SUGGESTOPEDIA: AN EFFECTIVE WAY TO TEACH AND LEARN A FOREIGN LANGUAGE

Nurullah Darici
Department of English Language Teaching, Tishk International University, Erbil, Iraq
E-mail: nurullah.darici@tiu.edu.iq
ORCID: https://orcid.org/0000-0002-1785-3021

ABSTRACT

The most prominent feature distinguishing humans from animals is their ability to communicate in many ways. People recognize and introduce themselves through language. The individual thinks, speaks, and writes in the language of the society in which s/he lives. When an individual enters a different community, the need to learn a foreign language arises because s/he would have to speak the language of that society to communicate. Language learners and teachers should benefit more from the suggestopedia method. This study is a review article that presents brief theoretical, qualitative information on the suggestopedia method in language learning. This method helps learners improve their feelings, distract them from language learning fears, and reduce learning barriers to getting rid of the fear of making mistakes. Learners of a foreign language will discover their learning potential and keep their information in mind for the longest time by this method.

The object of research: Although there are many ways or methods of learning and teaching a foreign language, suggestopedia technique is still a popular way for teachers and learners in teaching and learning a foreign language. Therefore, it is high time to introduce suggestopedia method to the interested readers. The object of this study is to revise the related literature of Suggestopedia and compile significant features in one study.

Investigated problem: Motivation is a paramount factor for any kind of activity. Learners usually get exhausted in learning a new challenging thing and they might get demotivated due to the environment they are in. One of the most effective barriers in front of learning a foreign language is not having self-esteem which decreases motivation and ends up with failure. However, some people may have the misconception that their academic skills are not sufficient to proceed. Their main problem may be solved through what this methos suggests.

The main scientific results: There may be various reasons why one cannot learn a language effectively. Suggestopedia offers a solution to one dimension of the problem by highlighting important points of psychological aspect. This may help many learners to more efficiently learn a foreign language

The area of practical use of the research results: The results this review extracted can be used by those who feel psychological barriers in front of learning a foreign language

1. Introduction

"Language is a living, auditory, verbal and written system of signs that enables people to express their feelings and thoughts depending on a grammatical system" [1]. Students must know a foreign language and have a good command of the language upon admission to the university. They are satisfied when a university they select exceeds their expectations [2]. It is important for students who will learn or have learned a language to feel psychologically comfortable to achieve success [3]. Learning is an interactive process and the ability of students to manage their learning will facilitate their learning [4]. Teachers as the facilitators and learners are working together provide an ample amount of opportunity to foster learning outcomes [5]. Hence, student autonomy is important in education because, in this way, the students can reach their potential and reach what some approaches are in essence. For instance, using the suggestopedia method is a good solution to achieve this. Students, in general, should take responsibility for their learning with the suggestopedia method. In other words, a shift of control over learning from teachers to learners occurs, and students take an active role in the learning process.

On the other hand, motivation is crucial in language acquisition. [6] argues that having little motivation toward learning spoken English brings a low level of oral English. In addition, in the process of learning a new foreign language, cultural factors in the target language excite the student and make knowledge acquisition easier and more effective [7]. According to [8], motivation and learner autonomy are two significant factors that might impact the language learning process, and the suggestopedia method includes these two factors. With Suggestopedia, known in some areas as the "Accelerated Learning" method, this whole process takes place in an exciting language learning environment where pleasure, high efficiency, and personal satisfaction stand out [9]. Moreover, this method, also called the 'Affective-Humanistic Approach,' prioritizes student feelings [10], offers much more than traditional, accelerated training, and has been used in many fields, especially foreign language learning [11].

The Suggestopedia technique was proposed by Bulgarian psychiatrist-educator Georgi Lozanov [12]. Lozanov said that learning a foreign language is not as difficult as it seems, considering that psychological factors often cause failure. According to [13], 'we often fear not doing anything, and our abilities are limited. Because of this fear, we cannot take advantage of all the mental strength and remove all obstacles in front of us.' The suggestopedia method accelerates learning fifty times more [13]. The incredible results have been achieved in basic introductory training programs, learning a new job, and developing talent. As a result of research, it has been seen that if the brain works without any interference or discomfort, it may absorb all kinds of information like a sponge and record, like a recording machine [14]. The secret of the method is that it is based on increasing the capacity to perceive. The basis of the suggestopedia method aims to increase the student's perception capacity by creating high concentration and motivation and appealing to our five senses, such as vision, hearing, and touch. During the training, students are recruited into a strict language training program [15, 16].

UNESCO also recommended the suggestopedia technic and revealed research that it could increase a learner's learning capacity by up to 5 times more [17]. Students of all ages can be into it because it significantly shortens the duration of language learning. There is a belief that a strict environment in class enhances learning [18]. However, the key to suggestopedia is creating a safe environment where students are unconditionally supported and not afraid to take risks while the teacher displays an authoritarian attitude [19]. In suggestopedia, students participate in a series of strategic activities that are prepared to appeal to all senses and are of interest. The method thus provides multi-sensory and matrix-like training [20] because the same information reaches the student through various sensory channels and reinforces itself bilaterally.

2. Scientifically Suggestopedia method and its usage in class

Suggestopedia is a new beginning. A complete redefinition of education and training reveals students' potential to relearn learning [21]. [22] claims that a human can quickly learn at least three to five different languages with traditional teaching methods if psychological obstacles have been removed that block acquiring foreign languages [23, 24]. Utilizing this approach, learners remember the knowledge for a long, and the process increases their motivation. It is considered that if a person who begins to learn a foreign language can reach the highest level of understanding with suggestopedia, loads of information the person gained will be stored and not easily forgotten [25].

Suggestopedia is a pedagogical application of recent discoveries in brain research. All information is processed in connotation chains with a feature not to be forgotten [26]. The courses delivered with the suggestopedia method are prepared to surprise the students with their discoveries. The subject's essence is that suggestopedia activates the subconscious reserve capacity of the mind [27].

Learners are treated with a holistic approach in this approach. In other words, they are dealt with not only by their intelligence structures but also by their emotions, physical reactions, instinctive defences, and desire to learn. Suggestopedia prioritizes the learner's emotions. As it is known, our psychological state affects learning [28] and adults are afraid to look like fools when they are learning something new. Our fear of failure creates limits for us. Since humans only use 5–10 % of our mental abilities, we must repeatedly strive to advance the boundaries [29].

Teaching is a long process in which educators have a paramount role. Learners need committed teachers because they can set up interaction easily among their students and play the role

of a counselor to overcome these fears. They can help students overcome their fears and turn them into positive energy [30, 31]. In short, it aims to improve the student's emotions, remove them from fear, and reduce the barriers to learning. Therefore, it allows the students who have survived the fear of making mistakes to discover their learning potential but are unaware of it. The information they have learned is remembered for the longest time.

Suggestopedia with accelerated learning techniques is an integrated language learning system with many suggestion components that initiate change, increase learning capacity and student acquisition power, and accelerate learning. The important thing is to convert personal energy into learning and practice [32]. The goal is to reveal the point in each student and make it available to the learner. Furthermore, students have a much higher perception capacity in a relaxed state. When the body is flexible, more brain energy can be transferred to mental activities to learn faster, and the learned information becomes more permanent.

This student-centered method begins by giving participants new identities that allow them to completely restart their lives, leaving behind unpleasant memories, negative self-image (their image), or obligations to meet other people's expectations [33]. It is possible to remember English learned with the suggestopedia technic three times more than English known in the classical, traditional way [34]. Suggestopedia method implemented lessons are conducted in small groups. Classes are intense, focusing on providing attractive environments where stress is low and (including active and passive sessions complete with music and relaxation sessions) possible for language acquisition. Sometimes the native language of the students is used initially, but usually, the foreign language is used. [35] emphasize that language drills and dialogue practices play a significant role in teaching and learning. The role of the teacher is vital in reviving the dialogues that form the right atmosphere and content [36]. Dialogue exercises have a great place in the suggestion method. Before the practices, the entire dialogue given to the students is read. Then the emphasis is placed, and notes on the definitions are provided with musical accompaniment and, if necessary, descriptions in the mother tongue. Finally, students are asked to remember the dialogues with their eyes closed, accompanied by music.

Scientific research reveals that the two lobes of our brain have different tasks. Scientifically in human nature, the left lobe of the brain is prone to mathematical teachings, while the right lobe is prone to abstract and artistic teachings. In addition, the left lobe of the brain is the main task in language learning, but the right lobe also has the task of deciphering a language during the learning and recollection phase [37] (For this reason, during a person's language learning, the brain performs different functions in the right and left lobes. The Suggestopedia method activates both brain lobes and allows them to work interactively. According to experts, students can speak the target language much shorter than classical language teaching methods with the suggestopedia method.

By this approach, the student is exposed to a blend of listening, comprehension, and speaking skills to understand the language to be learned; the primary purpose is to acquire the language [38]. The suggestopedia method improves the student's ability to understand and explain the target language. While Suggestopedia significantly shortens the training time, it also reduces students' fatigue by focusing on this subject. The foreign language, which is mainly intended to be learned by the student instead of the mother tongue, is used in the classroom, and it is more critical to gain communication skills than to teach grammar rules [39]. Suggestopedia does not give too much attention to grammar. Grammar is offered only at a basic level, ensuring the flow of communication; the student is not overwhelmed between rules and translations. The suggestopedia method is ideal for non-crowded classrooms in language teaching because the implemented method in a few student classrooms minimizes learners' stress and anxiety [33]. Language learning can be in and out of the school with extracurricular activities and suggestopedia techniques can be enriched with music, specially crafted music tracks, competitions, card games, sketches, and many enjoyable activities. Almost every day, lessons are held with music that can accelerate specially prepared learning. This music is so complex that the brain stops controlling alerts and stays in the stream. Thus, a significant change in brain activity occurs. Participants soon switch from low 18–23 Hertz Beta waves, which are highly productive, to alpha waves of 8–12 Hertz, which are highly receptive. Thus, natural napping or waking is activated. In this case, learning new information occurs extremely quickly [40].

3. Some learning barriers and solutions to them

There are abstract barriers that prevent learners from learning, called 'learning barriers.' These obstacles make the learner think that s/he will be incompetent and unable to do it. When these barriers are eliminated, learning is more effective. The basic principle of education is to learn from mistakes and learn by making mistakes. It is up to the student to find the truth from the wrongs made. In studies related to learning, it has been revealed that some psychological barriers prevent knowledge, usually collected under the following sub-headings.

3. 1. Logical-Critical Barrier

The learner comments that others succeed, but s/he never does.

'That is not possible for me.'

'I cannot ever succeed as others manage.'

'Others may be able to do that, but not me.'

'I cannot manage because I am not good enough.'

3. 2. Intuitive/Affective-Emotional Disability

Previous experiences, incompetence, and incompetence undermine trust, affecting one's future life.

'I am not able to do it because it just makes me feel bored. I can't express it.'

'I do not feel myself OK now, I can try later.'

'I would rather not try, thank you.'

'It had better not to deal with, thank you.'

'I feel that if I try, I will have a severe headache. Maybe later is better.'

'I have tried that much but it does not work for me.'

3. 3. Ethical Barrier

Most people are conditioned that learning is challenging, troublesome, and complicated.

'I think that is slightly deceptive.'

'I do not think it's appropriate.'

'This exercise is not a piece of cake, something is wrong about it.'

'I every day do that, and nothing changes at all.'

'How to learn and get that grade in a limited time, no way I cannot do that.'

These examples above happen in a learner's learning process, and it is common. Learners intend to actively utilize a foreign language as it is a student's most important goal [41]. Learners need teachers who act as facilitators to keep the stages going, tell the learners to do many repetitions, and facilitate the practice opportunities. Also, they do not deal with correcting students' language mistakes and spread them over time. Furthermore, the class environment must be regulated to remove obstacles. Posters containing essential grammar in the class (Tenses, Verb Forms, Pronouns) and a few images of the homeland of the learned language (English spoken countries, UK map) are suggested. Furthermore, art is a suitable teaching method because the primary purpose of suggestopedia is to remove existing learning barriers. Among the activities are drama, song singing, poster presentation, etc. The learners may gain enjoyable learning, and the intended education of high motivation is provided.

4. Discussion

Considering all the conditions in the teaching environment, choosing the appropriate method or approach in foreign language teaching is not certain and sufficient for the teacher or the student. Educators must have a strong sense of service and diplomacy to deal with the students and should deliver a clear enough message to bring students' foreign language proficiency to a level where they can understand what they hear while listening to the news or watching a movie [42]. For this reason, an appropriate method or approach should be experienced and supported by foreign language teaching techniques. It is possible to say that the suggestopedia method, which advocates improving learning by increasing the usage capacity of the human brain, has brought a certain innovation to the field of language teaching/education with this aspect. However, it is not possible to say that the method has become widespread globally as an application. Therefore, the

teacher should apply language learning methods according to the current classroom situation and the students' needs. Instead of relying on a single form in the language teaching process, the idea of using a suitable method for each learning situation is more important. Even if beginner-level foreign language learners follow the instructions, they may lose self-confidence over time because they do not have a good command of the language. There are several possible explanations for why someone is unable to pick up a language quickly and easily. By drawing attention to key aspects of the psychological component of the issue, Suggestopedia provides a potential solution to one facet of the problem. It's possible that this will assist a great number of students in more effectively learning a foreign language.

5. Conclusions

A person, as a psychological being, must have a conducive learning environment free of obstacles that impede their progress when learning a language. This position is filled by seasoned educators with extensive experience. The attitudes of teachers are crucial for preparing students for language instruction using the suggestopedia method. Additionally, it is essential that students feel at ease while learning the language. Because in this way, students overcome their fear of making mistakes and discover their untapped learning potential, their courage and motivation are elevated to the highest levels. Language learners with the suggestopedia method will have the opportunity to apply the knowledge they already have, improving their self-confidence. They will also benefit from each other in group work. It is important to note that students use language purposefully in the suggestopedia method. Therefore, students are motivated to practice with each other or with others and use language efficiently in a unique environment. All in all, this strategy helps learners improve their feelings, distract them from language learning worries, and overcome the dread of making mistakes. This strategy helps language learners realize their potential and retain information.

Conflict of interest

The author declares that there is no conflict of interest in relation to this paper, as well as the published research results, including the financial aspects of conducting the research, obtaining and using its results, as well as any non-financial personal relationships.

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