

# PSYCHOLOGICAL ASPECTS OF FOREIGN LANGUAGES: WHY SOME LEARN FAST AND SOME HAVE DIFFICULTY?

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## Abstract

Language learning is not only memorizing vocabulary and grammar, but also deeply related to human psychology. Some learners pick up a new language quickly, while others struggle for years. This article examines psychological factors that influence language acquisition, including motivation, fear of making mistakes, memory mechanisms, and age-related differences. In addition, we discuss the benefits of multilingual individuals and practical strategies to improve language learning performance.

**Keywords:** Language acquisition, motivation, psychology of learning, memory, multilingualism.

## Introduction

The national process of learning a foreign language depends on linguistic knowledge, but also on human psychology. Some people learn languages very quickly, others struggle for a long time. In this study, based on the impact study on the research process, the article will influence the students.

Learning motivation, stress, age and language development are important factors that determine the success of language implementation. Analysis of research studies in this study and their language learning strategies.

## LITERATURE REVIEW

There are many possibilities for learning foreign languages. For example:

1. Krashen's "Input Hypothesis" (1985) - Language learning is more effective when learners receive sufficiently comprehensible input.
2. Dorey's theory of motivation (2001) – Learning success often depends on intrinsic and organizational motivation.
3. Ebbinghaus's "Forgetting Curve" (1885) – Demonstrated the importance of repetition and spaced recall in language learning.

4. Bialystok's study on the effects of multilingualism (2011) - Multilingual people have higher cognitive abilities in their brains.

Therefore, it reveals various methods of the psychology of language learning and serves as a theoretical basis.

## METHODOLOGY

The study was conducted on the basis of analysis of research bases, scientific articles and research reviews, as well as empirical sources. collected using basic information:

- Scientific articles and reviews on the psychology of language learning.
- Studying the experiences of successful students and pedagogues in the process of language learning.
- Existing analysis of the influence of motivation and stress on language learning.

Through the analysis, creative experiences in language learning were identified and strategies for removing them were developed.

## RESULTS

### The Influence of Motivation on Language Learning

Motivation is one of the research in language learning. It is divided into two types: Language learning based on a person's internal motivation (for example, support for culture).

External motivation - learning a language due to the need to find a job or study.

Motivated learning, internal reinforcement and more effective learning.

### The Role of Fear and Stress

One of the main obstacles in language learning is the fear of mistakes and stress. This problem can be solved:

Accepting mistakes as a natural part of the learning process.

Focus on communication without worrying too much about pronunciation or grammar.

More immersion in the language environment (watching movies, talking in English).

### Memory and Language Learning

Memory plays an important role in language learning. Suggested strategies for memorizing words:

Spaced Repetition (Repetition system) - repetition of new information at certain time intervals.

Mnemonics – remembering words through pictures, associations or stories. Learning in context - learning words in sentences rather than individually.

### The Importance of Age

Many believe that young children learn language expectantly, but zooms also have a good grammar aid and language ban analysis. Therefore, although age has its influence, language learning can be done at any age if effective methods are used.



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**Advantages of multilingualism**

Many people try to learn a new language quickly. There are some reason for this, for example:

- They depend on linguistic systems.
- They know effective learning strategies.
- They can find parallels between different languages.

**Conclusion**

In the article, the analysis helps to study the impact on the learning process. Based on this, it came to the following:

- Motivation is an important factor in language learning, and internal motivation should be strong.
- Initiate fear and stress - students are encouraged not to be afraid of mistakes and to develop communication.
- Memory and repetition techniques - mnemonics and repetition systems should be included to effectively memorize new words.
- Multilingualism is an important factor in the language learning process.

The future can be focused on further analysis of the in-depth use experience and the development of effective pedagogical methods.

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