
EFFECTIVE WAYS TO OVERCOME DIFFICULTIES IN FOREIGN LANGUAGE EDUCATION

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Annotation: *This scientific article systematically analyzes linguistic, psychological, and methodological difficulties that arise in the process of learning foreign languages. The communicative approach, cognitive methods, motivational strategies, and the integration of digital technologies are justified as effective ways to overcome these problems.*

Key words: *foreign language teaching methodology, communicative competence, interactive methods, motivation, linguistic difficulties, pedagogical technologies, SMART system.*

Today, knowledge of foreign languages is considered an important tool not only for personal development, but also for global economic and cultural integration. At the same time, learning a foreign language is a complex psycholinguistic process, which depends on many internal and external factors. The process of learning a foreign language can be both interesting and somewhat difficult at the same time. Modern research shows that success in the process of language learning is closely related to the student's motivation, teaching methods and learning environment.⁵⁷

The process of language learning is directly related to a person's cognitive activity. Memory, attention, and thinking processes play an important role in language acquisition. “Second language acquisition is influenced by cognitive processing and memory systems”.⁵⁸

The first thing to do is to understand exactly what you want to learn. If you have a clear goal in mind, you will work harder on yourself. You will learn new words and grammar rules faster. In this regard, it is useful to set goals based on the SMART system: they should be Specific, Measurable, Achievable, Relevant, and Time-bound. For example, you can set a goal of having at least 10-minute conversations every month or learning and applying 5 new words every day.

Interference (the influence of the mother tongue) is also an important problem. The differences between language systems are manifested in the following aspects: phonetics (pronunciation), grammar, lexicon. “Differences between L1 and L2 structures create learning

⁵⁷ Ellis, R. *The Study of Second Language Acquisition*. — Oxford: OUP, 1994. — p. 101–105.

⁵⁸ Ellis, R. *The Study of Second Language Acquisition*. — Oxford: OUP, 1994. — p. 103.

difficulties”.⁵⁹ To overcome this difficulty, it is important to create an environment where the language “lives”. By approaching the language being studied through the environment, the influence of the target language can be reduced.

To do this, you need to change the settings of your phone and social networks to the language of your choice, watch movies and TV shows in a foreign language, and listen to podcasts.

You need to create an immersive environment at home: write down the names of everyday objects in the appropriate language, and express daily events in a diary using this language, which allows you to practically test foreign languages.

Affective (psychological) factors are also one of the biggest obstacles to language learning. According to Krashen's affective filter theory, fear and stress slow down language learning. “A high affective filter prevents language acquisition”.⁶⁰ To overcome this difficulty, you need to be patient and persistent. Any language learning process takes time and effort. Although the results come slowly, every small achievement should be appreciated.

There are the following scientifically proven methods for overcoming difficulties.

The communicative approach teaches language as a real means of communication. This approach includes the following components: grammatical competence, sociolinguistic competence, discourse competence. “Communicative competence involves more than grammatical knowledge”.⁶¹

Use of cognitive strategies. It is important to involve students in active thinking: analysis, comparison, generalization. This method helps to deeply master the language.

Formation of motivation. According to Gardner's theory, motivation is divided into two types: integrative motivation, instrumental motivation. “Motivation is a key factor in language learning success”.⁶²

Use interactive methods. The following methods are considered effective:

- role play;
- discussion;
- project-based learning.

“Interactive activities increase student engagement and learning outcomes”.⁶³

Information technology plays an important role in modern education. For example, mobile applications, online platforms, and artificial intelligence-based programs play an important

⁵⁹ Lightbown, P., Spada, N. *How Languages are Learned*. — Oxford, 2013. — p. 79.

⁶⁰ Krashen, S. *Principles and Practice in Second Language Acquisition*. — Oxford, 1982. — p. 31.

⁶¹ Canale, M., Swain, M. “Theoretical Bases of Communicative Approaches”. — 1980. — p. 30.

⁶² Gardner, R. *Motivation and Second Language Acquisition*. — New York, 2001. — p. 5–8.

⁶³ Harmer, J. *How to Teach English*. — London: Longman, 2007. — p. 71.

role in learning foreign languages. “Technology enhances language learning through interaction and accessibility”.⁶⁴

The table below provides detailed information about the main theories of language acquisition.

1-table.

Theory name	Author	Main idea	Literature source
Input Hypothesis	Stephen Krashen	Language is learned by understanding information at level i+1 (knowledge + novelty).	Krashen, S. D. (1982). Principles and Practice in Second Language Acquisition. Oxford: Pergamon Press, p. 32.
Affective Filter	Stephen Krashen	Emotional barriers (fear, stress) block the path to knowledge.	Krashen, S. D. (1982). Principles and Practice in Second Language Acquisition. Oxford: Pergamon Press, p. 45
Socio-Cultural Theory	Lev Vygotsky	Language is learned through social interaction and in the "Zone of Proximal Development" (ZPD).	Lightbown, P. M., & Spada, N. (2013). How Languages are Learned. Oxford University Press, p. 118
Communicative method	J. Jalolov	It is not learning a language, but communicating with the help of language that is primary.	Jalolov, J. J. (2012). Foreign language teaching methodology. Tashkent: Teacher, p. 56

⁶⁴ Chapelle, C. English Language Learning and Technology. — Cambridge, 2003. — p. 56–60.

Reforms are being carried out in the field of teaching foreign languages in Uzbekistan. Modern methods and technologies are being introduced. After Uzbekistan gained independence, significant reforms were carried out in the education system, in particular, in teaching foreign languages. Learning foreign languages is an important factor in the development of not only cultural, but also economic and political ties in today's era of globalization. In our country, attention is increasingly paid to teaching many foreign languages, such as English, Russian, Korean, Chinese. The Resolution of the President of the Republic of Uzbekistan No. PO-1875 dated December 10, 2012, as well as a number of decrees and resolutions adopted in recent years, are aimed at improving the quality of teaching foreign languages. “Innovative methods in teaching a foreign language develop the student's independent thinking”.⁶⁵

In conclusion, it can be noted that difficulties in learning foreign languages are multifactorial. To overcome them, the following are important:

- communicative approach;
- individual approach;
- increasing motivation;
- use of modern technologies.

The results of this study show that the difficulties that arise in the process of learning foreign languages are complex and are closely related to linguistic, psychological and methodological factors. In particular, the interference of the native language, affective barriers (fear, distrust) and insufficiently formed motivation have a negative impact on the effectiveness of students' language acquisition.

Based on the analysis, it was determined that the communicative approach is one of the most effective methods for overcoming these difficulties, since it allows them to master the language as a real socio-communicative tool. At the same time, the use of cognitive strategies develops students' independent thinking and ensures deep and stable assimilation of knowledge. Increasing motivation is a key factor activating the internal mechanisms of educational activity.

Also, the integration of modern pedagogical technologies and digital tools significantly increases the interactivity and effectiveness of the educational process. Lesson processes organized on the basis of an individual approach ensure effectiveness, taking into account the needs and abilities of each student. In general, for effective teaching of foreign languages, it is necessary to combine innovative methods, a communicative approach, motivational strategies and information and communication technologies. This integrative approach serves

⁶⁵ Jalolov, J. J. Chet til o‘qitish metodikasi. — Toshkent: O‘qituvchi, 2012, 47-bet.

to develop students' communicative competence, form their independent learning skills and bring the quality of education to a new level.

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