

THE ROLE OF EFFECTIVE TIME MANAGEMENT IN ENHANCING FOREIGN LANGUAGE ACQUISITION

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Abstract. Effective time management plays an important role in foreign language acquisition, especially in higher education where students must combine classroom learning with independent study. This study examines how regular planning, balanced distribution of learning tasks, and consistent practice influence the development of language skills. The paper is based on descriptive and comparative analysis of language learning habits and shows that students who manage their time effectively demonstrate better retention, greater engagement, and more stable progress in mastering a foreign language.

Key words: time management, foreign language acquisition, language skills, independent learning, consistency, student engagement.

РОЛЬ ЭФФЕКТИВНОГО УПРАВЛЕНИЯ ВРЕМЕНЕМ В ПОВЫШЕНИИ УСПЕШНОГО ИЗУЧЕНИЯ ИНОСТРАННЫХ ЯЗЫКОВ

Аннотация. Эффективное управление временем играет важную роль в овладении иностранным языком, особенно в системе высшего образования, где студенты должны совмещать аудиторное обучение с самостоятельной работой. В данном исследовании рассматривается, как регулярное планирование, сбалансированное распределение учебных заданий и систематическая практика влияют на развитие языковых навыков. Работа основана на описательном и сравнительном анализе учебных привычек и показывает, что студенты, умеющие рационально распределять своё время, демонстрируют более высокий уровень усвоения материала, большую вовлечённость и более устойчивый прогресс в изучении иностранного языка.

Ключевые слова: управление временем, овладение иностранным языком, языковые навыки, самостоятельное обучение, систематичность, вовлечённость студентов.

CHET TILI O'RGANISHNI KUCHAYTIRISHDA VAQTNI SAMARALI BOSHQARISHNING O'RNI

Annotatsiya. Vaqtni samarali boshqarish chet tilini o'zlashtirishda muhim ahamiyatga ega, ayniqsa oliy ta'lim tizimida, bunda talabalar auditoriya mashg'ulotlarini mustaqil ta'lim bilan uyg'unlashtirishi zarur. Ushbu tadqiqotda muntazam rejalashtirish, o'quv topshiriqlarini muvozanatli taqsimlash va izchil mashq qilishning til ko'nikmalarini rivojlantirishga ta'siri ko'rib chiqiladi. Ish ta'lim olish odatlarining tavsifiy va qiyosiy tahliliga asoslanadi hamda vaqtni to'g'ri boshqara

oladigan talabalar bilimni yaxshiroq o'zlashtirishi, ko'proq faollik ko'rsatishi va chet tilini egallashda barqarorroq natijalarga erishishini ko'rsatadi.

Kalit so'zlar: vaqtni boshqarish, chet tilini o'zlashtirish, til ko'nikmalari, mustaqil ta'lim, izchillik, talabalar faolligi.

Introduction. The problem of effective foreign language acquisition has become especially relevant in modern higher education. Students are expected to master vocabulary, grammar, pronunciation, and communicative skills within limited academic hours. In such conditions, the question of how learners use their time becomes highly important. Many difficulties in language learning are connected not only with the complexity of the material, but also with the absence of clear planning and regular practice.

Time management in language learning should be understood as a systematic organization of study time, including lesson preparation, revision, independent practice, and balanced attention to listening, speaking, reading, and writing. Researchers note that self-regulated learning and proper organization of study habits positively influence academic achievement and learner autonomy [4]. In foreign language education, this is especially important because language skills cannot develop successfully without repetition and continuity.

One of the main challenges in language acquisition is inconsistency. Students often devote more time to language study only before tests or examinations, while regular practice is ignored. Such an approach weakens retention and slows down progress. According to Dörnyei (2020), motivation and learning success are closely connected with learners' habits, discipline, and ability to sustain effort over time. [1] This means that effective language learning requires not only interest, but also structured use of time. Consistency is also considered a key factor in achieving linguistic fluency and stable progress. [3]

Another important factor is cognitive load. If learners try to complete many language tasks at once, they often feel tired, confused, or anxious. In contrast, when study material is divided into smaller and manageable parts, learning becomes more effective. Short but regular study sessions usually lead to better results than long and irregular periods of preparation. This idea is also linked to self-regulated learning, where students consciously plan their academic actions and monitor their own progress. [2]

In practical terms, effective time management helps students distribute attention across all language skills. For example, some learners spend most of their time memorizing vocabulary, but neglect speaking or listening practice. Others focus mainly on written assignments and do not leave enough time for revision. As a result, progress becomes uneven. Balanced scheduling allows students to practice different aspects of the language in an organized way and to build stronger communicative competence. [2]

Thus, time management should be seen not simply as a personal habit, but as an important condition for successful foreign language acquisition. It supports regularity, reduces overload, strengthens independent learning, and creates a more stable foundation for long-term progress. [4]

Conclusion. Effective time management is one of the essential factors in successful foreign language acquisition. It helps students organize their learning process, maintain consistency, and use limited study hours more productively. The analysis shows that regular planning, balanced distribution of tasks, and systematic

practice contribute to better retention, stronger engagement, and more stable development of language skills.

Therefore, time management should be considered not only as an individual skill, but also as an important pedagogical component in foreign language education. When students learn how to manage their time effectively, they become more responsible, autonomous, and confident in the process of mastering a foreign language.

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