

## IMPROVING SPEAKING SKILLS THROUGH TOTAL PHYSICAL RESPONSE (TPR)

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**Abstract.** Speaking is a fundamental skill in language acquisition; however, many learners face difficulties in expressing themselves fluently and confidently. This article explores the effectiveness of Total Physical Response (TPR) as a method for improving speaking skills. TPR is based on the coordination of language and physical movement, where learners respond to commands through actions. The study shows that this method reduces anxiety, increases student engagement, and enhances memory retention. By linking language with physical activity, learners develop a deeper understanding of vocabulary and structures, which supports spontaneous speech. The findings suggest that TPR is especially effective for beginners and young learners, as it creates a stress-free and interactive learning environment. Ultimately, TPR helps bridge the gap between passive knowledge and active communication.

**Key words:** speaking skills, Total Physical Response, language teaching, communicative competence, interactive learning

**Аннотация.** Говорение является важным навыком при изучении языка, однако многие учащиеся испытывают трудности в свободном выражении своих мыслей. В данной статье рассматривается метод Total Physical Response (TPR) как эффективный способ развития устной речи. Этот метод основан на сочетании языка и физических действий, что способствует лучшему запоминанию и пониманию. Результаты исследования показывают, что TPR снижает уровень тревожности, повышает активность учащихся и улучшает их коммуникативные навыки.

**Ключевые слова:** говорение, TPR, коммуникативная компетенция, обучение языку

**Annotatsiya.** Gapirish til o'rganishdagi muhim ko'nikmalardan biri bo'lib, ko'plab o'quvchilar o'z fikrlarini erkin ifodalashda qiynaladilar. Ushbu maqolada Total Physical Response (TPR) metodining og'zaki nutqni rivojlantirishdagi samaradorligi ko'rib chiqiladi. Ushbu yondashuv tilni jismoniy harakatlar bilan bog'lash orqali o'rganishni osonlashtiradi. Tadqiqot natijalari shuni ko'rsatadiki, TPR o'quvchilarning qiziqishini oshiradi, qo'rquvni kamaytiradi va nutqiy faollikni rivojlantiradi.

**Kalit so'zlar:** gapirish ko'nikmasi, TPR, interaktiv ta'lim, kommunikativ kompetensiya

Speaking plays a crucial role in mastering a foreign language, as it allows learners to express ideas, emotions, and intentions. Despite its importance, many students struggle with speaking due to fear of making mistakes and lack of confidence. Traditional teaching methods often focus heavily on grammar and written exercises, which may limit opportunities for real communication[3].

Total Physical Response (TPR), developed by James Asher, offers an alternative approach by integrating physical movement into language learning[1]. In TPR-based classrooms, teachers give commands such as “stand up,” “open the book,” or “walk to the door,” and students respond with actions. This process mirrors how children acquire their first language—through listening and responding physically before speaking.

One of the key advantages of TPR is that it lowers learners' anxiety. Since students are not forced to speak immediately, they feel more relaxed and confident. This creates a positive learning atmosphere where learners gradually begin to produce language naturally. As a result, the “affective filter” is reduced, making language acquisition more effective.

Another important benefit of TPR is improved memory retention. When language is combined with physical actions, it becomes more meaningful and easier to remember. For example, when a student physically performs the action of “jump” or “sit,” the word is stored not only mentally but also physically. This multi-sensory learning strengthens vocabulary acquisition and supports long-term recall. Furthermore, TPR encourages active participation. Unlike passive learning environments, TPR classrooms are dynamic and engaging. Students are constantly involved in activities, which increases motivation and attention. This is particularly beneficial for young learners, who often learn best through movement and interaction[2].

TPR also contributes to the development of speaking skills indirectly. Initially, learners focus on listening and comprehension, but over time, they begin to imitate and produce language[4]. As their confidence grows, they transition from physical responses to verbal communication. This gradual progression helps students develop fluency without pressure. However, TPR also has some limitations. It may be less effective for teaching abstract vocabulary or advanced language structures. Therefore, it is often recommended to combine TPR with other teaching methods to achieve balanced language development.

In conclusion, Total Physical Response is a highly effective method for teaching speaking skills, especially at the beginner level. By combining language with physical movement, it creates a stress-free, engaging, and memorable learning experience. TPR not only enhances vocabulary retention but also builds learners' confidence and encourages natural communication. While it may not be sufficient on its own for advanced learners, it remains a valuable tool in modern language teaching.

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