



THE IMPORTANCE OF MOTIVATION AND DISCIPLINE IN FOREIGN LANGUAGE LEARNING

SamDChTI tayanch doktoranti
M.Y.Karimova, SamISI N.Imamov
munisa8804@gmail.com
SamDChTI talabalari
N.Zayriddinova, Z.Isrofilova

Abstract. *This article analyzes the role and compatibility of motivation and discipline in the process of learning foreign languages. In the era of globalization, learning new languages expands people's opportunities, but this process requires a lot of time and effort. Motivation helps to take the initial steps by instilling enthusiasm and interest in learning, while discipline ensures that the learning process continues in a regular manner. As a result of the combination of these factors, the language learning process becomes more effective and stable.*

Keywords: *foreign languages, motive, motivation, discipline, importance of motivation, importance of discipline, internal motivation, external motivation.*

INTRODUCTION.

Learning or knowing a foreign language, especially English, is an important tool for understanding scientific communication, the business world, cultural relations, and political issues. It is widely recognized that knowing a foreign language is the key to success in life. Motivation and attitude help foreign language learners to gain confidence and learn the language quickly and effectively. Therefore, it is important for foreign language pedagogues to take these factors into account. Here, according to the decision of the Cabinet of Ministers of the Republic of Uzbekistan No. 312 of May 19, 2021 "On measures to effectively organize learning and popularization of foreign languages", foreign languages are not only taught in education, but the employees of state bodies should also know, and a number of measures are being developed in connection with learning and teaching foreign languages. Among the main psychological aspects of learning English, the most important are: motivation and interest in learning the language; language learning ability; the ratio of language and speech in learning; language barrier.

Motivation is a key factor in language learning. As in any activity, if a person does not want to do something or does it by force, he will not achieve a high result. The result in language learning can only bring motivation to achieve success. Motivation to avoid failure can be a one-off. For example, a student is afraid of failing an exam with a demanding English teacher. It will pass the test, maybe not badly, but such a local success will not have a long-term effect. The fact is that it is necessary to gradually form and develop foreign language skills, and then maintain them throughout life. In this regard, when learning a language, there should be an attitude that the English language itself works only as a means of receiving and transmitting information. If a person is interested in the information he is working with (ie, the English material), he will also be interested in the process of learning English. Here, the psychological component is closely related to the most important methodological component, that is, the content of teaching English, which should be selected in accordance with the interests and age characteristics of students in order to maintain a high level of motivation. Despite the clarity of the above arguments, many people who have started to learn English well still do not follow it. Why do they lose motivation? The fact is that English, unlike, for example, mastering a computer system or learning to drive a car, requires constant and systematic practice, and many people are not ready for this. Often, some circumstances prevent it from doing so, and it becomes a convenient reason, an excuse. This requires certain voluntary actions that have not been taken into account. Another feature of English as a skill is



that it seems unnecessary in everyday life.

Motivation is a factor that drives a person to achieve a goal with internal or external force. It motivates a person to work, determines the direction and gives the necessary energy. Motivation helps a person to overcome difficulties, work on himself and develop in order to achieve his goals. Motivation is one of the important factors in learning foreign languages, which helps to make this process successful and effective. Here are some recommendations that will help you increase your motivation to learn a foreign language:

Goal setting: Setting clear and measurable goals in language learning increases motivation. For example, it is useful to set goals such as "To be able to speak English fluently by the end of this year".

Add your interests: Reading, watching or listening to materials related to your interests through a foreign language will help you make the language more interesting and useful.

Track Progress: Tracking your progress, recording progress, and knowing how close you are to your goals will increase motivation. For this, language learning apps or notebooks will be good helpers.

Start with small steps: Starting language learning in small steps and gradually moving on to more difficult material will help you stay motivated. It helps you move forward without making language learning feel too complicated.

Making the learning process interesting: Through various applications, games and other interesting methods, the language learning process is not boring and ensures constant engagement.

Real-life application: Applying newly learned words and phrases in real life, talking with foreign language speakers will help you learn the language more effectively. For example, make and correspond with your friends or new friends in foreign countries.

Learning about other cultures: Learning about other cultures, history, and values through language is a great way to increase motivation. It allows not only to learn the language, but also to expand the worldview.

In order to stay motivated in language learning, it is very important to choose suitable and interesting methods for yourself, apply them in everyday life and constantly monitor your progress.

Discipline is a set of rules regarding certain behavior and behavior of people, including members of the labor team, that meet the legal and moral standards of society, as well as the requirements of any organization. Discipline regulates the way people live and work together. This is achieved by adopting these social norms and laws, and at the same time, applying moral, legal and administrative responsibility and sanctions, if necessary. There are the following types of discipline: internal discipline (training of a person in the spirit of self-discipline); general discipline for all (such as state discipline); special discipline - discipline established only for members of a certain organization or a certain category of people (such as labor discipline, military discipline).

Motivation is derived from the word motive, which means a person's needs, wants, or urges. It is the process of motivating individuals to act in order to achieve a goal. Psychological elements that drive people's behavior in the context of work goals may include the desire for money. Understanding the types of motivation and the effects of motivation on language learning can help make language learning more effective and enjoyable. Motivation is divided into two main types:

1. **Internal (intrinsic) motivation.** In this type of motivation, a person learns a language out of desire, personal interest, or need. For example, interest in foreign culture, literature, cinema or new knowledge motivates a person to learn. Intrinsically motivated people are more persistent in language learning, enjoy the process, and experience less stress.

2. **External (extrinsic) motivation.** In external motivation, a person learns a language for external factors (goals). For example, reasons such as success in work or studies, traveling to a foreign country, and finding a high-paying job serve as external motivation. Extrinsic motivation gives short-term results, but you need to rely on intrinsic motivation for continuous learning.

The influence of motivation on language learning. Motivation plays an important role in the process of language learning and has a direct impact on the effectiveness of a person's learning. A motivated person does not give up even when faced with difficulties and learns new things faster.

Self-Confidence: A motivated person has a positive view of their ability to learn a language and this will



help them expand their knowledge. The combination of internal and external motivation accelerates and makes the language learning process more effective. In language learning, the main focus should be on building and maintaining intrinsic motivation. Internal and external factors that encourage people to always have an interest and desire to commit to a job, role or topic, or to act to achieve a goal. If you have a strong will or desire to achieve a goal, it means that you have positive self-confidence and positive influence on others. You can inspire the person in front of you with a word of encouragement. Discipline plays a key role in the language learning process, as the process often requires consistent work and constant practice. While learning is easier when motivation is high, it may not be permanent. When motivation wanes or challenges arise, it is discipline that pays off.

Success can be achieved with small, regular steps. For example, learning a small amount of new words every day, but regularly, will lead to big gains. By making learning a habit, it becomes easier to maintain consistency. This is especially useful when faced with difficult and time-consuming assignments. Timely revision and practice is a part of discipline and it helps to master new language material better.

Motivation and discipline are two key factors that complement each other for success in language learning. Through their mutual harmony, a person maintains consistency in the study process and achieves high results. Here's how motivation and discipline work together in language learning.

A combination of motivation and discipline is the basis of a successful language learning process. If motivation encourages a person to acquire new knowledge, discipline allows to continue the learning process regularly. As a result of their harmony, the language learning process becomes more effective and pleasant, and a person successfully achieves his goal.

REFERENCES:

1. Gardner, R. C. (1985). Social psychology and language learning: The role of attitudes and motivation. London: Edward Arnold (p. 10).
2. Ellis, R. (1997). The study of second language acquisition. Oxford University Press.
3. O'zME. Birinchi jild, Toshkent, 2000-yil
4. Motivation: State, Trait, or Both“, Motivation, Effort, and the Neural Network Model, 2020 — 93–101-bet. DOI:10.1007/978-3-030-58724-6_8. ISBN 978-3-030-58724-6.
5. “Motivation: an overview“, Encyclopedia of Psychology. American Psychological Association, 2000. ISBN 978-1-55798-187-5
6. Yershova O.V. Universitet talabalarining o'quv faoliyatini nazorat qilish samaradorligini oshirish vositasi sifatida "motivatsiya" va "qiziqish" tushunchalari / O.V. Yershov // Высшее образование сегодня. - 2013. - № 8. - С. 79- 81.