

The Role of Psychology in Learning Languages

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ABSTRACT

Language is a means of discovering new information, cultures, and people. Because it is strongly linked to sociology and psychology, it contributes to the overall development of humanism. This article demonstrates some key connections between language learning and psychology, as well as the close relationship between languages and other critical humanitarian fields. Furthermore, language teachers' training that collaborates with not only pedagogy, but also young learner psychology requires extensive research in today's world where it is all too easy for students to lose interest in classes.

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.

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. 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 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.

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.

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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