



## EFFICACY OF SUGGESTOPEDIA IN ENHANCING LANGUAGE ACQUISITION

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### ABSTRACT

*This study is devoted to providing brief theoretical and qualitative information about language learning method, suggestopedia. This method can help language learners in developing their emotional well-being, alleviating fears associated with language acquisition, and reducing barriers that contribute to the fear of making mistakes. It is an effective way for students to improve their learning potential and retain material for the longest period of time.*

### INTRODUCTION

Bulgarian psychologist Georgi Lozanov founded Suggestopedia in the mid-1960s, employing various elements such as music, language, actions, visual cues, and the learning environment to foster an unconscious psychological inclination and create a relaxed, enjoyable atmosphere. This approach influences individuals' perception, memory, imagination, thinking, emotions, and willpower, while emphasizing the importance of high motivation and the stimulation of personal potential, recognizing that each student is a complete individual. In the learning and communication process, the goal is to organize different suggestive factors to fully tap into individuals' psychological potential, thereby enhancing teaching effectiveness. Bancroft suggests that suggestiveness involves utilizing knowledge from psychology and physiology to inspire students' subconscious minds and develop their perception and capabilities, which helps them overcome tension and anxiety related to learning while adjusting their learning pace. Deny et al. describes suggestive education as the process of influencing students' thoughts and behaviors through language and actions without confrontation, allowing them to unconsciously accept certain viewpoints or opinions from the educator. It is evident that these three scholars share a common perspective by providing positive psychological cues and creating a relaxed learning environment, they promote students' learning mechanisms, enhance their learning potential, and ultimately improve their overall learning abilities.

### METHODS

In order to conduct this research, qualitative and secondary data analysis methods were utilized to demonstrate impacts of suggestopedia on language learning. According to Lozanov, suggestopedia is divided into four stages, namely:

#### 1. *Presentation stage.*

The primary goal of this stage is to help students feel at ease and adopt a positive mindset, making learning enjoyable and accessible. To promote relaxation, teachers should create a more comfortable seating arrangement for students. When teachers first interact with the class, they should approach each student with a calm and attentive attitude. Instead of dominating the classroom, teachers should foster an environment where students are encouraged to engage in discussions and actively participate in collaborative games. These

game activities can help alleviate feelings of boredom, negativity, and anxiety associated with learning.

## 2. *Concert session.*

The concert session was split into two sections by Lozanov: the active section and the passive section. The content to be learnt is actively presented during the first part of the concert session, also known as the active session. For instance, when the teacher reads aloud the passage that has to be studied, the students pay close attention. At this point, the instructor may play some classical music, and the reading should be coordinated with the various rhythms of the piece. The music chosen for the interactive session ought to be melodic and sparkling with passion. The teacher gives the pupils the text's translation during the active session and says they don't have to memorize it; they can read the text and translation while listening to music. In addition to breathing consistently, the instructor should read in a pure, clear, accurate, and rhythmic manner. The 45–50-minute active session should be enough. During the passive part of the concert, the teacher encourages the students to put down their books and enjoy some classical music as she reads the text aloud in a calm voice accompanied by background music. The music played at this period was specifically chosen to put students in the greatest mental state for learning. Brown (2007) [11] indicates that “when classical music is played softly, people can process a large amount of information due to an increase in alpha brain waves and a decrease in pulse and blood pressure rate”. Classical music is supposed to stimulate alpha brain waves, helping students feel relaxed and smarter.

## 3. *Elaboration stage.*

First step involves the initial introduction of the topic being taught. The first words delivered by the teacher have already initiated the conversation between students and teachers. For example, during class, the teacher reminded students that they would collaborate to gather materials for a video that they intended to make. The elaboration stage emphasizes pupils' freedom, and professors encourage them to express their creativity further. During this stage, the teacher's instructions, intonation, and use of music and drama connect all aspects of the suggestopedia, enabling students to fully comprehend more language information. In addition to music, teachers purposefully implement jokes and songs into courses to help pupils learn the most challenging aspects of the curriculum.

## 4. *Practice stage.*

The concert session's second day is dedicated to practice. According to Lozanov, after the concert session, pupils will silently leave the classroom (Brown, 2007 [11]). The teacher does not give the students written homework; instead, they are asked to read the text both before bed and after waking up. Then, the teacher will just utilize a variety of games, puzzles, and other tools to help pupils review and clarify the material they have learnt at this point; they won't be under any time limitations.

## RESULTS

Teachers who have adapted a suggestopedia method, can achieve these in their classroom:

✚ ***Enhanced Learning Environment.*** Suggestopedia creates a relaxed and comfortable atmosphere without negative feelings like anxiety and fear of making mistakes.

✚ ***Increased Motivation.*** By incorporating enjoyable and engaging activities, suggestopedia can increase students' motivation to learn.

✚ ***Greater Engagement.*** The interactive and immersive nature of suggestopedia fosters active participation. Students are more likely to engage with the material and with each other, leading to better communication skills.

✚ ***Enhanced Creativity.*** The incorporation of creative activities allows students to express themselves in new ways, which can lead to increased creativity in language use.

✚ ***Holistic Learning.*** Suggestopedia addresses various aspects of learning, including emotional, cognitive, and social dimensions, leading to a more comprehensive understanding of the language.

- ✚ **Better Social Interaction.** Group activities and collaborative tasks encourage teamwork and social interaction among students, improving their communicative competence.
- ✚ **Faster Language Acquisition.** The combination of relaxation, positive reinforcement, and engaging content can lead to quicker language acquisition compared to traditional methods.

## DISCUSSION

Suggestopedia requires interdisciplinary concepts and employs a variety of methods for teaching. To effectively utilize these techniques, teachers need to enhance their skills across multiple areas. For instance, educators must be proficient in using fluent and appropriate English in the classroom to facilitate teaching and create an immersive English language environment. Additionally, to convey teaching content effectively, teachers should utilize modern techniques such as singing, reading, choreography, role-playing, or multimedia technology, concerning with the age and cognitive levels of their students. This helps make efficient concepts from textbooks clearer and supports a learning progression from simple to complex. Furthermore, teachers should study the psychological traits of their students and develop observational skills to understand their psychology. By consistently providing positive reinforcement, teachers can foster a sense of achievement in students, by boosting their enthusiasm for independent learning and helping them gradually develop an independent, active, and creative personality. When implementing suggestive education, teachers must meticulously prepare before class by selecting the main teaching content, identifying key and challenging points, and deciding on the appropriate suggestive techniques to employ. This preparation should be based on a thorough and accurate understanding of each student, allowing for a thoughtfully designed teaching process that effectively utilizes hints. The goal ought to be to enhance learners' attitudes, emotions, values, scientific knowledge, and various skills through the material being taught. The careful pre-class preparation enables teachers to integrate various hints during class organization. To alleviate students' anxiety, it's important to create an environment where they can learn in a carefree and playful manner, through activities like listening to music or playing games, fostering a relaxed atmosphere that maximizes their brain's capacity for creativity. Through a continuous cycle of encouragement and support, teachers can help students psychologically, using this new teaching method and allowing them to recognize its benefits as their English proficiency improves. This, in turn, can help to facilitate a shift from passive to active learning, encouraging students to adjust their learning habits accordingly, developing students' abilities to independently explore their learning through guided activities.

## CONCLUSION

To enhance the effectiveness of English teaching, educators should focus on students' attitudes toward learning the language. The Suggestopedia method emphasizes the importance of creating engaging learning environments that relate to the theme of the English content to spark students' interest. During the process, before, during, and after class, teachers can employ various strategies, such as modifying their intonation, to encourage student participation in learning activities. The theory of suggestive teaching is continually evolving, and ongoing researches are needed to effectively apply suggestiveness in English instruction and address challenges that may arise during its implementation. Teachers can alter their teaching strategies, adopting concepts of suggestopedia together with integration traditional grammar instruction with other effective methods to teach grammar concepts. This method of teaching can also promote independent learning activities among students, fostering their abilities to learn in an independent, active, and creative manner. As a result, a variety of innovative suggestive learning methods may develop during this process.

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