REDUCING AFFECTIVE FILTER IN SECOND LANGUAGE ACQUISITION THROUGH SUGGESTOPEDIA

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ABSTRACT

Recent researches has been carried out in order to find out the reasons of the success and failure of the language acquisition. As Stephan Krashen proposed that there are learning hypothesis and one of them which is named Affective filter has enormous impact on SLA. Therefore, this study reveals the ways of reducing affective filter through Suggestopedia. Since anxiety, motivation and self confidence are considered as contributory factors of the affective filter, three observations are demonstrated to achieve low level of affective filter.

Keywords: SLA, Affective Filter, Suggestopedia, anxiety, motivation, self confidence.

INTRODUCTION

According to Stephan Krashen, there are five types of learning hypothesis. One of those called Affective filter hypothesis which illustrates that learners need to be created safe and comfortable environment to achieve success in learning acquisition. On the account of the fact that success in SLA mostly depends on objectives and Affective factors. This study emphasizes on how affective filter impact on language learning with several factors through conducting research on one of my students who was taught in IELTS class. Since the level of affective filter influence on learning process, learners who have high affective filter are more likely to avoid input in SLA. In contrast, people with low affective filter make intake process higher.

Affective filter is demonstrated as a mental barrier to diminish or weaken language learning (Dulay and Burt,1977). Three main contributory factors are proposed by Krashen (1982) such as anxiety, motivation and self confidence.

In order to make affective filter lower, ESL teachers should increase motivation and self esteem through reducing anxiety which allow students to overcome fear, hesitation and inconvenience with their learning process. I am an advocate of the notion that teachers should create various methods of teaching that considers inner connection between language acquirers' affective factors and second language acquisition. Moreover, Suggestopedia is utilized to create right condition for learning in which

learners can process large quantity of materials. This case study contains several parts like literature review, learners profile, design for research data collection culminating with results and conclusion by combining additional recommendations.

Literature review how to reduce

Stephen Krashen points out that negativity in feelings comes from bad mood by being low inspired, less self confident and anxious which raises affective filter and mentally blocks successful language acquisition. Additionally, Rebecca Oxford (1996) holds the view that learners' affective filter is considered as the major influential part of success of failure.

According to Brilliant's findings (1995), immigrants to United States were observed, the one who did not have desire to move US struggled with learning English while the other immigrants with positive emotions towards their migration underwent successful learning process. Since another contributing factor for the development of affective filter is anxiety, Elkhafaifi (2005) supports that performance of the listening tasks can be highly affected by anxiety which has correlation with unwillingness of the learners to communicate in foreign language classes (Jackson, Meihua, 2008). The method used in this case study is Suggestopedia designed by Georgi Lozanov (1979) that takes music in the center of attention to increase work efficiency by listening baroque music which rises alpha brain waves and decrease blood pressure. Music was central to his method. Baroque music, with its 60 beats per minute and its specific rhythm, created the kind of "relaxed concentration" that led to "superlearning" (Ostrander & Schroeder 1979: 65).

Learners profile

My case study is being carried out on the subject who is 20 year old female studying in my IELTS group. The subject's name is Lucy (the name has been altered for privacy purposes). She has been learning English as a foreign language since her school years as her first language is Uzbek and second one is Russian which is taught from her early childhood. Lucy has been taught for general grammar in her previous classes and several months ago, she came to me with the desire of taking IELTS. Lucy is struggling with high level of affective filter due to lack of self confidence to express her opinions. Sometimes, she demotivated with her awful pronunciation and mistakes she is making in her speaking. Therefore, she mostly keeps silent without willing to join in discussions.

Once, I spoke with her she informed me that she knows the answers and has futher opinions on the topic but she couldn't dare to talk among other students and she is afraid of making mistakes or has negative feelings when she is corrected by her other partners. But now I decided to conduct research on this situation and how to cope with this issue.

Research design

In this part, I decided to collect data about how my subject can overcome problems with high affective filter. I am going to demonstrate the ways of creating classroom environment which lower student's affective filter by increasing their motivation , self confidence and reducing anxiety.

Initially, i would like to interview her through giving a list of questions based on her willingness and problems to acquire language. This part will be allocated to analyze her motivation towards learning and level of confidence in classroom environment.

Secondly, I would like to provide her with a task that requires her to write an essay in which she needs to describe the ideal classroom in which she desires to study. In this essay, she could write about when she might feel herself free from anxiety and stress and more confident. The most significant aim of this essay is to get to know what exactly she is expecting from her IELTS class but not how structured her essay is.

Eventually, I want to conduct a lesson using suggestopedia which means that I will organize unusual class with different environment I presume that this method helps her to adapt to the class and not to be afraid of mistakes that make people stronger and more confident and alter her attitudes towards language acquisition.

Data collection (Results and Discussions)

The data collection commenced with making questionnaire for Lucy as the **first part of the research**. The questions are based on her general knowledge and difficulties in learning process, the motivation and self - confidence in learning English,

The script is provided in the Appendix I that identifies the leaners profile.

Generally, the subject has low affective filter which does not allow her to take part in the lessons actively and due to this problem she struggles with interacting with other group members . As she claims that she had a strong desire to learn English from her childhood and need to take IELTS to apply for a job. She is willing to attend my classes. Even though Lucy had instrumental motivation in the beginning of the classes, she started losing this inspiration when she encountered problem. When I questioned her about her situation , she tried to explain that she felt uneasy to express her view when teacher addresses her in traditional classes which proves her low self esteem . The thing which made me think is that she does not want to draw others' attention during the class. Moreover , she wants classes to be in relaxed atmosphere with little explanation and more practice. During the speaking clubs , she needs something more attractive and novel instead of putting only one topic in the focus of attention. Overall,

as she has lack of motivation and self esteem with high anxiety that forms high level of affective filter she blocks her learning process automatically .

In the second observation, Lucy was asked to write an essay on the topic of " The most effective ways of learning". Appendix II shows her ideas in what environment learners can acquire language faster that he tries to explain in this essay.

The essay written by Lucy was well organized with grammatical accuracy . as she tried to include her imagination to describe the atmosphere in English classrooms, she mentioned very clear points with learning outcomes in that environment. She managed to prove her ideas with examples by comparing with other countries. It is obvious that he showed her willingness to write the essay by exceeding the word number limit . She wrote approximately 300 words, although the word limit was at least 200 words which means that she is enthusiastic to give her ideas about classroom environment and ideas are reasonable . I presume that the essay was important for her to analyze the goal of learning and what exactly she needs from English classes.

The third observation involves the outcomes of how the subject's learning process becomes better by lowering her affective filter when I implemented Suggestopedia in our classes . As suggestopedia is a teaching method, in which the ways of coping with the relationship between mental potential and efficiency of the learning are emphasized and Suggestopedia is proper method to teach speaking and reading.

To implement this method, the classroom was designed differently from ordinary classrooms. In the classroom, the chairs was fixed in semicircle form which was opposite to white board in order to draw students' attention and make them more relaxed. The light in the classroom was not so bright to make the students' mind fresh and more relaxed. One of unique feature of this method is utilizing Baroque music in the learning process. It is considered that Baroque music forms a level of relaxed concentration that the intake and retention of huge quantities of materials are facilitated. I put Baroque music to assist the student to reach a high level of relaxation during the class which allowed them to increase learning potential and made alpha brain increase and blood pressure and heart rate decrease. when my student are completing grammar, imagination exercises or doing reading tasks and during discussions, creating this atmosphere is more effective way to reduce their affective filter. Having created certain classroom environment, my students were provided with tasks for reading and vocabulary list related to particular topic. After they took time to fulfill this task we moved on discussion part. they were asked to present what they understood from the given passage. During one's speech, I asked others not to correct directly if speaker made mistakes. I put the emphasis on the content but not the structure. I tried to present grammar and vocabularies and added some explanation after

listening to the whole speech. we can be witness of huge differences between Lucy's previous performance and current one. It was obvious that she was really eager to talk. In the end of the class, I questioned her about her impressions in that class which was really positive and enthusiastic . As she claimed that it was first time she felt really exited during her speaking and overcome anxiety. Moreover, to make my students acquire English from indirect instruction combining with direct instruction. students were encouraged by the existence of posters and decoration that demonstrates different features of the target language and various grammatical information in the learning environment. By changing it every day, the students are provided many new materials learn undirectly in the classroom.

CONCLUSION

Now that we have completed with looking through the whole data meticulously, it can be inferred that when students are struggling with high level of affective filter, creating more convenient atmosphere assists us to lower affective filter. Teachers need to make students feel more relaxed during their classes which deals with the mental block in their minds. Utilizing the method called suggestopedia helped me to create appropriate classroom environment which increased the subject's motivation and self esteem and reduced anxiety. I hold the view of writing essay about ways of effective learning helped me to determine learner's need to acquire knowledge better and in which environment they can feel comfortable to learn language more effectively . Suggestopedia inspired my subject to acquire language more independently and be more responsible for her own learning and rising self confidence. I personally consider that it was appealing topic to conduct research on as the ways of reducing affective filter are becoming more crucial for learners who struggling with it . There were a great deal of sources and materials , nevertheless , it was challenging to find the proper ones. The participant of the research was very enthusiastic to participate in this case study which was greatest thing during the procedure.

FURTHER IMPLICATIONS

The ways of reducing affective filter continuous to be in the center of attention during the process of second language acquisition, which means that researchers need to find out more methods to implement in reducing affective filter. Since each case study should be unique it is vitally important to keep investigating more productive methods from diverse perspectives. Due to modern technology, such as Webster library as well as Google scholar articles, writing academic papers might be easier and helpful which leads to new research to examine such theories in the Second Language Acquisition .

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