

THE USAGE OF TOTAL PHYSICAL RESPONSE METHOD IN TEACHING FOREIGN LANGUAGE IN UZBEKISTAN

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Abstract: This study examines the effectiveness of the Total Physical Response (TPR) method in enhancing foreign language learning. By incorporating physical movements into language instruction, TPR helps students enhance vocabulary retention and engagement. The approach reduces stress, increases motivation, and aligns with embodied cognition theories. Findings suggest that movement-based learning strategies make an enjoyable and effective language learning experience, particularly for young learners.

Keywords: innovative technology, modern methods, foreign language, total physical response (TPR).

In today's rapidly developing world, learning a language has become of great importance. Unlike traditional teaching methods, modern methods provide sufficient conditions for the development and formation of the student's personality, allowing them to acquire adequate knowledge. The role and significance of modern methods and innovative technologies are immensely important. In teaching English, especially to young children, the lessons need to be engaging, repetitive, and understandable. To achieve this, certain key methods for teaching English should be used. One of these methods is the Total Physical Response (TPR) approach. This method is primarily designed for young children but is also highly effective for adolescents.

Especially in language learning, the use of modern methods today has led to a high level of language acquisition. It is not only foreign languages but also every subject that requires teaching through modern innovative technologies and methods in accordance with the demands of the time. By today, the role of modern technology and methods has become significant. There are several methods in foreign language learning, such as using dialogues, video clips, films, cartoons, and CDs during lessons, which have proven to be quite effective.

As mentioned earlier, one of the modern methods for teaching language effectively and easily to young children and adolescents is the Total Physical Response

(TPR) method. This method was developed by American psychologist James Asher in 1960. The main focus of TPR is physical movement. In this method, children are required to use their body parts and be physically active. As emphasized by Savi (2014), when the brain and body work together, children learn language quickly and easily.

As English language teaching has gained popularity, it is now taught starting from the first grade. Therefore, English language teachers, who engage in teaching children, should not only master the essential components of teaching but also understand the psychological nature of the children they are teaching. The advantages of the TPR method are:

1. Developing students' speaking abilities,
2. Expanding vocabulary,
3. Increasing students' activity during lessons,
4. Creating an engaging environment.

There are many types of speech, one of which is vocabulary. When using this method, the teacher gives several commands (such as jump, walk, raise your hand, sit), and the students are required to perform the commands with full-body movements (for example, clapping while jumping).

During the TPR teaching process, physical exercises and games are naturally incorporated into the language learning process, helping to increase the physical activity of children. This not only aids in language learning but also contributes to their physical development. When using TPR, students can actively engage in actions that can be performed in the classroom. The teacher gives commands (such as run, jump), and the student listens attentively and performs the action.

By actively participating, the student demonstrates both physical and listening abilities at an excellent level. Physical activity helps reduce stress or emotional tension among students learning a foreign language. Game-based lesson processes make learning more interesting and effective for students. In the TPR method, the teacher's commands are part of the process, and in response, students must perform and demonstrate the action with physical movement, showing their understanding. Examples of commands might include:

1. Depending on the lesson topic, the teacher can prepare certain commands to reinforce vocabulary, which may involve using flashcards or pictures. For example: catch, show, hold (your face, your feet, your mouth).
2. For extracurricular lessons, additional movements and commands can be incorporated, such as: take three steps forward, turn right/left, raise your hands up.

Children love running or shouting and talking with each other, so the teacher must choose the right teaching method to engage students, make them enthusiastic, and focus on the learning process. During lessons, using interesting books, toys, and pictures can be an effective way to make language learning enjoyable and engaging for students.

As Barun (2004) emphasized, speech proficiency is the ability to create one's own language. Language skills (listening, speaking, reading, writing) play an essential role in vocabulary acquisition. Moreover, vocabulary occupies a central position in the early stages of learning a foreign language (Cameron, 2001: p72). This means that learning vocabulary is crucial as the foundation for acquiring a new language. Some students find it difficult to memorize English vocabulary because they do not use it in their daily lives. The teacher must employ the best techniques to enhance the students' vocabulary. This is important because students can become bored and perceive learning English as difficult.

"TPR is a method of language learning that coordinates speech and movement, where language is learned through physical (motor) activity" (Richard and Rodgers, 2001, p73). Communicating in English with people from other countries is one of the most important points of interaction. How quickly and easily a student learns English also depends on the teaching methodology employed by the teacher. Especially for young children, who love to play and talk a lot, some teachers may unintentionally break the students' spirits by shouting or scolding them. Khanzode (2004) in his Research Methodology emphasized: "All can teach, but not all can teach well. There are good as well as bad teachers. Students call a teacher good for his good method of teaching, and they call a teacher bad for his bad method of teaching." The TPR method is particularly suitable for young learners, especially those who have just started school. Looking at the history of language teaching, it is evident that traditional methods were used more than other teaching approaches. Barsalou (2008) proposed the embodied cognition theory, which suggests that the nature of human consciousness is primarily shaped by the human body. According to his view, embodied perception involves all aspects of cognition shaped by the environment, simulation, location movement, and parts of the body.

In conclusion, every method, including Total Physical Response (TPR), has its own effective outcomes in learning English. The effective use of modern technologies and methods in the teaching process helps students think independently and freely, encourages their curiosity about gaining knowledge, and fosters a serious approach to each task. When both the teacher and student collaborate and engage in cooperative activities, both sides achieve positive results. In this rapidly growing era, the need to

learn foreign languages is greater than ever. In this context, the effective use of innovative educational technologies and modern methods, including TPR, leads to successful outcomes. By utilizing these opportunities, our future task is to cultivate well-rounded and skilled students, teaching them languages in a perfect manner.

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