

TEACHING ADULTS FOREIGN LANGUAGE, CHALLENGES AND SOLUTIONS

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***Abstract.** In this article, we will explore some of the strategies, challenges and solutions in teaching adults foreign language. Methods like creating a positive learning environment, focusing on practical, real-world applications of the language, providing opportunities for adults, practice using the language in a safe and supportive environment, being patient and understanding are discussed. Solutions to challenges such as different learning styles and preferences, motivation, busy schedules and making mistakes are also proposed.*

***Key words:** teaching adults, challenges, solutions, practice, learning environment, learning styles and preferences.*

INTRODUCTION. Learning a foreign language as an adult can be a challenging but rewarding experience. From a psychological and pedagogical perspective, there are several strategies that can help adults learn a new language effectively. Teaching adults a foreign language can be a challenging task, as adults have different learning needs and preferences compared to children. However, with the right strategies and approaches, these challenges can be overcome. In this article, we will explore some of the challenges and solutions in teaching adults a foreign language.

One of the most important strategies for learning a foreign language as an adult is to create a positive learning environment. According to a study by the Journal of Educational Psychology, adults learn best when they feel motivated and engaged in the learning process [1]. Therefore, instructors should focus on creating a supportive and encouraging learning environment that fosters a sense of community and collaboration.

Another effective strategy for learning a foreign language as an adult is to focus on practical, real-world applications of the language. According to a study by the Journal of Language and Social Psychology, adults are more motivated to learn a new language when they see how it can benefit them in their personal or professional lives [2]. Therefore, instructors should focus on teaching practical language skills that can be applied in real-world situations.

In addition to practical applications, it is also important to provide opportunities for adults to practice using the language in a safe and supportive environment. According to a study by the Journal of Second Language Writing, adults learn best when they are provided with opportunities to practice using the language in a variety of contexts [3]. Therefore, instructors should provide opportunities for adults to practice speaking, listening, reading, and writing in the target language.

Another important consideration when teaching adults a foreign language is to be patient and understanding. Learning a new language can be a challenging and frustrating experience, and many adults may feel embarrassed or discouraged when they struggle to understand or communicate in the target language. Therefore, instructors should be patient and provide support and encouragement throughout the learning process.

Finally, it is important to recognize that adults have different learning styles and preferences. According to a study by the Journal of Adult Education, adults learn best when they are provided with a variety of learning opportunities, such as visual aids, hands-on activities, and group discussions [4]. Therefore, instructors should be flexible and adaptable in their teaching methods to accommodate the diverse needs of their adult learners.

METHODS. Teaching foreign languages to adults requires a different approach than teaching children. From a psychological and pedagogical point of view, there are several methods that have been developed to effectively teach foreign languages to adults. Some of these methods include:

1. Communicative Language Teaching (CLT): This method emphasizes the importance of communication in language learning. It focuses on developing the ability to communicate in real-life situations, rather than just memorizing grammar rules and vocabulary. CLT encourages students to use the language in meaningful contexts, and to interact with others in the target language.[5]

2. Task-Based Language Teaching (TBLT): This method focuses on using tasks as the basis for language learning. Students are given tasks to complete in the target language, which require them to use a variety of language skills. TBLT emphasizes the importance of using language in context, and encourages students to develop their ability to communicate effectively in real-life situations. [5]

3. Content-Based Language Teaching (CBLT): This method focuses on using content from other subjects, such as history or science, as the basis for language learning. Students learn the language while also learning about other subjects, which can make the learning process more engaging and meaningful.[5]

4. Total Physical Response (TPR): This method emphasizes the importance of physical movement in language learning. Students are encouraged to use their bodies to respond to language input, which can help to reinforce vocabulary and grammar structures.[6]

5. The Silent Way: This method emphasizes the importance of student autonomy in language learning. The teacher provides minimal input, and students are encouraged to discover the language on their own. The Silent Way emphasizes the importance of using the language in context, and encourages students to develop their own strategies for learning.[6]

These methods are based on different theories of language learning and teaching, and each has its own strengths and weaknesses. The most effective method will depend on the individual needs and learning styles of the students. It is important for teachers to be familiar with a variety of methods and to be able to adapt their teaching approach to meet the needs of their students.

RESULTS. The results of teaching a foreign language to adults can vary depending on a number of factors, including the method of instruction, the level of motivation of the learners, and the amount of time and effort invested in the learning process. However, research has shown that there are several benefits to learning a foreign language as an adult, including:

1. Improved cognitive function: Learning a foreign language has been shown to improve cognitive function, including memory, problem-solving skills, and creativity.[7]

2. Increased job opportunities: Knowing a foreign language can increase job opportunities, particularly in fields such as international business, tourism, and translation.[8]

3. Enhanced cultural understanding: Learning a foreign language can help individuals to better understand and appreciate other cultures, which can lead to increased empathy and tolerance.[9]

4. Improved communication skills: Learning a foreign language can improve communication skills, both in the target language and in the learner's native language.[10]

5. Increased confidence: Successfully learning a foreign language can increase confidence and self-esteem, which can have positive effects on other areas of life. [11]

In addition to these benefits, research has also shown that adults can be highly successful language learners, particularly when they are motivated and engaged in the learning process. While it may take longer for adults to learn a foreign language than

it does for children, adults can often achieve a high level of proficiency with consistent effort and practice.

DISCUSSION. The following challenges and solutions may occur in foreign language teaching to adults.

One of the biggest challenges in teaching adults a foreign language is motivation. Adults may have busy lives and may not see the immediate benefits of learning a new language. They may also feel self-conscious about making mistakes or feel discouraged when they don't see progress right away.

To overcome this challenge, instructors should focus on making the language learning experience relevant to the adult learners' lives. For example, if the learners are professionals, the instructor can focus on teaching language skills that are relevant to their industry. Instructors can also provide opportunities for learners to practice using the language in real-life situations, such as role-playing scenarios.

Adults have different learning styles and preferences, and instructors need to be able to accommodate these differences to ensure that all learners are engaged and motivated.

To solve this problem, instructors should use a variety of teaching methods to cater to different learning styles. For example, visual learners may benefit from the use of diagrams and charts, while auditory learners may benefit from listening exercises. Instructors can also use group discussions and hands-on activities to engage learners who prefer a more interactive learning experience.

Adult learners may have busy schedules and may not have a lot of time to dedicate to language learning.

The solution for this might be that, instructors can offer flexible scheduling options, such as evening or weekend classes, or online courses that learners can access at their own convenience. Instructors can also provide shorter, more intensive courses that focus on specific language skills, rather than longer courses that cover a broader range of topics.

Adult learners may feel self-conscious about making mistakes when speaking a new language, which can hinder their progress.

In order to tackle this point, instructors should create a safe and supportive learning environment where learners feel comfortable making mistakes. Instructors can provide positive feedback and encouragement, and can also use role-playing exercises to help learners practice speaking in a low-pressure environment.

CONCLUSION. In conclusion, learning a foreign language as an adult can be a challenging but rewarding experience. Effective strategies for learning a foreign language as an adult include creating a positive learning environment, focusing on

practical applications, providing opportunities for practice, being patient and understanding, and recognizing the diverse learning styles and preferences of adult learners. By implementing these strategies, instructors can help adults develop the language skills they need to succeed in an increasingly globalized world. Moreover, teaching adults a foreign language with the right strategies and approaches, above-mentioned challenges can be overcome. Instructors should focus on making the language learning experience relevant, using a variety of teaching methods, offering flexible scheduling options, and creating a safe and supportive learning environment. By implementing these solutions, instructors can help adult learners achieve their language learning goals.

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