

HOW LANGUAGE MOTIVATION AFFECTS FOREIGN LANGUAGE LEARNING

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Abstract. This article examines the role of motivation in foreign language learning as a key psychological factor influencing learners' success. It analyzes major types of motivation, including integrative and instrumental motivation (Gardner and Lambert), as well as intrinsic and extrinsic motivation. The study explores the impact of motivation on learners' engagement, confidence, and persistence, and identifies factors that may reduce it. Practical strategies for enhancing motivation, such as goal setting and the use of authentic materials, are also discussed. The findings indicate that motivation is a dynamic process requiring continuous support from both teachers and learners.

Keywords: motivation, foreign language learning, intrinsic motivation, extrinsic motivation, language acquisition, Gardner and Lambert, learner engagement.

Аннотация. В статье рассматривается роль мотивации в изучении иностранного языка как ключевого психологического фактора, влияющего на успешность обучения. Анализируются основные виды мотивации, включая интегративную и инструментальную (Гарднер и Ламберт), а также внутреннюю и внешнюю мотивацию. Исследуется влияние мотивации на вовлечённость обучающихся, их уверенность и настойчивость, а также выявляются факторы, снижающие её уровень. Рассматриваются практические способы повышения мотивации, включая постановку целей и использование аутентичных материалов. Результаты показывают, что мотивация является динамическим процессом, требующим постоянной поддержки со стороны преподавателя и обучающегося.

Ключевые слова: мотивация, изучение иностранного языка, внутренняя мотивация, внешняя мотивация, усвоение языка, Гарднер и Ламберт, учебная вовлечённость.

Annotatsiya. Ushbu maqolada motivatsiya xorijiy tilni o'rganishda muvaffaqiyatga ta'sir etuvchi muhim psixologik omil sifatida ko'rib chiqiladi. Unda motivatsiyaning asosiy turlari – integrativ va instrumental (Gardner va Lambert), shuningdek ichki va tashqi motivatsiya tahlil qilinadi. Motivatsiyaning o'quvchilarning faolligi, ishonchi va qat'iyatiga ta'siri o'rganiladi hamda uni pasaytiruvchi omillar aniqlanadi. Shuningdek, maqsad qo'yish va autentik materiallardan foydalanish kabi motivatsiyaning oshirish usullari yoritiladi. Natijalar motivatsiya doimiy qo'llab-quvvatlashni talab qiladigan dinamik jarayon ekanligini ko'rsatadi.

Kalit so'zlar: motivatsiya, xorijiy til o'rganish, ichki motivatsiya, tashqi motivatsiya, tilni o'zlashtirish, Gardner va Lambert, o'quv faolligi.

Introduction. Learning a foreign language is one of the most difficult but also one of the most fulfilling experiences a person can go through. While things like age, the learning setting, and the way lessons are taught are important, motivation is the strongest force that helps someone learn a language well. Without it, even the most skilled learners

find it hard to stay steady and make real progress. This paper looks at how motivation affects learning a foreign language, covering different kinds of motivation, how it impacts the learning process, and ways to keep motivation strong over time.

There are different types of motivation that influence how people learn a language. Researchers like Gardner and Lambert (1972) have grouped motivation into two main kinds: integrative and instrumental. Integrative motivation happens when someone wants to connect with the culture and people who speak the language. For instance, a student might learn French because they like French culture and want to talk to people from France. Instrumental motivation, however, is when a learner studies a language for practical reasons, like getting a better job, passing an exam, or traveling. In addition, psychologists talk about two other forms of motivation: intrinsic and extrinsic. Intrinsic motivation is when a person is driven by their own interest and passion for learning. They enjoy the process and are naturally curious about the language. Extrinsic motivation is when learning is pushed by outside factors, such as getting good grades or meeting family expectations. Studies show that people who are intrinsically motivated are usually more committed and end up achieving better results in language learning.

Literature Review. Over the past few decades, there has been a lot of research on how motivation affects learning a foreign language. Early work by Gardner and Lambert in 1972 helped explain how attitudes and motivation play a role in learning a second language. They came up with the ideas of integrative and instrumental motivation, which are still important in this field today. Later, Dörnyei in 2001 added to this by introducing the “Ideal L2 Self.” This idea suggests that learners are more motivated when they can picture themselves as confident speakers of the language they’re studying. In more recent years, Ryan and Deci’s Self-Determination Theory has been used in language learning studies. This theory highlights the importance of feeling autonomous, competent, and connected with others in keeping motivation strong over time. Together, these studies show that motivation isn’t something fixed – it changes and includes many different aspects as the learning process continues.

How Motivation Affects Language Learning. Motivation plays a big role in different parts of the language learning journey. To begin with, learners who are motivated tend to study more regularly. They are more inclined to practice often, look for extra materials, and spend time on their skills beyond what is taught in class. Next, motivation makes learners more ready to speak up. According to Dörnyei (2001), those who are very motivated are less worried about making errors and are more open to talking with native speakers, which helps them learn the language faster. Finally, motivation helps learners deal with challenges and setbacks. Learning a language can be tough with many difficulties along the way, and it is motivation that helps learners keep going even when progress feels slow.

Motivation in language learning can easily fade even though it's important. One major reason people lose motivation is because of poor teaching methods. If lessons are the same every time, not interesting, or too focused on grammar instead of actual conversation, students stop paying attention. Another big problem is the fear of making mistakes or being embarrassed, especially when speaking. Learners often feel exposed and judged, which makes them nervous. Also, if there are no real chances to use the language in everyday situations, learning can feel pointless and disconnected from real life. Noels et al. (2000) discovered that when students feel like they're being forced to learn rather than supported, their natural drive to learn drops a lot.

The Role of the Teacher in Motivating Students. Teachers have a big role in helping students stay motivated. A teacher who is supportive and full of energy can encourage students to get more involved in learning the language. On the other hand, a teacher who is strict or negative can easily take away even the strongest motivation. Dörnyei (2001) says that motivating teachers usually have some common traits: they make the classroom a comfortable and fun place, set clear and realistic goals, give helpful feedback, and really care about their students' progress. Also, teachers who use activities that involve communication, group talks, and real-life situations help students understand how useful the language is in everyday life.

Ways to Increase Motivation. There are several useful methods that can help keep and improve motivation for people learning a foreign language. Setting clear and realistic personal goals helps learners feel more focused and determined. Using real-life materials like movies, music, podcasts, and books in the target language makes the learning experience more fun and meaningful. Talking with native speakers, either through language exchange activities or online tools, offers practical experience and a feeling of success. Teachers are also important in this process by building a positive and supportive classroom atmosphere where making mistakes is viewed as a natural part of learning, not as a failure.

Conclusion. In short, motivation is what really gets foreign language learning going. Whether it's about connecting with the language or using it for practical reasons, or whether it comes from within or is pushed by outside factors, motivation affects how regularly learners study, how sure they are when speaking, and how determined they are when facing difficulties. Knowing the different kinds and reasons behind motivation helps both teachers and students build an environment that supports lasting success. As Dörnyei (2001) points out, motivated learners don't just study a language – they live it.

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