THE PRIMACY OF PSYCHOLOGICAL FACTORS IN SECOND LANGUAGE ACQUISITION

Kuliyeva Dildora
Gulistan State Pedagogical Institute
e-mail: dildorakuliyeva4@gmail.com

Abstract: This article discusses the significance of psychological factors in language learning. Motivation, a positive emotional state, and self-confidence facilitate effective acquisition, whereas stress and anxiety create barriers. Furthermore, a supportive atmosphere and active communication help learners overcome psychological obstacles and accelerate the learning process. In conclusion, psychological factors often play a more crucial role than grammar rules and vocabulary knowledge.

Key words: psychological factors, language learning, motivation, self-confidence, anxiety, communication.

Аннотация: В данной статье обсуждается значение психологических факторов в изучении языка. Мотивация, позитивный эмоциональный настрой и уверенность в себе способствуют эффективному усвоению, в то время как стресс и тревога создают препятствия. Более того, благоприятная атмосфера и активное общение помогают учащимся преодолевать психологические препятствия и ускорять процесс обучения. В заключение следует отметить, что психологические факторы часто играют более важную роль, чем грамматические правила и знание лексики.

Ключевые слова: психологические факторы, изучение языка, мотивация, уверенность в себе, тревожность, общение

Annotatsiya: Maqolada til o‘rganishda psixologik omillarning ahamiyati yoritilgan. Motivatsiya, ijobiy ruhiy holat va o‘ziga ishonch yangi tilni samarali o‘zlashtirishni osonlashtiradi, stress va xavotir esa to‘siq bo‘lishi mumkin. Shuningdek, o‘quvchi o‘zini erkin his qiladigan muhit va faol muloqot tilni tezroq o‘zlashtirishga yordam beradi. Xulosa qilib aytganda, psixologik omillar ko‘pincha grammatik qoidalar va lug‘atdan ham muhimroq rol o‘ynaydi.

Kalit so‘zlar: psixologik omillar, til o‘rganish, motivatsiya,o‘ziga ishonch, xavotir, muloqot.

Krashen emphasizes that grammar and vocabulary alone are not enough for language learning. According to his theory, learners need to be exposed to comprehensible input. But even more important is the learner’s psychological state. If the learner feels insecure, anxious, or stressed, their “affective filter” becomes high, blocking language acquisition. On the other hand, if the learner feels calm, motivated, and confident, the “affective filter” is low, and learning becomes faster and more effective. “In language learning, the learner’s emotional state plays a decisive role. If the learner studies with fear and stress, the input does not reach the brain. But if the learner feels free, confident, and motivated, they acquire the language naturally and effectively.” Long believes that the most important factor in language learning is interaction. He explains the process of “negotiation of meaning.” For example, when two people communicate and one does not understand something, they ask for clarification, explanations, or corrections. Through this process, learners not only improve their grammar and vocabulary but also learn to feel psychologically free in communication. During communication, learners notice their mistakes, correct them, and acquire the language more effectively. A learner who feels psychologically free gains more from this experience. Researchers on Psychological Factors (motivation, anxiety, self-confidence) Khajavy et al. (2019): Their study shows that “psychological capital” (motivation, positive thinking, and self-confidence) directly influences success in language learning. Positive Psychology approach: When the learning environment is friendly, joyful, and stress-free, students participate more actively and learn more effectively.

Most people have suffered with English for so long they worry there is no solution. Trained by schools to be passive, fear mistakes, and search for just one right answer, most English learners are stressed and frustrated. Some feel nearly hopeless. They have spent years in English classrooms. They have spent years memorizing grammar rules and vocabulary lists. They have spent years studying for exams such as the TOEFL, IELTS, or TOEIC. Despite all this work and effort, most English learners are frustrated. Many struggle with even simple conversations. Many feel nervous any time they must speak English. They have memorized countless grammar rules, yet even simple conversations feel difficult. Likewise, despite years of study, most learners still cannot understand American TV or movies. After so many years of traditional learning, students are confused. When they try to speak, they constantly think about grammar and translations. First they think of a sentence in their own language, then they translate it to English, then they think about the grammar, and finally they speak. When they listen, they go through a similar process. They hear the English, translate it into their own language, think of a response in their own language, translate their response into English, and then think about the grammar to be sure their response is correct. No wonder their speech is so slow and unnatural! No wonder English feels so stressful and difficult! Real conversations are fast, and it’s nearly impossible to do all of this thinking fast enough, especially when talking to a native speaker. If you think about translations and grammar during a real conversation, you will quickly become lost. Instead of listening carefully to the other person, you’ll be translating your own responses and trying to remember grammar. Your

speech will be hesitant. Often, the other person will become frustrated by your lack of understanding. Of course, if you see the other person is losing patience, you will usually become even more nervous. It's a terrible downward spiral that most English learners know too well. There is a solution. There is a way to escape the hidden curriculum. There is a road to English fluency and you can travel on it. You can speak English powerfully. You can speak English clearly, naturally, and effortlessly. This solution, however, will require you to completely change your beliefs about education and completely change the way you learn English. I call the solution the Effortless English™ system and it has two parts: the psychology and the method. Most schools, most teachers, and most learners focus only on method. In other words, they are solely focused on the pieces of the English language - vocabulary and grammar. As we learned in the last chapter, schools primarily use the "grammar translation" method, with some "communication activities" added. While schools are focused just on method, they completely ignore the first part of the Effortless English™ system - the psychology. Yet, psychology is probably the most important element for success with English speaking. When you think of your own English speaking, you'll realize that your nervousness, lack of confidence, and frustration are major problems. How do you change these? Without an effective psychological system, you will struggle to find success with even the best language teaching method. Let's use a story to understand these two important parts of the Effortless English™ system. Imagine that you are on a road. You are driving on the road to English fluency.

In fact, you probably will not reach your destination. Now, you could put some high quality gas in that old car, but even then it will likely take you a long time to reach your destination. Better gas will help a little, but the trip is still likely to be slow and frustrating. Now imagine instead that you'll be driving a Formula 1 racing car on this road to fluency. This car is made for speed and performance. Clearly, it will go faster than the old, slow car. But what if you fill it up with cheap, low quality fuel? There will likely be problems. Racing cars need racing fuel or they will not perform well. Obviously, the best situation would be to put high quality racing fuel into your Formula 1 racing car! With this car and this fuel, your trip on the road to fluency will be fast and exciting. This is how learning English works. If you've been studying for a while, you know by now that there are all sorts of systems. Traditional classes at universities. (pp. 413–468)

Private lessons from language schools. Online or packaged software courses. Immersion programs that put you in the country where they speak the language you're studying. In other words, you've got a lot of different cars to choose from. Some may be better than others, some may be faster. But even the greatest of these methods, the Ferrari of language teaching, if you will, needs fuel to make it work. A method, after all, is only an engine. And if you don't give an engine the proper fuel, even a great one won't work the way you'd like it to. To succeed, you need both quality fuel and a powerful engine. The right engine + the right fuel = success Obviously, I believe the right engine would be the Effortless English™ system. What is the fuel? The fuel is your psychology. It is the beliefs, emotions, and goals that power your learning. Your fuel is your motivation, your confidence, your energy, your enthusiasm. (pp 119–142)

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