

## THE EFFECTIVENESS OF TOTAL PHYSICAL RESPONSE (TPR) IN DEVELOPING YOUNG LEARNERS' ENGLISH LANGUAGE SKILLS

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**Abstract.** This study examines the effectiveness of Total Physical Response in improving young learners' English skills. It highlights engagement, comprehension, and retention through physical activity, demonstrating that TPR enhances listening, speaking, motivation, and classroom interaction compared to traditional teaching methods overall.

**Key words:**TPR, young learners, English skills, motivation, interaction

**Annotatsiya.** Ushbu tadqiqot Total Physical Response usulining yosh o'quvchilarning ingliz tili ko'nikmalarini rivojlantirishdagi samaradorligini o'rganadi. Jismoniy harakat orqali qiziqish, tushunish va eslab qolish oshishi, TPR tinglash, gapirish, motivatsiya hamda sinfdagi faollikni an'anaviy usullarga nisbatan yaxshilashi ko'rsatiladi aniq natijalar asosida isbotlanadi ham.

**Kalit so'zlar:**TPR, yosh o'quvchilar, ingliz tili, motivatsiya, faollik

**Аннотация.** Данное исследование рассматривает эффективность метода Total Physical Response в развитии английских языковых навыков у младших учащихся. Подчеркивается, что физическая активность повышает интерес, понимание и запоминание, а TPR улучшает аудирование, говорение, мотивацию и взаимодействие по сравнению с традиционными методами обучения значительно.

**Ключевые слова:**TPR, младшие учащиеся, английский язык, мотивация, взаимодействие

**Introduction.** Teaching English to young students has grown in importance as a component of language education in recent years. Children learn best through movement and interaction rather than passive instruction because they are active, inquisitive, and have special learning traits. Therefore, choosing the right teaching strategies is crucial to ensuring early language acquisition success. James Asher's Total Physical Response (TPR) method is one of the most well-known techniques in this field. This approach relies on the synchronization of speech and movement, where students act in response to spoken information. Particularly for younger students, TPR is thought to lower stress, boost motivation, and create a more stimulating learning environment[1].

Children's natural learning styles may not be accommodated by traditional teaching methods, which frequently place a strong emphasis on memorization and repetition. On the other hand, TPR makes language learning more engaging and dynamic by incorporating physical activity. This method fosters the growth of speaking and listening abilities in addition to helping students comprehend and retain new vocabulary.

The goal of this study is to find out how well TPR helps young learners improve their English language proficiency. In contrast to traditional teaching methods, it seeks to examine how this approach affects students' motivation, engagement, and general language performance.

James Asher, a psychologist, created the Total Physical Response (TPR) method of teaching languages in the 1960s. It is predicated on the idea that language acquisition is intimately linked to movement and that students learn language more efficiently when they act in response to instructions[2]. This method mimics how children naturally pick up their first language, listening and reacting with their bodies before speaking.

Reducing stress is one of the key elements that affects successful language learning, according to Asher. Students in traditional classrooms frequently experience pressure to produce language right away, which can cause anxiety and impede learning. However, by letting students concentrate on comprehension first, TPR fosters a low-stress atmosphere.

Young learners benefit greatly from TPR because it aligns with their innate learning styles. Children learn better through active participation than passive listening because they typically have short attention spans[3]. Through the use of gestures, movement, and physical exercises, TPR keeps students engaged and improves the learning experience. For instance, students physically react to instructions like "stand up," "open your book," or "touch your head," which improves their comprehension and recall of the language. The effect of TPR on various language skills is another significant feature. Although listening comprehension is its main focus, speaking skills are also indirectly supported. Learners start to naturally produce words and sentences as they gain more proficiency in the language.

Furthermore, TPR aligns with modern communicative language teaching principles, which emphasize interaction, meaningful communication, and learner-centered approaches. It encourages active participation and creates a positive classroom atmosphere where students feel comfortable and engaged.

The theoretical foundation of TPR highlights its effectiveness as a method that combines physical activity with language learning[4]. Its emphasis on comprehension, low anxiety, and active participation makes it particularly suitable for developing young learners' English language skills.

The concepts of cognitive learning theory also support TPR. It implies that when language is linked to physical actions, memory is strengthened. Stronger mental associations are produced by this connection, which aids students in retaining knowledge for extended periods of time. Because of this, students who learn vocabulary and structures through movement are more likely to retain them than those who learn them by rote memorization. Additionally, TPR embodies the widely recognized idea of "learning by doing" in contemporary pedagogy. Students become more involved and focused when they actively engage in the learning process. In addition to increasing comprehension, this active participation boosts students' self-assurance and willingness to converse in a foreign language. TPR's adaptability in the classroom is another benefit [5].

**Conclusion.** Total Physical Response (TPR) is a useful and successful technique for improving young learners' English language proficiency. Its focus on comprehension, physical exercise, and low-stress learning fosters a positive and

stimulating learning environment. TPR boosts students' motivation and engagement while also improving their speaking and listening abilities and memory retention.

Because it promotes active participation in the learning process and fits with their natural learning styles, the approach is especially appropriate for younger students. TPR is still a useful strategy when paired with other teaching techniques, despite potential drawbacks, particularly for advanced language development.

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