

## Issues of English Teaching Methods

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### ANNOTATION

The purpose of this article is to provide information about the suggestion pedia, which is considered one of the most modern teaching methods. The advantages and disadvantages of this method, as well as its history, are identified.

**KEYWORDS:** propositional pedagogy, educational process, vocabulary, teaching method.

Education needs new methods to help the learning process. The learning process requires the active participation of students, which occurs as a result of the use of appropriate teaching strategies. First, what is the teaching method. Teaching methods include the principles and methods used by teachers to help students learn. These strategies are determined partly by the subject being taught and partly by the nature of the learner. A specific teaching method should be related to the characteristics of the student and the type of education. Suggestions for designing and selecting teaching methods should consider not only the nature of the subject matter, but also how students learn. [P. Westwood]. There are many effective and efficient teaching methods in the learning process. Each of them has its own characteristics and features, consisting of goals, environments and educational needs.

Suggestopedia is one of the most modern and best ways to teach foreign languages. Suggestopedia, a portmanteau of "suggestion" and "pedagogy", is a teaching method used for learning foreign languages, also known as desuggestopedia. [Richards, J.C.] This method involves the use of music and a comfortable and relaxing environment to address the relationship between mental capacity and learning performance. When learning through Tegishopedia, the rate of memorization is 25 times faster than traditional learning methods. Suggestopedia uses dialogues, situations and translations to introduce and practice language, particularly music, visual images and relaxation exercises to make learning more accessible and effective [Richard, JC] This teaching method allows students to feel free , a foreign language that is quickly learned through interest and positive feeling [Hornby. 2005]. As you can see from these two definitions, suggestopedia uses relaxation, comfort, and interest techniques to make students learn faster.

Dr. Lozanov visa Bulgarian psychiatrist, psychotherapist, teacher of brain physiology. He is passionate about understanding how people learn. This led him to travel the world to study examples of super memory and learning achievements. Dr. Lozanov and his colleague Dr. Evelyn Gateva used a new methodology for teaching foreign languages for the first time and

achieved amazing results. As a result, students not only had fun, but they learned faster than with traditional teaching methods. Teachers begin to introduce invitations, relaxation, and music into the learning process. While Lozanov was developing his methodology in Bulgaria, some cognitive scientists and educators in America were also making great strides in understanding how the brain learns. For example, Harvard professor Howard Gardner developed the theory of multiple intelligences, and Dr. Antonio Damasio showed how critical emotions affect learning. [Rivera,MT ]

According to Lozanov, students may have used only 5-10% of their mental capacity, and if optimal conditions for learning are created, the brain can process and store more material. Based on psychological research, Lozanov began to develop a method of language learning that "confirms" the limitations that students think and provides a relaxed state of mind that helps to retain the material to the maximum. [Rustipa. K]

there are both negative and positive aspects of using suggestopedia in the educational process. For example, a study by Ostrander and Schroeder suggested that baroque music created a relaxed state of mind to maximize the retention of the material.

Advantages:

- students can lower their affective filter
- classes are held in simple rooms equipped with comfortable chairs, which helps them to relax
- The concept of power
- Students remember best and are most influenced by information from authoritative sources, teachers.
- Two-plan theory: it implies learning from two aspects. They are the conscious side and the unconscious side. Students can get the learning objective directly from the institution and from the learning environment.
- Peripheral learning: Propositional pedagogy encourages students to use the language independently, increases personal responsibility for their knowledge and gains more confidence. Peripheral information can also encourage learners to be more experimental and look to sources other than the teacher for language input.

Disadvantages:

- Environmental limitation: most schools in developing countries have large classes. Each class consists of 30 to 40 students. There should be 12 students in one class.
- Use of hypnosis: some people use hypnosis, so it has a bad deep effect on people. Lozanov categorically denied this.
- Stimulate learning : suggests that the classroom be a child-like situation. There are some students who don't like to be treated like this because they think they are mature.

In summary, propositional pedagogy is a method that aims to address the relationship between mental potential and educational performance. This method was introduced in 1975 by the Bulgarian psychologist and pedagogue George Lozanov.

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