



HOW NEUROLINGUISTIC FACTORS AFFECT SECOND LANGUAGE ACQUISITION

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Abstract: In this day and age of globalization and liberalization, English is the only global lingua franca. The English language is a valuable tool for learning new technical information. In this environment, both English students and teachers suffer significant psychological challenges. Neurolinguistics is the study of brain mechanisms and how the brain performs in linguistic competencies. The brain controls motor and sensory activity, as well as the process of thinking. Research on brain development supports an anatomical and psychological approach to language development. NLP focuses on psychological and neurological variables. It also discusses how the brain works and how to train it for specific tasks. A variety of techniques are employed in NLP. It enhances both fluency and accuracy in the target language. It helps non-native speakers to improve their LSRW skills. This paper discusses the importance of NLP in language learning and teaching. It also covers the advantages and disadvantages of NLP for learning. Neuro-linguistic programming motivates self-correction and provides solutions for overcoming issues.

Key words: neurolinguistic programming, language acquisition, visualization, name mnemonics, music mnemonics.

Introduction

Psychological variables play an important part in language learning. Factors impacting the formulation, inspiration, and promotion of learning. Language skills are inextricably linked with brain processes. It causes both positive and bad effects. Psychological aspects in language learning include lack of confidence, self-esteem, anxiety, language stress, and fear of mistakes. These qualities are crucial for learning and speaking a second language effectively. Psychologically Anxiety stems from the fear of losing self-identity. This aspect includes more complex processes such as lack of confidence and social fear. Taking advantage of chances can help kids overcome social fear and lead to positive life changes. Maintaining a positive mindset can boost language learning outcomes. Psychology is a scientific study of behavior. There are various tools and approaches to study behavior. It just leads to observation. Various modalities of observation introduce certain strategies and approaches. Various methods include introspection, psychoanalysis, and naturalistic observation. The introspection method is the oldest way for analyzing human behavior and gaining insight into their thoughts. The Naturalistic Observation Method involves observing behavioural events in natural settings. Psychoanalytical analysis examines the unconscious psyche. This technique assesses psychological elements such as anxiety, tension, fear, and lack of confidence. Neurolinguistic programming is a technique for recognizing human behavior. This method examines the interior way of thinking and experiencing. Language acquisition is evaluated more rigorously than language learning. The NLP can be separated into three sections. Neuro is the first segment that investigates the relationship between the brain and



language. It also examines the functioning of the human brain. Linguistics is considered the second section. This segment examines the process of second language learning. The final segment focuses on programming approaches and methods for achieving language proficiency. People lack expertise in the use of their voice cords. They grasp and use the written language. Human communication through sign language relies on visible gestures. D.E. Broadbent goes on to say, "One of the functions which our brains must perform is the prediction of the events which have just occurred in the present." Healthy adults often have linguistic capacity in certain parts of the left hemisphere brain. Neurolinguistics is a distinct discipline of linguistics. It improves the physical structure of the mind and helps identify language generation and learning concepts. Since the 19th century, there have been numerous strategies for improving second language skills. Methods include grammar translation, direct method, bilingualism, deductive method, and communicative approach. Neuro-Linguistic Programming is a revolutionary way for language acquisition. It investigates the relationship between language and brain. Neuro-Linguistic Programming provides skills, tactics, and techniques to overcome mental obstacles and promote self-learning and motivation.

Neuro Linguistic Programming

Neuro-linguistic Programming is concerned with cognitive processes. It analyzes internal mental processes such as thinking, remembering, perceiving, and learning. Psychological studies aim to address issues and enhance cognitive activities. Brain activities and mental processes are linked. The cognitive process encompasses language acquisition, storage, manipulation, and information transformation. Psychological research analyzed verbal behavior, emotions, and nonverbal signs. The observer cannot directly observe how a person perceives an object, but can deduce it based on their reactions. Richard Bandler, a math and computer expert, and John Grinder, a professor of linguistics, proposed neuro-linguistic programming. The NLP was founded at the University of California in 1970. Neuro Linguistic Programming (NLP) is a communication and development approach for managers, trainers, salespeople, counsellors, and lawyers. NLP can help individuals improve their second language learning abilities. According to Di Kamp, NLP provides a foundation for self-development by focusing on how people unknowingly set themselves up for excellence. It outlines the concepts that allow individuals to reach their full potential regardless of environment or path. This framework allows for customization to meet individual and cultural demands, rather than imposing strict structures that limit creativity.

Neuro Linguistic Programming examines the mind-body relationship between human growth, language, and behavior. Neuro-linguistic programming focuses on analyzing human behavior, language, and communication from both internal and external perspectives.

NLP Principles

Teachers can use several approaches to enhance student communication skills and foster understanding between peers and the teacher. The NLP improves the mood in schools. Neuro Linguistic Programming models are used to attain certain goals. The ideas of NLP form the foundation of its techniques. The fundamental principle of NLP is communication. The teacher identifies and addresses weaknesses. NLP aims to improve communication skills, as poor communication can lead to social withdrawal. It enhances personal and interpersonal growth.



The NLP principle "The Map is not the territory" suggests that there is something beyond life. While teachers can teach linguistic procedures and norms, students must practice them to achieve the desired outcome.

The NLP principle states that behavior is naturally adaptable. Humans embrace natural behaviour.

Individuals can adapt their behavior and adopt new habits. Neuro Linguistic Programming models and strategies can assist modify behavior. The NLP allows students to maintain individual interactions with their peers and other classmates. It boosts persuasive abilities and self-esteem. NLP helps pupils develop a positive mindset. It primarily supports students in achieving their goals. It encourages learners to address problems creatively and changes their attitude toward learning.

Sensory awareness

NLP promotes awareness of one's surroundings, including the environment. It enhances human perception and awareness of their surroundings.

Outcome thinking

The NLP emphasizes cognitive power. It encourages individuals to assess their problems and make informed decisions. It aids in identifying the true motivation for life.

Behavioural flexibility

Neuro Linguistic Programming teaches pupils to be adaptable in every environment. It also teaches learners to accept changes in their lives.

Language acquisition improvement through NLP

The human mind exhibits several physiological and anatomical characteristics. In all humans, the right hemisphere organizes the left side of the body, whereas the left hemisphere controls the right side. This organization is known as contra lateral neural control. The left side of the brain governs the language system. Learning a new language improves cognitive function and memory. Some ways for improving brain power are discussed below.

Mnemonic Training

Mnemonic is also known as a memory tool. This approach helps remember difficult-to-recall information. The human brain is involved in comprehending complex stimuli such as images, colors, emotion, noises, language, etc. Memory stores are effective memorandums. In today's world, it's necessary to retain a large amount of information for academic and other purposes. The brain may struggle to process written information and recall it accurately. The sorts of mnemonics are outlined below.

Music Mnemonics

Music increases left temporal lobe function and verbal memory. The students quickly learn the lyrics to the songs.

This is one of the approaches utilized for remembering stuff. To help learners remember crucial concepts, the trainer may suggest creating a song out of the knowledge. TV advertisements paired with music enhance product remember during purchasing. Thus, music mnemonics aid in the recall of information.

Name mnemonics



This mnemonic is widely utilized by learners. Expression or Word mnemonic involves arranging the first letters of each word into phrases or words. English language has seven coordinating conjunctions: For, And, Nor, But, Or, Yet, and So. The word used is FANBOYS.

Model mnemonics

A model mnemonic involves the trainer using a model to teach the learner. This mnemonic aids learners in recalling information efficiently.

Ode or rhyme mnemonics.

An ode or rhyme Mnemonics present information in the style of a poem.

Techniques in neuro-linguistic programming

The NLP educator uses certain approaches to properly teach the language. This style emphasizes practical knowledge above academic understanding of language. Anchoring, Visualization, Modeling Rapport, Modeling, and State Management are some of the fundamental NLP approaches.

Anchoring

Anchoring is a practical and psychological practice. This strategy involves the teacher providing input and encouraging pupils to explore their own ideas. Teachers can urge students to think creatively by asking questions. This strategy reduces tension, fear, and anxiety while enhancing inner feelings and problem-solving abilities.

Visualization

Visualisation centered on graphics and photos. The teacher exhibits an image to students and asks them to bring a creative answer. This strategy enhances accuracy by not focusing on mistakes. This strategy employs materials such as videos, charts, and flash cards.

Modelling rapport

The key tactic in NLP is rapport. Effective communication requires strong advocacy. This strategy primarily relies on posture, body motions, and facial expressions. It helps to create a positive relationship between teacher and student. It promotes a favorable learning atmosphere. Students might practice speaking in front of a mirror to improve their body language skills. This increases communication skills significantly.

Modelling

Students may be inspired by a terrific personality. Students can practice imitating native speakers' speech. To improve communication skills, focus on body language, lip movements, and native speaker pronunciation. This practical strategy makes it easy to enhance fluency.

Neuro linguistic programming teaching methods

Dictation is an effective tool for improving kids' spelling skills. The teacher reads the sentence, and students should write it correctly. The teacher corrects the mistake and encourages students to re-correct the passage. Movies can be used as an alternative to drama or short stories for teaching. This is a technique for improving vision. Repetition of certain talks can enhance pronunciation and intonation. The NLP adheres to the natural technique of second language acquisition. This strategy is used to teach the English language. Failure and success are decided by our actions and beliefs. It can be taught the appropriate way to achieve success.



The research is a longitudinal study and carried out during the first semester of undergraduate students. The research subjects are selected among students who were learning the language for specific purposes. Convenience sampling method is used when selecting research participants. In this method of sampling participants are picked in order of appearance based on their ease of access (also known as consecutive sampling). The sampling procedure ends when the total number of participants (sample saturation) and/or the time limit (time saturation) are met. Furthermore, research participants are divided into two groups: control group and experimental group. An experiment consists of two primary groups: experimental and control groups, each with a slightly different goal. Experimental groups are being manipulated to alter the outcome of the experiment. The control groups are maintained natural or unmodified in order to give a normal outcome for comparison in the experiment. The experimental group in the research serves to investigate the effectiveness of a research variable. In the case of this research, the variable is the method of “Visualisation” within the framework of NLP techniques. It raises the following research question: To what extent is the method of “visualization” effective in language classes? To what extent is the method of “name mnemonics” effective in language classes.

Research tools

The researcher uses both qualitative and quantitative research methods as the former is helpful to interpret psychological findings related to the research while the other is helpful to work with numerical data. Additionally, numerical data is processed by sample T-test in the platform of JASP.

Results and Discussion

Table 1. Descriptive Statistics of control and experimental group in vocabulary sessions.

	Valid Missing		Mean	Std. Deviation	Minimum	Maximum
ex.group	20	0	80.750	5.495	72.000	87.000
controlgr	20	0	55.900	7.391	45.000	78.000

As it is seen from the table, mean (mathematical average of two or more numbers) stands at 81 and maximum score stands at 87 for experimental group respectively. As for control group, mean stands at 56 and the maximum score reaches up to 78. It shows that the method of “Visualisation” has become far more effective in language classes.

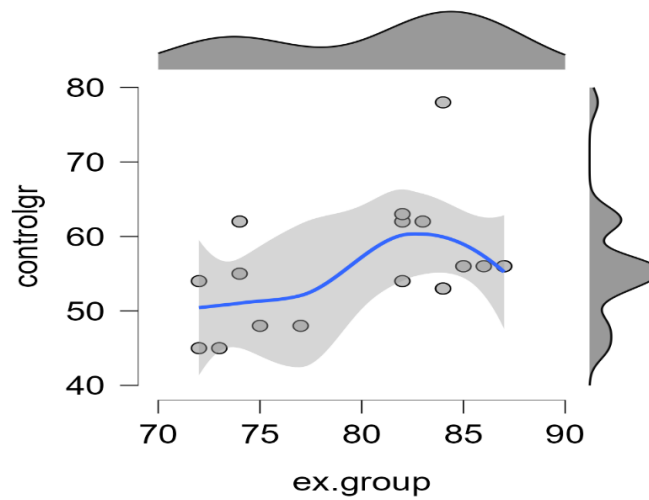


Table 2. Density plots in experimental and control groups.

As it is clear from the graph, the final scores of research participants in experimental group (which is being experimented with “Visualisation”) are far higher than those in the control group. Furthermore, in the experimental group, the research subjects are scoring between 83-87 more frequently, while their counterparts in the control grouping are averaging around 60.

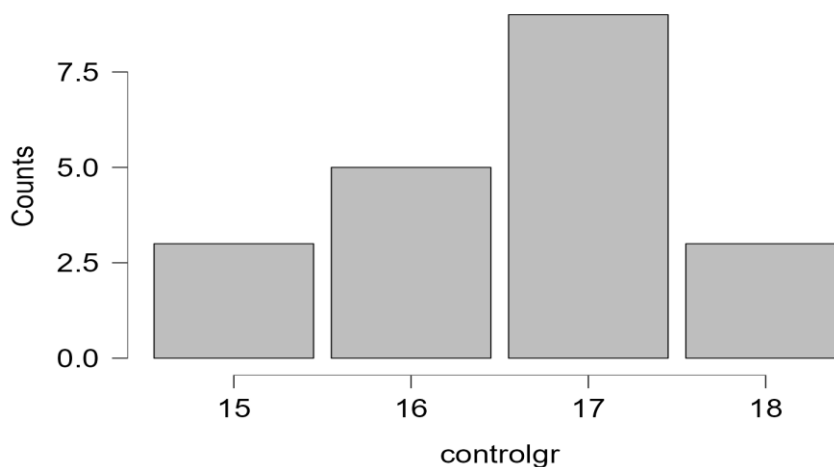
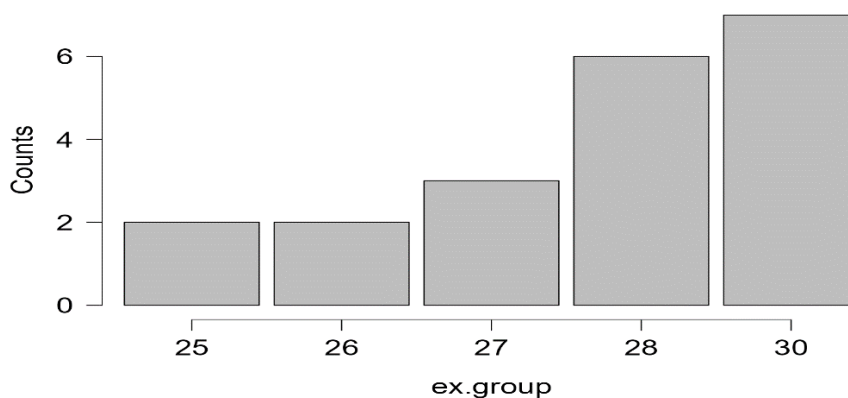


Table 3. Distribution plots of experimental and control groups in grammar sessions with the method of “Name mnemonics” only used in the former.

The graph well illustrates that experimental group averages between 25 and 30 and reaches a peak of 30 which is the maximum score of assessment. On the other hand, the next group averages between 15 and 18 which pulls the overall balance to the favour of the experimental group.

Conclusion

This paper discusses the novel technique of Neuro Linguistic Programming. Neuro Linguistic programming is often regarded as the most effective way for language acquisition. It trains the human mind and promotes positive thinking. It promotes creativity and problem-solving skills. NLP helps the teaching and learning process. Students can be relieved of concerns and psychological pressure. It promotes a positive learning atmosphere. This methodology is a natural one. It teaches students how they learned their mother tongue. Neuro-Linguistic Programming empowers pupils to become resourceful and achieve achievement. This paper also contributes to the findings on NLP and its positive effect on language learning.

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