

THE COGNITIVE APPROACH IN LANGUAGE TEACHING

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Annotation: The humanistic approach is considered a person-centered method of language teaching, taking into account the emotional and psychological state of students. This approach helps students develop their personal development, creative expression, and self-confidence. Human relationships and a positive environment are important in the process of language learning. Also, the main techniques of the humanistic approach include active listening, dramatization, collaborative learning, storytelling, and tactile approaches. This method increases motivation, makes the learning process natural and effective.

Izoh: Gumanistik yondashuv til o'qitishda shaxsga yo'naltirilgan metod sifatida qaralib, o'quvchilarning hissiy va psixologik holatini inobatga oladi. Ushbu yondashuv o'quvchilarning shaxsiy rivojlanishi, ijodiy ifodasi va o'ziga bo'lgan ishonchini oshirishga yordam beradi. Til o'rganish jarayonida insoniy munosabatlar va ijobiy muhit muhim ahamiyat kasb etadi. Shuningdek, gumanistik yondashuvning asosiy texnikalariga faol tinglash, dramatizatsiya, qo'shma o'rganish, hikoya qilish va taktil yondashuvlar kiradi. Ushbu metod motivatsiyani oshiradi, o'rganish jarayonini tabiiy va samarali qiladi.

Аннотация: Гуманистический подход рассматривается как личностно-ориентированный метод обучения языку, учитывающий эмоционально-психологическое состояние учащихся. Такой подход помогает повысить личностное развитие студентов, творческое самовыражение и уверенность в себе. Человеческие отношения и позитивная окружающая среда важны в процессе изучения языка. Также к основным приемам гуманистического подхода относятся активное слушание, инсценировка, совместное обучение, рассказывание историй и тактильные подходы. Этот метод повышает мотивацию, делает процесс обучения естественным и эффективным.

Keywords: Humanistic approach, person-centered education, motivation, self-confidence, creative expression, psychological support, improving the learning environment.

Kalit so'zlar: Gumanistik yondashuv, shaxsga yo'naltirilgan ta'lim, motivatsiya, o'ziga ishonch, ijodiy ifoda, psixologik qo'llab-quvvatlash, ta'lim muhitini yaxshilash.

Ключевые слова: Гуманистический подход, личностно-ориентированное образование, мотивация, уверенность в себе, творческое самовыражение, психологическая поддержка, улучшение образовательной среды.

Introduction

Definition of the humanistic approach to language teaching

The humanistic approach is a language teaching methodology that aims to create an effective language learning process that takes into account the individual needs, feelings, and psychological state of students. Unlike traditional teaching methods, this approach focuses not only on teaching language rules and grammatical structures, but also on increasing students' self-confidence, developing creative thinking skills, and developing independent learning skills.

According to the humanistic approach, language learning is not only a cognitive process, but also depends on a person's emotional and social experiences. Therefore, in this method, it is important to support students, give them confidence, and make the learning process interesting and stress-free.

Historical foundations and main theorists of the humanistic approach

The humanistic approach developed in the mid-20th century as a result of research in the field of psychology and pedagogy. The formation of this method was greatly influenced by person-centered education and psychological theories aimed at studying human experiences.

One of the founders of this approach was Carl Rogers, who emphasized the importance of personal development in human psychology and the educational process. According to Rogers, students learn more effectively in a free and supportive environment. He put forward the principles of "Active Listening" and "Putting the Learner at the Center".

Another famous scientist, Abraham Maslow, is known for his theory of "Hierarchy of Needs". Maslow stated that if a person's basic needs, including factors such as security, social acceptance, and self-realization, are satisfied, he will be able to learn more effectively. Maslow's ideas provided a solid theoretical foundation for the humanistic approach to education.

Educationalists such as Paulo Freire (founder of critical pedagogy), John Dewey (advocate of experiential learning), and Lev Vygotsky (author of social learning theory) also contributed to the humanistic approach.

The role of emotional and psychological well-being in language learning

Emotional and psychological factors play a very important role in the process of language learning. The environment in which education is provided based on a humanistic approach should be friendly, supportive and stress-free. The fact that students feel free and are allowed to freely express their thoughts directly affects their

success in the language learning process. A psychologically favorable environment provides the following advantages:

- a. It increases students' self-confidence and they can speak without fear of mistakes.
- b. The language learning process takes on an interesting and interactive form.
- c. Students' motivation increases, because they receive education taking into account their needs and interests during the learning process.
- d. A communicative form of language learning develops, that is, students acquire not only theoretical knowledge, but also the ability to communicate in practice.

The humanistic approach is particularly suitable for speech development and creative writing classes. Through this method, students develop creative skills such as writing texts, creating dialogues, telling stories and expressing emotions.

In general, the humanistic approach to language teaching is one of the important methods that focuses not only on teaching knowledge, but also on the personal development of students. Therefore, the use of this approach in the modern education system is of great importance in creating the best learning conditions for students and providing them with the opportunity to learn the language naturally.

Humanistic Teaching Techniques

Humanistic teaching techniques are aimed at enhancing students' personal development, independent thinking, and creative expression. These methods help make the language learning process more interactive, interesting, and effective. Below, we will discuss in detail the main teaching techniques that are widely used in the humanistic approach.

1. Active Listening

Active listening is a technique based on trusting and sincere communication between the teacher and the student, in which the teacher takes the students' opinions seriously and allows them to freely express their feelings .

Advantages of active listening:

- a. It develops the ability of students to freely express their thoughts and communicate clearly.
- b. It increases their speech activity and naturalizes the language learning process.
- c. It creates an atmosphere of trust by ensuring the students' psychological comfort and treating their opinions with respect.
- d. Along with speech skills, social skills (listening to others, exchanging ideas) are also developed.

How is active listening done?

1. The teacher listens carefully to the students, asks them to clarify what they are saying and where they do not understand.

2. It encourages students to expand their thoughts through questions.
3. Provides emotional support when talking about serious or important topics.

2. Personalized Learning

Since each student has their own learning style, interests, and needs, it is important to personalize the learning process.

How is personalized learning implemented?

- a. Materials are selected that match the interests and goals of students. For example, if someone is interested in art, they are given texts and topics related to art.
- b. Techniques are used that match each student's learning style: if someone is a visual learner, graphs and images are used, while someone learns better through hearing, audio materials are used.
- c. Students are given the opportunity to control their own learning process - for example, they are allowed to choose projects or assignments for independent study.

Advantages:

1. Each student receives education that matches their abilities.
2. Motivation increases, because students learn in a way that suits them.
3. Independent learning and self-assessment skills are developed.

3. Storytelling & Creative Writing

Storytelling and creative writing are important tools in the language learning process, helping students express their thoughts freely and learn the language more naturally.

How is storytelling done?

- a. Students are given the opportunity to tell interesting stories, life experiences, or fairy tales.
- b. The teacher gives assignments to compose a story or create dialogue on various topics.
- c. Lessons are held on staging stories through role-playing and dramatization.

Advantages:

1. Students increase their vocabulary and master grammatical structures.
2. Oral communication skills are developed.
3. Students learn to express their thoughts creatively.

Humanistic Teaching Methods

Language teaching methods developed based on a humanistic approach are aimed at developing students' emotional state, individual needs, and independent thinking skills. These methods help to make the language learning process more effective and interesting. Below we will provide an overview of the three main teaching methods in a humanistic approach.

1. The Silent Way

The Silent Way is a method that minimizes the role of the teacher and allows students to learn and solve problems independently. In this approach, the teacher carefully observes the students and gives them a small amount of guidance so that they learn to recognize and correct their own mistakes.

Main features:

1. Students are encouraged to actively learn the language, they learn the language through their own experience and observations.
2. The teacher teaches using more gestures, signs and physical means.
3. Students gain self-confidence and are able to independently manage the language learning process.

Advantages:

- a. Students develop independent thinking and creative approach.
- b. The opportunity to master the language more deeply is created by understanding mistakes and working on yourself.
- c. Students' self-control and analysis skills are formed.

2. Community Language Learning (CLL)

Community language learning is based on students learning from each other and working together. This method involves a psychological approach, which means that students should feel comfortable and confident in an environment.

Main features:

- a. Students are divided into small groups and learn the language through conversations and discussions.
- b. The teacher plays a more guiding role, but the leadership in the learning process is mainly given to the students themselves.
- c. Great attention is paid to the students' mental state and emotional experiences associated with the learning process.

Advantages:

1. Students have the opportunity to learn the language in a natural and comfortable environment.
2. As a result of learning together, social skills are developed and students help each other.
3. Students' motivation increases because they are actively involved in the learning process.

3. Suggestopedia

Suggestopedia is a language learning method based on relaxation, music, and a positive psychological approach. This method aims to reduce students' stress and improve language acquisition by using their subconscious abilities.

Key features:

1. Special techniques are used to help students learn in a comfortable environment, under low pressure.
2. Teachers use soft music, visual aids, and relaxation exercises.
3. It allows students to perceive the learning process in an interesting and natural way.

Advantages:

1. Helps students better master the language by using their subconscious abilities.
2. The language learning process takes place in a stress-free and comfortable environment.
3. Students increase their vocabulary faster and easier.

Conclusion

A humanistic approach to language teaching supports students' emotional and personal development, increasing motivation and independent thinking. However, it is important to balance this approach with traditional and structured methods to achieve effective results. Humanistic methods make the language learning process more natural, interactive and enjoyable, which helps students to learn more deeply and effectively.

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