



CHET TILLARINI QISQA MUDDATDA SAMARALI O'RGANISHNING KOGNITIV VA PEDAGOGIK ASOSLARI

Sobirova Husniyabonu Axrorjon qizi

husniya_0707@icloud.com

1-kurs talabasi, O'zbekiston davlat jahon tillari universiteti,

Rus filologiyasi fakulteti, Toshkent, O'zbekiston

Annotatsiya: Ushbu maqolada chet tillarini tez va samarali o'rganish jarayonining nazariy va amaliy jihatlarini tahlil qilinadi. Zamonaviy globallashtirish sharoitida bir yoki bir nechta chet tillarini bilish shaxsning professional rivojlanishi hamda xalqaro kommunikatsiyada faol ishtirok etishi uchun muhim omillardan biri hisoblanadi. Tadqiqotda til o'rganish jarayonida qo'llaniladigan kognitiv strategiyalar, kommunikativ metodlar, mnemonika usullari hamda zamonaviy raqamli texnologiyalarning o'rni yoritiladi. Shuningdek, til o'rganish samaradorligiga ta'sir qiluvchi asosiy psixologik omillar — motivatsiya, muntazam mashq qilish, real kommunikativ muhit yaratish va mustaqil o'rganish ko'nikmalari ham tahlil qilinadi. Tadqiqot natijalari shuni ko'rsatadiki, turli pedagogik metodlarni uyg'un holda qo'llash til o'rganish jarayonining samaradorligini oshiradi hamda qisqa vaqt ichida til kompetensiyasini rivojlantirishga imkon yaratadi.

Kalit so'zlar: chet tillarini o'rganish, til o'qitish metodlari, mnemonika, kommunikativ yondashuv, til kompetensiyasi, kognitiv strategiyalar.

Kirish

XXI asr axborot va texnologiyalar davri bo'lib, unda turli mamlakatlar o'rtasidagi siyosiy, iqtisodiy va madaniy aloqalar tobora kuchayib bormoqda. Bunday sharoitda chet tillarini bilish shaxsning bilim darajasi, kasbiy malakasi hamda ijtimoiy faolligini belgilovchi muhim omillardan biri hisoblanadi. Shu sababli zamonaviy jamiyatda chet tillarini o'rganishga bo'lgan qiziqish sezilarli darajada ortib bormoqda.

Til o'rganish jarayoni murakkab psixologik va pedagogik jarayon bo'lib, u insonning tafakkuri, xotirasi hamda nutq faoliyati bilan chambarchas bog'liqdir. Ilmiy tadqiqotlar shuni ko'rsatadiki, til o'rganish jarayoni faqat grammatik qoidalarni yodlashdan iborat emas, balki kommunikativ kompetensiyani shakllantirishga qaratilgan kompleks jarayondir.

Zamonaviy tilshunoslik va pedagogika fanlarida chet tillarini o'rganishning samarali usullarini ishlab chiqish muhim ilmiy masalalardan biri hisoblanadi. Ayniqsa, tilni qisqa muddatda o'zlashtirishga yordam beradigan innovatsion metodlar hamda psixologik strategiyalarni o'rganish bugungi



kunda dolzarb ahamiyat kasb etmoqda.

Ushbu maqolaning asosiy maqsadi — chet tillarini tez va samarali o'rganishga yordam beruvchi metodlar, strategiyalar va pedagogik yondashuvlarni tahlil qilishdan iborat.

Tadqiqot metodikasi

Mazkur tadqiqotda ilmiy tahlil, taqqoslash, umumlashtirish hamda nazariy manbalarni o'rganish metodlaridan foydalanildi. Chet tillarini o'rganish jarayonida qo'llaniladigan zamonaviy pedagogik metodlar va psixologik strategiyalar ilmiy adabiyotlar asosida o'rganildi.

Tadqiqot davomida quyidagi metodlarga alohida e'tibor qaratildi:

Kommunikativ metod. Ushbu metod tilni real muloqot jarayonida o'rganishga asoslanadi. Bu yondashuvda o'quvchilar tilni grammatik qoidalarni yodlash orqali emas, balki amaliy nutq faoliyati orqali o'zlashtiradilar.

Mnemonika usullari. Mnemonika yangi so'zlarni eslab qolish jarayonini osonlashtiruvchi usullardan biridir. Bu metodda so'zlar turli assotsiatsiyalar, tasvirlar yoki hikoyalar bilan bog'lanadi.

Immersion (til muhitiga kirish) metodi. Bu metod tilni tabiiy muhitda o'rganishga asoslanadi. Masalan, xorijiy til filmlarini tomosha qilish, podkastlar tinglash yoki o'sha til egasi bilan muloqot qilish til o'rganish jarayonini tezlashtiradi.

Audiovizual metod. Ushbu metod tinglash va ko'rish orqali til o'rganishga yordam beradi. Bu jarayonda video materiallar, audio yozuvlar hamda interaktiv mashqlardan foydalaniladi.

Methodology

This study is based on theoretical analysis, comparative analysis, and the generalization of scientific literature related to foreign language learning. Various modern teaching methods and psychological strategies used in language education were analyzed.

During the research, special attention was paid to several widely used approaches in foreign language learning.

The **communicative approach** focuses on developing learners' ability to communicate in real-life situations. This method emphasizes practical language use rather than the simple memorization of grammatical structures.

Another important strategy is the **mnemonic method**, which helps learners memorize vocabulary through associations, images, or short stories. This technique significantly improves long-term memory retention.

The **immersion method** is also widely recognized as an effective way of learning foreign languages. This method involves exposing learners to the language environment through activities such as watching foreign films, listening to podcasts, and communicating with native speakers.



In addition, the **audiovisual approach** plays an important role in modern language education. This method combines visual and auditory materials, such as videos, audio recordings, and interactive exercises, to improve language comprehension and pronunciation skills.

Natijalar

Tadqiqot natijalari shuni ko'rsatadiki, chet tillarini tez o'rganish uchun turli metodlarni kompleks tarzda qo'llash muhim ahamiyatga ega. Faqat bitta metoddan foydalanish til o'rganish samaradorligini to'liq ta'minlay olmaydi.

Masalan, mnemonika usullari yordamida yangi so'zlarni eslab qolish jarayoni sezilarli darajada osonlashadi. Bu usul ayniqsa boshlang'ich bosqichda til o'rganayotgan o'quvchilar uchun juda samarali hisoblanadi.

Shuningdek, kommunikativ metod yordamida o'quvchilar real nutq jarayonida faol ishtirok etish imkoniyatiga ega bo'ladilar. Bu esa ularning nutq ko'nikmalarini rivojlantirishga yordam beradi.

Zamonaviy texnologiyalar ham til o'rganish jarayonida muhim rol o'ynaydi. Bugungi kunda mobil ilovalar, onlayn platformalar hamda sun'iy intellekt asosidagi dasturlar yordamida til o'rganish yanada qulay va samarali bo'lib bormoqda.

Results

The results of the study indicate that the effectiveness of foreign language learning increases when different teaching methods are used in combination. The use of a single method may not be sufficient to achieve high levels of language proficiency.

For example, mnemonic techniques significantly improve vocabulary acquisition, especially at the early stages of language learning. By associating new words with images or stories, learners are able to remember them more easily.

The communicative approach also contributes greatly to the development of speaking skills. Through active participation in discussions, dialogues, and role-playing activities, learners gain practical experience in using the language.

Furthermore, modern technologies have significantly transformed the process of language learning. Online platforms, mobile applications, and artificial intelligence-based educational tools provide learners with new opportunities to practice languages anytime and anywhere.

Muhokama

Til o'rganish jarayonining samaradorligi ko'plab omillarga bog'liq. Ulardan eng muhimlari motivatsiya, muntazam mashq qilish hamda o'quvchining mustaqil o'rganish qobiliyatidir.

Ilmiy tadqiqotlar shuni ko'rsatadiki, til o'rganish jarayonida real kommunikativ muhit yaratish juda muhim hisoblanadi. Masalan, xorijiy til



kitoblarini o'qish, filmlar tomosha qilish yoki o'sha til egasi bilan suhbatlashish til ko'nikmalarining tez rivojlanishiga yordam beradi.

Bundan tashqari, til o'rganish jarayonida psixologik to'siqlar ham muhim rol o'ynaydi. Ko'plab o'quvchilar xato qilishdan qo'rqishlari sababli faol muloqot qilishdan qochadilar. Shu sababli zamonaviy pedagogik yondashuvlar o'quvchilarda erkin muloqot qilish ko'nikmasini rivojlantirishga qaratilgan.

Discussion

The success of foreign language learning largely depends on several important factors, including motivation, regular practice, and independent learning skills. Students who demonstrate high levels of motivation are generally more successful in acquiring language skills.

Another important factor is the creation of a real communicative environment. Exposure to authentic language materials, such as books, films, and conversations with native speakers, greatly enhances language acquisition.

Psychological factors also play a crucial role in the learning process. Many students experience fear of making mistakes, which prevents them from actively participating in communication. Modern pedagogical approaches aim to reduce this psychological barrier by encouraging students to practice language freely and confidently.

Therefore, teachers should create a supportive learning environment where students feel comfortable expressing themselves and experimenting with the language.

Xulosa

Xulosa qilib aytganda, chet tillarini tez va samarali o'rganish uchun zamonaviy pedagogik metodlar hamda kognitiv strategiyalardan kompleks tarzda foydalanish zarur. Mnemonika usullari, kommunikativ metodlar, zamonaviy texnologiyalar va muntazam mashq qilish til o'rganish jarayonining samaradorligini sezilarli darajada oshiradi.

Shuningdek, o'quvchilarning motivatsiyasi, mustaqil o'rganish qobiliyati hamda real kommunikativ muhit yaratish til o'rganish jarayonida muhim omillar hisoblanadi. Ushbu yondashuvlar yordamida til o'rganish jarayoni nafaqat samarali, balki qiziqarli ham bo'lishi mumkin.

Conclusion

In conclusion, rapid and effective foreign language learning requires the integration of various pedagogical methods and cognitive strategies. Mnemonic techniques, communicative approaches, modern technologies, and consistent practice significantly improve the effectiveness of the learning process.

Moreover, motivation, independent learning skills, and the creation of a real communicative environment are essential factors that influence language acquisition. When these elements are combined, language learning becomes not



only more effective but also more engaging and meaningful.

The results of this study confirm that innovative teaching strategies and modern technologies can greatly enhance the process of foreign language learning in the contemporary educational environment.

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