

METHODS FOR INCREASING THE MOTIVATION OF YOUNG PEOPLE TO LEARN A FOREIGN LANGUAGE

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Annotatsiya: *Mazkur maqolada yoshlarning chet tilini o'rganishga bo'lgan ichki va tashqi motivatsiyasi, ushbu motivatsiyani shakllantiruvchi omillar hamda uni rivojlantirish yo'llari keng yoritilgan. Tadqiqot davomida psixologik yondashuvlar, ta'lim jarayonida qo'llanilayotgan zamonaviy texnologiyalar, ijtimoiy muhit va o'qituvchi shaxsining ta'siri chuqur tahlil qilinadi. Shuningdek, maqolada respondentlar orasida o'tkazilgan so'rovnomalar asosida yoshlarning chet tiliga bo'lgan munosabati, o'rganishdagi to'siqlar va rag'batlantiruvchi omillar aniqlangan. Muallif tomonidan berilgan xulosa va takliflar, amaliy tavsiyalar xorijiy tillarni o'qitish metodikasini yanada takomillashtirishga, o'quvchilarning qiziqishlarini uyg'otishga xizmat qilishi mumkin. Tadqiqot natijalari til o'rganish motivatsiyasini kuchaytirishga qaratilgan yondashuvlarni taklif etadi.*

Annotation : *This article explores the internal and external motivation of young people in learning foreign languages, as well as the main factors that shape and strengthen that motivation. The study thoroughly analyzes the role of psychological approaches, the impact of modern educational technologies, the influence of the social environment, and the significance of the teacher's personality. Based on surveys conducted among students, the article identifies key obstacles, attitudes, and motivational drivers related to foreign language learning. The author's conclusions and practical suggestions are aimed at improving foreign language teaching methodologies and increasing students' interest and engagement. The research provides a foundation for developing more effective motivational strategies in the field of language education.*

Аннотация: *В данной статье рассматриваются внутренние и внешние мотивационные факторы, влияющие на процесс изучения иностранных языков среди молодежи, а также способы их формирования и усиления. В исследовании подробно анализируется роль психологических подходов, влияние современных образовательных технологий, значение социальной среды и личности преподавателя. На основе проведенного анкетирования среди студентов выявлены основные препятствия, отношение к изучению языка и мотивирующие факторы. Автор делает выводы и предлагает практические рекомендации, направленные на совершенствование методики преподавания иностранных языков и повышение интереса обучающихся. Полученные результаты могут служить основой для разработки более эффективных стратегий мотивации в языковом образовании.*

Keywords: *motivation, foreign language, learner, methodology, psychology, competition, encouragement*

H. Douglas Brown – (American linguist, educator) says:

"Motivation is the most frequently used catch-all term for explaining the success or failure of virtually any complex task.

"Today, learning a foreign language has become one of the most important necessities in the lives of young people. Uzbekistan's integration into the global arena, the strengthening of scientific and economic ties with foreign countries encourage young people to learn a foreign language. At the same time, the motivation of young people in the process of learning a language is considered the main factor determining their learning effectiveness. Motivation is a set of internal and external factors that encourage a student or pupil to acquire new knowledge. This article scientifically and theoretically analyzes ways to increase the motivation of young people to learn a foreign language, existing problems and effective methods for overcoming them.

Motivation is a set of internal or external forces that encourage people to do something. This is a process that ensures that a person takes action to achieve something, continues this action and does not give up. Motivation can depend on the needs, desires, interests and goals of the individual. Lack of motivation is usually suffered by those who live by feelings (sensations) and do not often turn their heads (minds). It is important that they usually do not follow the body, their body is lethargic, hunched over, not collected, and creates a negative flow of kinesthetic suggestions ("everything is sluggish, nothing is interesting"). Against the background of such dull eyes and hunched shoulders, any intellectual constructions, conscious verbal suggestions or reading smart books are in vain: the conscious attitude is broken before the power of unconscious (bodily) attitudes. What to do? Tell yourself: "Take care of your body" and "Turn your head". Then straighten the body, straighten your shoulders, collect your eyes — and get down to business under the control of the head. Everything works!

Basic concepts of motivation:

Intrinsic motivation:

This is motivation that arises from desires, interests, and internal needs that come from within the individual. For example, the desire to learn something new or the enjoyment of a particular activity.

Extrinsic motivation:

This is motivation that arises under the influence of external factors. For example, factors such as reward, praise, or the threat of punishment.

Motives:

Motives are internal forces that drive a person's actions and include needs, desires, interests, and values.

Goals:

Motivation initiates and sustains action to achieve a specific goal. Goals should be specific, measurable, and achievable.

Interests:

Interests are factors that attract a person to a particular activity and encourage them to engage in it.

Needs:

Motivation can be related to basic human needs (e.g. food, water, shelter) and social needs (e.g. affection, respect, success).

The main motivational problems of young people in language learning

The decline in interest in language learning among young people can be associated with several factors:

Lack of self-confidence and fear of mistakes.

Learning becomes a boring process.

Insufficient effective methodologies and resources.

Unfulfilled desire to see results quickly.

The following methods should be used as a solution to these:

☒ Use of interactive and playful methods:

– Games, role-playing games, quizzes make the language learning process interesting.

☒ Use of technologies

– Mobile applications (Duolingo, Quizlet), online courses (Coursera, Udemy), YouTube tutorials increase motivation.

☒ Competitions and incentive system

– Language Olympiads, online tests, certification system motivate young people.

☒ Creating personalized learning plans

– Each student uses textbooks that suit their interests and goals.

☒ Creating opportunities to apply the learned language in practice

– Speaking club, watching and talking about movies in English, communicating with foreigners.

☒ Creating a psychological support and motivational environment

– Teaching not to be afraid of mistakes, creating a supportive environment.

☒ Using interactive and game methods

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☒ Using technologies

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☒ Creating a psychological support and motivational environment

– Teaching not to be afraid of mistakes, creating an atmosphere of support.

Specific aspects of motivation in learning a foreign language:

Learning a foreign language for young people is important as a means of being competitive in modern society, studying abroad, and understanding foreign culture. Therefore, their motivation to learn a language is often associated with personal goals.

Studies show that when students have a high level of motivation for a foreign language, they participate more actively in lessons, are inclined to independent learning, and language skills are formed faster. However, low motivation leads to indifference to the lesson, insufficient attention to exercises, and ultimately failure to master the language. Therefore, it is advisable to use the above methods in such cases.

The motivation of young people to learn a foreign language is one of the important directions of the modern education system. As revealed in this study, the level of success in the language learning process largely depends on motivational factors. In particular, the predominance of internal motivation - personal needs, the desire for self-development, and readiness for independent learning - was recognized as the main factor increasing efficiency.

The interaction between educational institutions, pedagogical approaches and the personality of students is of great importance in the formation of motivation. In developed education systems, interactive methods, modern technologies, and strategies aimed at creating a language environment are used as effective means of enhancing motivation. Therefore, it is necessary to systematically develop and implement motivational mechanisms aimed at learning a foreign language.

In conclusion, increasing the motivation of young people in learning a foreign language is one of the necessary conditions for improving the quality of their education and forming them as individuals ready for global competition. The results of the study confirmed that the integration of psychological, pedagogical and methodological approaches in this regard has significant scientific and practical significance.

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5. PSYCHOLINGUISTIC BASIS OF MOTIVATION AND ATTITUDE IN LEARNING A FOREIGN LANGUAGE

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6. <https://uz.m.wikipedia.org/wiki/Motivatsiy>

7. Resolution of the President of the Republic of Uzbekistan dated December 10, 2018
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