

THE EFFECTIVE METHODS OF MOTIVATING LANGUAGE STUDENTS. SUGGESTOPEDIA IS A METHOD AS A VEHICLE TO GET EFL STUDENTS INVOLVED THE LESSON

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Abstract

In English there is a well-known proverb -“You can lead a horse to water, but you can’t make him drink.” Motivating language learners looks like that. It includes not only leading them to English learning, but also making them thirsty for understanding of English of the target language. As a language learning, English learning has its own features that demand the learners to remember more, have practice more and interact more than other subjects. Students’ motivation is crucial for English learning. Therefore, English teachers must be organizers or leaders in teaching. They have an incredible responsibility to increase their students’ willingness to perform actively on English learning. The matter of motivation for educational career is an crucial issue since education programs and training styles can make a distinction to students’ academic achievement. There is, in fact, an increasing requirement to finding new disagreements to make contact with the advanced modifications of contemporary world. Teachers can have impact on students’ attributions in different ways.

Key words: Motivation, Students' engagement, EFL Classroom, Suggestopedia.

Introduction

In recent years in Uzbekistan, English Education has become a very widespread propensity and it has become more popular and important than it was in the past . Mastery of English a foreign language is considered as an opportunity to one’s future academic and employment success, as the result, more and more people are getting immersed to English learning environment. Moreover, the English learners are becoming younger and younger day by day across the country that English lessons are taught in Grade One of primary schools and even in kindergartens as a main school discipline. In addition, the number of parents enables the children to attend some extra after-school English classes in private educational establishments during weekends in the hope of developing their kids’ English learning even though some of EFL teachers and parents of language learners are in frustration of low attitude and grades in academic life of students. Therefore, it is if a great importance for EFL teachers to know the psychological theory of teaching English and the process of English learning in order to encourage and enhance the students.

Mastering a foreign language is a very complex process which is commonly influenced by many aspects. Apart from the intelligent factor, the non-intelligent factors such as motivation, attitude, interests, age, teaching methods modes, and character are the most visible factors to the pace of English learning. Because the behavior of English learners is dominated by cognition, in other words, the learners have a desire in which is a reason to persist in English learning. As an ordinary explanation, we can say two students who are sitting next to each other in a class during the English lesson. They look alike and are similar in terms of capability, but they perform differently in academic setting. For example, One of the jumps into assignments quickly, participates willingly in class, and gets good marks; the latter hesitates to participate in-class assignments, rarely joins in round-table discussion. The reason of this situation is typical. The term of motivation could help us explain these differences. According to the research done by **Jakobovits**, the most common influential factors to English learning process are categorized in such an order:

motivation takes up 33%, aptitude which accounts 33%, intelligent takes up 20%, and others are calculated 14%. Consequently, EFL teachers and parents of language learners are influenced by the psychological term of motivation, which enables students to get involved in English learning actively.

According to psychological concept ever single person always is motivated, they are never unmotivated. **Belyayev** states that Students may act as unmotivated to do what EFL teachers would prefer them to do, however it does not truly mean that they are unmotivated. **Paul Eggen & Don Kauchak** defines motivation as a force which energizes behavior toward a goal. In other words, if people are machines, motivation functions as such an engine that powers and accelerates individuals' behavior. **Don Hamachek** claims that Motivation serve three important functions on our behavior:

- energizing us (in other terms "turning the key and starting the motivational engine")
- directing us (in other terms pointing us to a specific direction)
- enabling us to choose most appropriate behavior for accomplishing our goals.

In language Education Motivation is not only an inclusive desire for acquiring the knowledge of English, but also an intensive factor which makes students go forward in English learning with a huge amount of enthusiasm. It is something like the engine of an automobile which is able to move students from boredom to interest. Students who possess powerful motivation take an appropriate and positive attitudes towards making great efforts to master English and consequently get better grades in comparison with those who haven't acquired motivation and those students usually regard English learning as a heavy and boring burden. It is true that motivation is such a basic factor in language learning that no teacher could avoid being concerned with students' motivation. So it is necessary to understand motivation more deeply, an idea the author turns to next. It is the foremost effective and functional for EFL teachers to apply different and interesting activities with moderate challenge in order to attract students' attention to raise their curiosity in English learning in terms of intrinsic motivation, arousal and the characteristic of language learning. Language learning differs from other disciplines that require students to improve broadly in four integrated skills of listening, speaking, reading and writing by means of remembering a huge amount of vocabulary, sentence structures and grammar, practicing speaking skills more in class so that they would be able to be fluent in the target language. Students are eager to take part in English learning that can be interesting and fun with their involvement and engagement which, in turns, is the key to maintaining motivation during the lesson. Correspondingly, Games are welcomed in English teaching mainly in elementary schools. As Aydan Ersoz says well-organized interactive games are valuable as they give students some time to relax and at the same time enable students to practice language skill. Games are totally motivating since they are amusing which make learners take some rest and relaxation and at the same time make them to solve some problems. Moreover, they take an advantage of meaningful and useful language in real-life based contexts. In addition, they encourage and increase cooperation and interaction among co-learners.

Create a relaxed and positive learning climate

According to Richards, J. C., & Theodore, S. R., 1988 Climate is of great importance because of the fact that it creates an inviting environment that encourages language learners' academic achievement and motivation. In a friendly atmosphere, students feel safe and sound and their sense of understanding as well as foreign language learning motivation can be aroused. Students have to have a great deal of practice to speak in class so that they would be able to learn English successfully, thus establishing some rules and regulations to allow them make sufficient use of the

English practice time. Meanwhile, teachers should permit students to have a broad discussion without the fear of expressing their own opinions which are different from others. What if students make some mistakes while giving a speech in front of audience, teachers are expected to describe these mistakes as opportunities for further improvement with warm classroom language comments, such as ***“This is an incredible experience for you. When you finally understand it, you will have improved a lot.”*** with more sincere smiles and encouragements.

Before starting the class or an activity, teachers’ explanation and instruction of what students are supposed to do and why they have to do it promotes a sense of achievement and makes students more attentive and positive in learning English. Eventually, when students are dealing with the tasks, teachers should be ready to give support at any moment.

Cooperative activities

Implementing cooperative activities is in central place to keep students feel safe and can stimulate their engagement. Therefore, more and more teachers are making use of cooperative activities in English teaching instead of competition, which is also correspondingly effective. In cooperative activities, students are able to decrease fear of failure while communicating and exchanging information successfully. In this case, students who are afraid to take risks to perform are engaged to share their ideas to contribute to the development of team work. This method is suitable for higher level of students who are good at communicating in English. For example, group discussions and project works, which are complicated, demanding, are a good way enable students to work cooperatively with team members. As EFL teachers, it is more compulsory to provide students with academic aids and comment fairly on their work on time or facilitate students to make a self-evaluation and peer-evaluation about their projects. This allows students to focus on their way of learning and enables them to see their progress.

Providing opportunities for students to experience success

The most effective way of learning English is to communicate with people using the target language, however not all of the language learners are open and active to use English especially when they get frustrated with failure in English learning. The more likely we are to keep all our students motivated and successful based on the theory of needs and beliefs, the more students become fluent in the target language. A prominent scholar whose name is Hamachek has done a great deal of research on the influences of failure on academic achievement, and without any hesitations success tends to raise the learners’ level of aspiration, while failure generally leads them to lower it.

Suggestopedia is a method of teaching a foreign language in which students learn as quickly as possible by making them feel relaxed, motivated and positive. The current method is developed because of the argument that students naturally face psychological challenges while learning Foreign Language. The psychological barriers determine a variety of inner distractions such as worry, anxiety, boredom, fear and so on. According to the procedure Suggestopedia involves four main stages to follow. They are presentation, active concert, passive concert, and practice part. The implementation of suggestopedic instruction in order to motivate students has positive cognitive, comprehensive, emotional, and social effects on the learners’ learning process.

This motivating method of foreign language teaching was developed by Lozanov. Richards mentions that It takes advantages of daily conversations and interactions, situations to present and practice language, particularly, makes use of music, colorful visuals, and relaxing exercises to make learning more comfortable and effective.

Georgi Lozanov mentions that learning foreign language is a matter of attitude, not aptitude. There are several key elements of Suggestopedia that involve a rich visual learning environment with pictures, colour, music, and as EFL teacher one is able to use of a varied range of methods such as, active participation in songs and games, dramatized texts, music. Suggestopedia as an effective method to motivate students includes four main stages as follows:

1. Presentation

It is a stage of preparation in which students are encouraged to relax and refresh their frame of mind, with the feeling that the learning a foreign language is going to be easy and a lot of fun. Physical exercises, mainly muscle relaxing, mind calming with music are performed. Students are relaxed in soft classical or other sorts of music while they find themselves in a safe, peaceful place away from the classroom. In three or four minutes of time of this activity, the students are to return to their usual attentive state of awareness.

2. First Concert - "Active Concert"

The classroom is bright and colorful. There are attached several posters on the wall. Several of them contain grammatical and vocabulary materials. The teacher is supposed to be energetic, dynamic, and confident. All learners are encouraged to choose a new name and nationality, after which they are given a fictional personal profile. Murcia suggests that by means of song, imitation, and play, the learners are helped to introduce themselves to each other and perform their new roles.

3. Second Concert - "Passive Concert"

In this stage, a state of relax is established. The students put down the script, close their eyes. The students are now motivated to get some rest and relaxation and listen to some sorts of music, with the learning material being read by the teacher very quietly in the background. It is important that Suggestopedia does not intend students to fall asleep in the second concert session. Instead of this, it accelerates a whole brain.

4. Practice

In this stage, The students sing classical songs and play interactive games, etc. in this part of instruction, The students are expected to spontaneously speak and interact in the target language without any interruption or correction.

CONCLUSION

To sum up, motivation is increasingly important and the strategies to motivate students in English learning. The ways which the scholars mentioned above are absolutely effective to motivate and sustain students in English learning.

As an EFL teacher, it is important and useful to obtain more knowledge of educational psychology, mainly, motivational rationale and supportive methodologies to motivate and sustain students in English learning. From the above discussion, some conclusions can be drawn. The goal of an effective method Suggestopedia is to accelerate the process of language education.

According to all the elements of which have been considered above, motivating students with the help of different approaches or methods will absolutely be helpful in all cases. The research is only a modest contribution to the issue of Motivation and its importance to raise students' involvement into the class and therefore further investigation into this topic is highly suggested.

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