

## THE COGNITIVE STUDY OF NEUROLINGUISTIC ELEMENTS IN ENGLISH

**Muqaddam Abdugʻofur qizi Jurayeva**

Fergana State University

[jonmukawi@gmail.com](mailto:jonmukawi@gmail.com)

### ABSTRACT

A crucial component of human communication is language. It is the most efficient form of communication and is regarded as a significant development for humans. The English language is vital to modern civilization and serves as a window to the rest of the globe. All around the world, English is becoming more and more in demand as a language of communication. Speaking proficiency is a crucial component of learning the English language. Learners typically experience lack of confidence, worry, nervousness, and apprehension when learning a new language. The process of learning to speak a language is greatly influenced by psychological variables. The purpose of this article, "Psychological Factors Affecting English Language Learning: The goal of a neurolinguistic perspective is to emphasize the significance of variables that influence language acquisition.

One of the biggest challenges is the learner's perception, which is dominated by psychological factors. The field of neurolinguistics studies the relationship between languages and the human mind. An approach to communication and personal development is neurolinguistic programming. It is also recognized as a superb way for teaching second languages because it helps students perform perfectly. By applying mental techniques like visualization, it brings forth the control of complex sensations and thoughts. It aids in enhancing learners' mental states regarding their hesitancy. The perception of making mistakes, low self-esteem, and situational anxiety are psychological issues. The investigation's goal is to determine some potential remedies that address the causes and consequences of NLP and assist language learners in overcoming their lack of confidence and fear when learning a language.

**Keywords:** NLP, neurolinguistics, mental, psychological factors, communication, curriculum, neurolinguistic perspective, complex sensations.

### INTRODUCTION

Interaction leads to the exchange of thoughts, sentiments, and emotions, which is the basis of communication. A platform for communication is language. It helps to discuss and exchange views with others. It is both one of the most astonishing and

essential aspects of the human condition. It offers a platform for sharing opinions on a wide range of topics. There are countless different languages spoken around the globe.

Every language investigates its past and culture and aids in revealing human knowledge through subtle interaction. It is a global concept and one of the most important requirements for human existence. It affects social interactions and creates individuality in every person. Language connects people to the outside world and is a key component of culture and society, helping to mold a person from an early age. Children learn more about the world and how it functions as a foundational aspect of civilization with the use of language. The evolution of man is impossible, but due to language. Language is the only thing that separates humans from other animals.

### **MATERIALS AND METHODS**

One of the most influential languages in the world is English. It is spoken as the first language in several nations, whereas in India it is regarded as the second language.

It comes in a variety of dialects, including British English, American English, and Canadian English. These are all dialects, which means that they all have different speech patterns. In India, English is utilized for intra-state and inter-state communication in addition to communication with the outside world. Among Indians who speak many languages, it is recognized as a conservationist group. In the fields of education, law, and finance, English is essential. Languages in the world is English. It is spoken as the first language in several nations, whereas in India it is regarded as the second language. It comes in a variety of dialects, including British English, American English, and Canadian English. These are all dialects, which means that they all have different speech patterns. In India, English is utilized for intra-state and inter-state communication in addition to communication with the outside world. Among Indians who speak many languages, it is recognized as a conservationist group. In the fields of education, law, and finance, English is essential in the field of education, legal and finance.

There are many factors that make teaching English in India difficult. The causes are systemic flaws that range from ambiguous curriculum, out-of-date techniques, to incorrect assessment patterns. Additionally, there are practical difficulties including big class sizes, a shortage of qualified language teachers, etc.

The learners encounter psychological difficulties when learning a new language among all of these causes. These factors in particular lead to variations among different language learners. Individual learners are affected by their motivation, attitude, aptitude, age, and personality. The learners' motivation and anxiety prevent them from learning and mastering the language. These difficulties can be overcome with the aid of NLP.

## RESULTS

The elements that formulate, excite, and advance learning in various ways are psychological in nature. Language ability is heavily influenced by mental processes. Learning a language is a complex process that involves the intellectual, emotional, and physical growth of the learner. The majority of the time, English language learners are compelled to adjust without any suitable support. A learner finds it difficult to adapt fluency and accuracy, which could explain why there are psychological barriers across languages. Whereas learner's ability to develop willingness and commitment to listening instruction, psychological variables are crucial. The majority of English language learners have this problem frequently, and they tend to keep quiet in class out of a fear of making mistakes. Such students view their blunders as a threat to their reputation and self-respect rather than as a normal part of learning.

### Motives for Concern

- Making others laugh at your expense
- Obtain a poor grade from the professors.
- Reluctant to speak their opinions
- Criticism from their peers.
- The previous environment they were in was a classroom.

## CONCLUSION

Neurolinguistic Programming (NLP) emerged as an individual development approach in 1970s and was initiated by Bandler and Grinder. Richard Bandler, was a scientist and Grinder, a linguist. They intended to analyze the mental processes and noticed that when an individual remind about a frightening or crucial moment in a genuine way, the moment being difficult and unfavorable for the individual become smoothen by the positive attitude of a person itself. Therefore, Bandler brings out that the way of thinking about situation or something else makes all the dissimilarities. This finding was named by Neurolinguistic Programming which acts as a base for individual's excellency and transformation of behaviors and beliefs. Later, they insisted to describe the connection between neurology and linguistics and how that bonding can be used to program an individual's mind, body and behavior. According to the founders, Neurolinguistic Programming emerged on its belief and universal potential. The NLP insists to help people by guiding them to program their brain process. It offers variety of communication patterns to improve and change individuals by using self-hypnosis. Neurolinguistic Programming is purposefully designed to recognize how verbal and non-verbal communication affects the human brain.

## REFERENCES:

1. Yigitalieva K. M. The role of interactive activities in developing speaking skills //Проблемы современной науки и образования. – 2019. – №. 12-1 (145). – С. 93-94.
2. Kuchkarova M. Y. THE IMPORTANCE OF THE DEVELOPING OF LISTENING COMPREHENSION IN TEACHING ENGLISH //Academic research in educational sciences. – 2021. – Т. 2. – №. 6. – С. 980-984.
3. Kuchkarova M. THE ROLE OF THE AUTHENTIC MATERIALS IN IMPROVING COMMUNICATIVE COMPETENCE OF ESP LEARNERS //Журнал иностранных языков и лингвистики. – 2021. – Т. 2. – №. 2.
4. Kuchkarova M. Y. RAISING STUDENTS' MOTIVATION TO LEARN A FOREIGN LANGUAGE //ТЕОРИЯ И ПРАКТИКА СОВРЕМЕННОЙ ПЕДАГОГИКИ. – 2020. – С. 57-59.
5. Kuchkarova M. Y. MODERN TEACHING TECHNOLOGIES IN TEACHING FOREIGN LANGUAGES //Наука и образование: сохраняя прошлое, создаём будущее. – 2020. – С. 94-96.
6. Kuchkarova Y. ALTERNATIVE ASSESSMENT AS A MEANS TO DEVELOP STUDY SKILLS IN ESP CLASSES IN HIGHER EDUCATIONAL SETTINGS //Scientific Bulletin of Namangan State University. – 2019. – Т. 1. – №. 11. – С. 343-347.
7. Djakhonobodova K. G., Nazirovich A. U., Yigitalieva K. M. Innovative assessment of students' experience in higher educational institutions //Вестник науки и образования. – 2019. – №. 19-3 (73). – С. 46-48.
8. Baxtiyorova A. G. et al. The Innovative and Practical Methods of Organizing Lessons in Pedagogical Activity //Central Asian Journal Of Literature, Philosophy And Culture. – 2021. – Т. 2. – №. 11. – С. 98-104.
9. Tojiboyeva, Mohinur. "LINGVOKULTUROLOGIYA VA KOGNITIV TILSHUNOSLIKDA KONSEPTUAL OLAM." *Involta Scientific Journal* 2.4 (2023): 61-63.
10. qizi Tojiboyeva, Mohinur Sherali, and Sharofat Abdumutallibjonovna Pakirdinova. "KONSEPT-TIL VA MADANIYAT OLAM MANZARASINI IFODALOVCHI VOSITA." *Educational Research in Universal Sciences* 1.6 (2022): 290-293.
11. Tojiboyeva, Mohinur, and Sharofat Pakirdinova. "OLAMNING LISONIY MANZARASIDA DONOLIK VA NODONLIK KONSEPTLARI." *Involta Scientific Journal* 2.4 (2023): 154-158.
12. Tojiboyeva, Mohinur Sherali Qizi. "SEMANTIC DIVISION OF TOURISM TERMINOLOGY." *Scientific progress* 3.6 (2022): 116-119.

13. qizi Tojiboyeva, Mohinur Sherali. "SEMANTIC DIVISION OF TOURISM TERMINOLOGY."
14. Abdugʻofur qizi Jurayeva, Muqaddam, and Mirzarahimov Mirzohid Alisher oʻgʻli. "MORPHOLOGY AND SYNTAX AND CROSSLINGUISTIC FINDINGS IN NEUROLINGUISTICS." *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИПЕ* 18.8 (2023): 156-159.
15. Mokhirakhon, Parpieva, Inomova Xurmatoy, and Muqaddam Jurayeva. "A METHOD OF SOUND ORGANIZATION OF ENGLISH AND RUSSIAN ARTISTIC TEXT USING PHONOTYLISTIC LANGUAGE." *Involta Scientific Journal* 2.4 (2023): 135-139.
16. Mohira Parpiyeva, & Muqaddam Jurayeva. (2023). PROBLEMS OF LINGUOCULTUROLOGICAL AND NEUROLINGUISTIC STUDY OF PHONETIC MEANS. *American Journal Of Philological Sciences*, 3(02), 49–59. <https://doi.org/10.37547/ajps/Volume03Issue02-09>
17. Abdugʻofur qizi Jurayeva, M., & SultanovnaUsmanova, S. (2023). NEYROLINGVISTIKA SOHASINI ORGANISH TENDENSIYALARI. *Involta Scientific Journal*, 2(1), 53-59.
18. Mamadjanova, M. U. (2022). O ʻZBEK VA INGLIZ TILLARIDA EPITETNING CHOG ʻISHTIRMA TADQIQI. ANTONAMAZIYA EPITETLAR. RESEARCH AND EDUCATION, 1(5), 110-115.
19. Karimjonova, S. R. (2021). Cognitive Aspects Of The Causative Verb To Have In Modern English. *Current Research Journal Of Philological Sciences (2767-3758)*, 2(11), 141-145.
20. Alimov, S. S., & Yusupova, O. M. (2022). LINGUOCULTURAL FEATURES OF BORROWINGS FROM ENGLISH TO UZBEK LANGUAGE. *Galaxy International Interdisciplinary Research Journal*, 10(1), 1-4.