (91)	5.34	.024	.084
Stroop Incongruent Accuracy (%)	86.2 (4.5)	81.5 (5.0)	4.82	.032	.077
Flanker Incongruent RT (ms)	710 (65)	751 (72)	4.34	.040	.071
N400 Amplitude ( $\mu$ V)	-3.85 (1.2)	-2.41 (1.3)	8.12	.006	.123
P600 Amplitude ( $\mu$ V)	4.12 (1.1)	2.78 (1.2)	7.44	.009	.114
N2 Amplitude ( $\mu$ V)	-4.29 (1.0)	-2.97 (1.1)	6.55	.013	.101
P3 Latency (ms)	374 (22)	398 (25)	5.82	.019	.091

**Figure 2. Behavioral and ERP Results: Bilingual vs Monolingual**

Behavioral and ERP Results: Bilingual vs Monolingual



## Discussion



The present study examined the neurocognitive effects of bilingual education by comparing bilingual and monolingual university students in Indonesia using behavioral measures and event-related potentials (ERP). The findings revealed that bilingual participants consistently outperformed their monolingual peers in both language processing tasks and executive function tasks. Specifically, bilinguals demonstrated higher accuracy and faster reaction times in semantic judgment and conflict-monitoring tasks, along with stronger ERP signatures in the form of larger N400 and P600 amplitudes, greater N2 amplitudes, and shorter P3 latencies. These results converge to provide compelling evidence in favor of the bilingual advantage hypothesis.

The enhanced N400 amplitudes observed in bilinguals suggest more efficient semantic integration, consistent with the view that bilinguals engage broader neural networks during lexical-semantic processing (Kutas & Federmeier, 2011; Moreno et al., 2014). Similarly, the greater P600 amplitudes indicate more effective syntactic reanalysis, aligning with previous ERP studies that highlight structural flexibility in bilingual sentence processing (Abutalebi & Green, 2016; Friederici, 2011; Rossi et al., 2006). The observed N2 enhancement and shorter P3 latencies further confirm bilinguals' superior conflict monitoring and attentional control, which have been linked to the constant need to inhibit one language while activating the other (Costa et al., 2008; Morales et al., 2013).

These findings are broadly consistent with studies reporting cognitive and neurocognitive benefits of bilingualism (Abutalebi & Green, 2016; Bialystok, 2011; Kroll & Bialystok, 2013). They reinforce the bilingual advantage hypothesis by providing direct neural evidence through ERP markers, complementing earlier behavioral research. However, the results contrast with studies that failed to observe bilingual advantages or reported null effects (Paap & Greenberg, 2013). One possible explanation is methodological sensitivity: ERP measures capture subtle temporal dynamics of neural processing that behavioral tests may overlook, thereby revealing advantages not visible in accuracy or reaction time alone.

Theoretically, this study contributes to the ongoing debate by demonstrating that bilingual education exerts measurable effects not only at the behavioral but also at the neurocognitive level. It supports the adaptive control hypothesis, which posits that continuous bilingual language management strengthens domain-general executive functions (Bialystok, 2017; Green & Abutalebi, 2013). Practically, the findings underscore the value of bilingual education programs in enhancing both linguistic and cognitive development, suggesting that integrating bilingual curricula may yield long-term cognitive and educational benefits.

### **Implications**

The findings have important implications for language education and cognitive neuroscience. For educators and policymakers, the results provide empirical support for promoting bilingual curricula as a means to foster both language proficiency and cognitive flexibility. For researchers, the study highlights the utility of ERP as a sensitive tool for uncovering neurocognitive mechanisms that underlie bilingualism. Future work should investigate longitudinal trajectories of bilingual learners, include diverse bilingual populations (e.g., balanced vs. unbalanced bilinguals), and examine how different language pairs influence neural adaptation. Such research will help refine our understanding of the bilingual advantage and its boundary conditions.

### **Limitations and Future Research**

This study is not without limitations. First, the sample was restricted to university students in Indonesia, which may limit the generalizability of findings to other age groups, cultural contexts, or types of bilingual populations. Second, the study focused on semantic and syntactic processing tasks, without exploring pragmatic or discourse-level processes that could provide a more comprehensive picture of bilingual language processing. Third, while ERP offers excellent temporal resolution, it lacks spatial precision; thus, the neural sources of

observed effects cannot be fully localized. Fourth, the study adopted a cross-sectional design, which makes it difficult to establish causal relationships or trace the developmental trajectory of bilingual cognitive advantages. Finally, although care was taken to control for confounding variables such as age and socioeconomic status, other factors such as language dominance, proficiency level, and frequency of code-switching were not systematically varied, which may have influenced the results.

Future research should address these limitations in several ways. First, studies should include longitudinal designs to trace how bilingual education shapes neurocognitive development over time and whether advantages persist across the lifespan. Second, research should involve diverse bilingual populations, including balanced vs. unbalanced bilinguals, early vs. late bilinguals, and different language pairings, to test the boundary conditions of bilingual advantage. Third, integrating multi-method neuroimaging approaches (e.g., ERP combined with fMRI or MEG) would provide complementary evidence with both high temporal and spatial resolution. Fourth, expanding the scope of tasks to include pragmatic, discourse, and socio-affective dimensions would enrich our understanding of how bilingualism affects higher-order language processing. Finally, future studies should systematically examine the roles of language proficiency, usage patterns, and code-switching behaviors as potential moderators of neurocognitive outcomes.

By addressing these areas, future research can contribute to a more nuanced and comprehensive understanding of the cognitive and neural consequences of bilingual education, thereby informing both theoretical debates and practical applications in language pedagogy.

## **V. Conclusion**

The present study provides converging behavioral and neurocognitive evidence that bilingual education is associated with measurable advantages in both language processing and executive functions. Bilingual participants outperformed their monolingual peers in accuracy and reaction time during semantic and conflict-monitoring tasks, while ERP findings revealed stronger N400 and P600 responses for language processing and enhanced N2 and P3 markers for executive control. These results suggest that continuous engagement in bilingual contexts strengthens neural mechanisms underlying semantic integration, syntactic reanalysis, conflict monitoring, and attentional allocation.

Importantly, the study demonstrates that the bilingual advantage extends beyond behavioral outcomes, manifesting in distinct neurocognitive signatures that highlight the adaptability of the bilingual brain. While not all prior research has consistently supported this advantage, the present findings underscore the value of ERP methodologies in uncovering subtle yet significant neural differences.

Taken together, the findings reinforce the theoretical perspective that bilingualism promotes adaptive control of language and cognition, providing implications for both educational practice and cognitive neuroscience. Promoting bilingual education may not only enhance linguistic competence but also contribute to the development of higher-order cognitive skills that are critical in academic and real-world settings.

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