

METHODS FOR REMOVING THE PSYCHOLOGICAL BARRIER WHEN MASTERING LANGUAGE MATERIAL

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ABSTRACT

This article discusses various methods aimed at eliminating psychological barriers that impede the acquisition of language material. Language acquisition is a complex process that is influenced by various cognitive and emotional factors. Understanding and addressing these barriers is critical to promoting effective language learning. The article reviews the existing literature on psychological barriers to language acquisition and presents a comprehensive analysis of strategies to overcome them. Methods include cognitive, affective and practical approaches, providing a holistic view of improving language learning outcomes.

Keywords: Language acquisition, psychological barriers, language learning, cognitive strategies, emotional factors, effective learning, pedagogical approaches.

INTRODUCTION

Learning a language is a multifaceted process that goes beyond simply memorizing vocabulary and grammar rules. Psychological barriers can hinder language acquisition, affecting students' confidence and overall progress. This article reviews existing literature to identify and understand these barriers and then proposes effective methods to overcome them. Research in language acquisition has identified several psychological barriers that learners may face. These include anxiety, lack of motivation, fear of making mistakes and lack of self-confidence. Existing research highlights the interconnectedness of cognitive and affective aspects in language learning. By examining these results, we can gain insight into developing strategies to systematically address these psychological barriers.

The Methods section describes various strategies for eliminating psychological barriers to language acquisition.

These methods are divided into cognitive, emotional and practical approaches:

- Cognitive Strategies: Use of mnemonic techniques, spaced repetition, and visualization techniques to improve retention and recall.
- Emotional Factors: Creating a positive learning environment, encouraging a growth mindset, and developing a supportive community of learners.
- Practical approaches: Integrating language learning into daily life, using immersion experiences and setting achievable goals to increase motivation.

Overcoming psychological barriers when learning a language is crucial for the effective acquisition of language material.

Here are some methods that can help remove these barriers:

Positive attitude and motivation:

- Cultivate a positive attitude towards language learning. Set realistic goals and celebrate small victories.
- Understand your reasons for learning a language and keep them in mind.

This can help keep you motivated during difficult times.

Create a conducive environment for learning:

- Surround yourself with language as much as possible.

Immerse yourself in it through music, movies, books and conversations.

- Join language learning communities, both online and offline, to share experiences and receive support from others.

Break the study material into parts:

- Divide the language material into smaller, accessible fragments.

Focus on one aspect at a time to avoid becoming overwhelmed.

- Use cards, mind maps or diagrams to visualize and organize information. Set up a regular study routine:

- Create a consistent study schedule. Regular, shorter sessions are often more effective than sporadic, longer sessions.

- Make language learning a habit to strengthen your commitment.

Use multimedia resources:

- Use a variety of learning materials such as videos, podcasts, and interactive apps to make learning fun.

- Listen to native speakers to improve your pronunciation and intonation.

Practice regularly:

- Constant practice is necessary to master a language. Practice speaking, writing, reading and listening regularly.

- Use language exchange partners or language learning apps to practice your speaking skills. Cultural Immersion:

- Learn about the culture associated with the language you are learning. Understanding cultural nuances can improve your understanding of the language and make the learning process more enjoyable.

Seek professional advice:

- Consider taking language classes with a qualified teacher or tutor who can provide structured guidance and personalized feedback.

- Attend language workshops, seminars or conferences to improve your understanding of the language and communicate with other learners. Remember that learning a language is a gradual process and everyone progresses at their own pace. Be patient with yourself, remain persistent, and celebrate the small victories along the way.

The Discussion section interprets the results in the context of existing literature, emphasizing the importance of a holistic approach to language acquisition. A combination of cognitive, emotional and practical strategies aims to address the multifaceted nature of psychological barriers. The interaction of these methods promotes a synergistic effect, enhancing their individual benefits.

CONCLUSIONS

In conclusion, overcoming psychological barriers to language acquisition requires a comprehensive approach that takes into account cognitive, emotional and practical aspects. The integration of different strategies has shown positive results, providing valuable information to teachers, students and language learning platforms. Future research could further explore the long-term effects of these strategies and explore their applicability to different age groups and language proficiency levels. Additionally, exploring the impact of new technologies on language learning and their potential for mitigating psychological barriers would be a fruitful avenue for future research. In summary, this article highlights the importance of recognizing and addressing psychological barriers to language acquisition and offers practical ideas and strategies for teachers and students to improve the language learning experience.

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