

THE ROLE OF PSYCHOLOGY IN LEARNING LANGUAGES

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Abstract

Language is the way to explore new knowledge, culture and people. Regarding the fact that it is connected strongly sociology and psychology what helps to boost the general development of humanism. This article illustrates some key connections of learning languages with psychology and the way close chain of languages with other essential humanitarian fields. Furthermore, language teachers' training collaborated with not only pedagogy, but also young learner's psychology needs a deep research in today's world that is becoming more than easy to lose the interest of students for classes.

Keywords: Psychology, limiting beliefs, empowering beliefs, English trauma, motivation, brain, incantation, emotion, non - linguistic factors.

Introduction

In our globalized world, most people learn different languages. Nowadays the English language is one of the most popular one all around the World. Even though most learners have memorized countless grammar rules and vocabulary, they still cannot utilize them correctly and automatically. Despite all this work and effort, most English learners are frustrated. Many feel nervous when they must speak English. Some feel nearly hopeless. After so many years of traditional learning, students are confused. However, there is a solution of this issue. There is a road to English fluency and you can travel on it. It is the fact that there are two important steps in learning languages: the psychology and the method. Most schools, most teachers, and most learners focus only on the method. In other words, they are solely focused on the pieces of the English language — vocabulary and grammar. They completely ignore the first part of the Learning Language system — the psychology which is the most important element for success with English speaking.

Materials and Methods

It is clear that, if your psychology is weak, even the best method will fail. In other words, if you have connected stress, fear, nervousness, and doubt to the process of speaking English, you will have a lot of problems. So psychology and emotion play the main role in education too. And a lot of people talk about this in the academic world.

Dr. Stephen Krashen who is the top expert on language acquisition talks about this idea of non -linguistic factors. Which basically means psychological and emotional factors are more significant than the method you are using. Tony Robbins, the famous peak performance coach, talks about this as well. He says directly success comes from emotion, 80% of success is psychology. The other 20% is the method that you use to study .20% are the schools you go to, the teachers you have, the books you use. But the other 80% is psychology, your motivation, your emotions, how you manage your time. All of these things are in fact much more important. Dr. Stephen Krashen who is the expert in language acquisition and language learning, has done many studies and he has also looked at many studies and he's found that non-linguistic factors are equally or in fact more important than the linguistic factors to determine who is successful ultimately. What that means is that things like your emotions, things like your peer group, the community that you belong to, your feelings about English are as important or more important than the methods you're using to learn English. So, how do we anchor strong, positive emotions to English? There is the main element of psychology is your beliefs. You must master in order to speak English powerfully. Beliefs are our most powerful "brain programs." They guide our decisions, our feelings, and our thoughts. They tell us what is possible and what is not. They open us to success or limit us to failure. We can put beliefs into two general categories: limiting beliefs and empowering beliefs. A limiting belief is typically a negative "program" that limits your potential and performance. In other words, limiting beliefs limit your success. The hidden curriculum is the source of most negative beliefs about English. Over time, schools consistently program limiting beliefs into the minds of their students. After years in school, most students share some or all of these limiting beliefs:

- English is complicated and difficult.
- It takes many years to speak English well.
- English is stressful.
- Grammar study is the key to English speaking.
- I'm not good at English.
- There is one right answer. There is one right way to say it.
- Something is wrong with me because I still can't speak English well.
- My test scores are low; therefore, I can't speak English well.
- The best way to learn English is to sit in a class, take notes, and read a textbook.
- Only a few special people can learn to speak English powerfully.
- English learning is boring and frustrating.

The problem with these negative beliefs is that they lead to negative emotions (about English). The negative beliefs and emotions then lead to bad decisions, and the bad decisions lead to disappointing results. For example, someone who believes that English is stressful, complicated, and difficult is unlikely to be motivated to work hard every day. Rather, they will constantly be struggling to force themselves to learn

English. Someone who feels only a few special people can master English will likely become frustrated very quickly. They will assume that something is wrong with them, that they are “not good at English.” Again, their progress will be slow. Finally, those who believe that classes, textbooks and grammar study are the key, may spend years using these ineffective methods. This is why beliefs are so crucial. They are the central programs in our brain that create feelings, decisions and actions. Beliefs are what make the difference between ultimate success or a lifetime of frustration with English. Beliefs tell you what an experience means. Whenever you have an English language experience, your brain must decide the meaning of what happened. In fact your brain generalizes the experience. Your brain decides what the event means to your life as a whole. And with each negative experience, the belief can grow stronger and stronger. Eventually you become completely certain about the belief. For example, maybe you were repeatedly corrected by an English teacher. After each of these embarrassing experiences, your brain had to decide the meaning of what happened. Based on these events, maybe you decided that you were bad at English. Maybe you decided that English was painful and stressful. Each negative experience made the belief stronger. The problem is that these beliefs then affected all of your English experiences that followed. So whenever you had another encounter with English, it was always with these negative limiting beliefs. Because of this, you automatically viewed every new experience with English more negatively. If your beliefs are strongly negative and you don’t change them, you can completely destroy your ability to succeed as an English speaker. Many English learners completely lose hope and simply quit, never to succeed.

You must, therefore, replace your limiting beliefs with strong empowering ones. “Empowering” means “giving power.” So an empowering belief is one that gives you power! What kind of empowering beliefs do you need for English speaking success?

Here is a sample list:

- English is easy, fun and exciting.
- I can speak English fluently in about six months.
- Mistakes are normal and necessary. Even native speakers make mistakes.
- Communication, not a test score, is the purpose of English speaking.
- Grammar study kills English speaking.
- Anyone can learn to speak English powerfully.
- There’s nothing wrong with me, I’ve just been using a bad method and I can change that.

I’m sure you can see how much stronger these beliefs are. You can see that these beliefs are more likely to create success than the limiting ones. You can probably imagine the greater feelings of confidence and excitement that these beliefs create.

Result and Discussion

But how do you change your limiting beliefs to empowering one? Clearly the empowering beliefs are more desirable, but how do you truly re-program your mind? One powerful method for changing beliefs is called modeling. Modeling simply means to find a successful person and study them carefully. If you want to speak English powerfully, for example, you find another person who has learned to do it. You learn about them. You learn what they did and how they did it. If possible, you talk to them and learn about their psychology and their methods. Finally, of course, you do your best to do exactly what they did. By focusing on success instead of failure, you gradually re-program your brain. While I hope this article help to change your beliefs, there is nothing more powerful than hearing from another person, just like you, who achieved success. Just find successful English speakers and model them. You may find them in your town. You will certainly find them online. When you do find them, ask them about their beliefs and methods. Study their psychology and their success. This is exactly what I did when I developed my English speaking. I studied the most successful English learners. I interviewed them. I studied their emotions, their beliefs, their goals, and their learning methods.

Another way to create empowering beliefs is that Create a list of all the positive experiences you have ever had with English. Most people can identify at least a few such experiences. The next step is to focus your attention on these memories every day. Each day, review your list of positive English memories. Remember each experience. See each one in your mind and feel those positive feelings again. Then write down a new empowering belief about English. You might write “English is easy and fun.” You might write “I enjoy learning English and I’m good at it.” Write this belief at the top of your list and also review it each day. And of course, every time you have a new positive experience with English, add it to your list. Your list will grow longer and longer. And as it grows, your empowering beliefs will get stronger and stronger.

Conclusion

We all know the computer programming term “garbage in, garbage out.” Beliefs are our brain programs. Garbage (negative limiting) beliefs create negative emotions, bad decisions, and low motivation. These, in turn, create “garbage out” – terrible results. Those bad results then create new and stronger negative beliefs, and the whole cycle starts again, even worse. This is called a “downward spiral.”

Positive beliefs, on the other hand, create an upward spiral. Empowering beliefs create more positive emotions, better decisions, and better motivation. These, in turn, create better results. Better results than create even stronger empowering beliefs. The whole cycle repeats again and again, getting stronger each time. This upward spiral is the key to rapid success with English. Therefore, each and every time you study English, create

a peak emotional state. Change your negative thoughts and your mental focus in order to create excitement and positive energy. Build a strong connection, between English and your most positive emotions. Heal your English trauma.

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