

PSYCHOLOGICAL ISSUES THAT OCCUR IN FOREIGN LANGUAGE TEACHING**Babajanova Charos Erkinovna**

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ABSTRACT

Effective communication in a foreign language is of particular relevance today in connection with the integration processes in the modern world. The use of new approaches to learning, as well as innovative methods of teaching a foreign language, contribute to the formation of a linguistic personality, its cultural enrichment when communicating with people from other countries, and the expansion of international relations of our state.

Keywords: *target language, foreign language education, psychological difficulties, communicative ability, anxiety, fear of making mistakes, self-doubt.*

The main goal of foreign language education is the formation of communicative competence, the development of communicative abilities in the target language. However, not always every student manages to achieve unhindered free communication in a foreign language. Some students, possessing lexical and grammatical knowledge, experience psychological difficulties in a situation of real communication in a foreign language, which negatively affect the process of mastering the subject. Such psychological problems include anxiety, fear of making mistakes, self-doubt, etc.

Among the main psychological aspects of learning English, the most important are the following: motivation and interest in learning the language; language learning abilities; the ratio of language and speech in the study; the language barrier. Motivation is a major factor in language learning. As in any other activity, if a person does not want to do something or does it through force, he will not achieve a high result. The result in learning a language can only bring the motivation to achieve success. The motivation to avoid failure can provide a one-time result. For example, a student is afraid of failing an exam with a demanding English teacher. He will pass the exam, quite possibly, not bad, but there will be no long-term effect from such local success. The fact is that a foreign language skill needs to be formed and developed gradually, and then maintained throughout life, obviously, this cannot be done through force. For people learning English, an important motivational factor is the demand in the labor market [4].

Indeed, in the context of the globalization of the economy, there is an increase in trade and business contacts between countries. This determines the dynamic development of international firms around the world, including in Uzbekistan. They are actively developing their business, expanding, opening new divisions and representative offices, thus creating new jobs.

Work in such firms, as a rule, is more promising for a specialist, both from a financial and career point of view. At the same time, it imposes more requirements, among which, in addition to the basic qualifications, English language proficiency. English proficiency of employees is an important factor for the economic competitiveness of the company, that is a part of its intellectual capital [5].

In modern foreign science, the term “anxiety” is distinguished (V.M. Astapov, 2011; S.L. Solovieva, 2012; E.E. Malkova, 2013). The concept of anxiety was introduced into psychology by Z. Freud (1926), who shared concrete fear and indefinite fear-anxiety, which had a deep, internal character (angst). In his opinion, anxiety causes a feeling of helplessness, which is considered as a state of tension and is one of the most unpleasant experiences [6].

In the psychological literature, there are different definitions of the concept of anxiety. A.M. Parishioners believe that anxiety is “an experience of emotional discomfort associated with the expectation of trouble, with a premonition of imminent danger” [8]. According to the definition of A.V. Petrovsky:

“Anxiety is an individual's tendency to experience anxiety, characterized by a low threshold for the occurrence of an anxiety reaction; one of the main parameters of individual differences. Anxiety is usually increased in neuropsychiatric and severe somatic diseases, as well as in healthy people experiencing the consequences of psych damage, in many groups of people with a deviant subjective manifestation of personality ill-being” [7]. According to I.F. Arshava, anxiety is an unstable emotional state with a feeling of fear, the intensity of which can vary [3]. According to E. Horwitz, language anxiety is “a certain set of self-esteem, beliefs, feelings and principles of behavior associated with learning a foreign language, which, in turn, is determined by the uniqueness of this process” [1, 128].

The five psychological problems most commonly experienced by English learners are:
The fact is that many people speak not so much correctly as confidently - more confidently than you. And this does not mean that they know English better. Self-confidence can and should be developed: if you work on yourself in this direction, you will see how your whole life will change for the better.

One of the features of the English character is equanimity, the ability not to endure feelings for show. And for this you need extraordinary acting skills! Try to try on this image for yourself: in the end, no one will guess about the storm in your soul if outwardly you radiate calmness and tranquility.

Failing to set realistic goals

It is also worth remembering that "no one will embrace the immensity." At the beginning of learning English, students will have to determine the primary goal of their efforts and focus only on it - whether it is the ability to conduct a dialogue in English, understand unadapted speech, or learn to read and translate English texts with a dictionary.

Start from the main task that you face: if students are learning English for work, focus on professional vocabulary. At the same time, for some time they may not pay special attention to pronunciation or vocabulary expansion outside of the chosen specialization – limit themselves to mastering the basic words and expressions in the area they need.

If students “spread out”, try to achieve high results in several areas at once, their successes may not be so noticeable, first of all, to themselves – and this affects the motivation and desire to continue what they started.

Fear of making a mistake

Students don't have to take their mistakes to heart, because, by and large, their main task is to correctly convey their thought. By the way, the average Englishman or American in terms of native language proficiency is also, as they say, “not a standard” – mistakes are common even to native speakers.

Fear of public speaking

Fear of public speaking (or otherwise stage fright, stage fear, stage fright) spoils the lives of many people around the world, even if they speak their native language. This is a well-known phobia and student's task is, if not to overcome, then to outwit it. And in this case, think about teaching one-on-one: with an experienced and tactful teacher, you will achieve results faster, especially if it is a native speaker.

Student can also take group English courses when their feel more confident. The relatively low price and availability of courses speaks in their favor; in addition, communication in a group contributes to the development of colloquial speech.

In the process of learning a foreign language, didactic and pedagogical aspects are closely intertwined, if only because in this process, we teach or learn speech, communication and master the system of its implementation. Communication training cannot be effective if it is considered within the framework of a “dry” methodology. The psychological aspects of language teaching determine not only the goals and objectives of teaching, motivation, student interest, etc., but even, apparently, the very methods and approaches to learning, in view of which it is impossible to underestimate the importance of the psychological component in this educational process. A foreign language as an academic discipline is very specific. In itself, it is not a science, but all sciences and all areas of human knowledge are connected with it, since without language there can be no knowledge. That is why the influence of language learning on the personal, general intellectual and general cultural development of a person is great, which only once again emphasizes the important role of psychology in this process.

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