THE NATURE AND ROLE OF SELF-ESTEEM IN LANGUAGE LEARNING

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Abstract: This article provides an in-depth analysis of the nature of self-assessment and its role in language learning. Self-assessment is a process of self-awareness and a realistic assessment of oneself, which helps an individual to objectively analyze his knowledge and identify areas of development. In particular, self-assessment in language learning provides an opportunity for the learner to accurately assess his/her own abilities, as well as help identify his/her strengths and weaknesses. This article presents the methodological foundations of self-assessment, its implications for language learning, and the importance of this process for teachers and learners. Through self-assessment, self-learning and efficiency increase, as well as independence and responsibility in the language learning process.

Keywords: Self-assessment, language learning, methodology, self-confidence, independence, self-learning, efficiency, motivation, weaknesses, analysis, development, responsibility, consistency, process, ability.

INTRODUCTION

Self-assessment is one of the main methods in language learning and helps language learners identify their strengths and weaknesses in order to achieve their goals. Through this process, learners understand what knowledge and skills they have and what needs to be done to change and develop. Through self-assessment, self-awareness develops, and the learner approaches his goals more clearly and systematically. An important factor in language learning is the ability of a person to make a realistic assessment of his knowledge, to analyze mistakes and to achieve efficiency through self-study. This article shows the important aspects of the self-assessment process, its role in language learners' improvement of their knowledge, and how effective this process is for teachers.

Main part

Self-assessment is the process of making a realistic assessment of a person's own knowledge, skills and abilities. This process is important at every stage of education,

especially in language learning. The process of language learning is multifaceted, and self-assessment gives the learner the opportunity to independently evaluate the effectiveness of his work, understand his mistakes and correct them. This process is important not only for the learner, but also for the teacher, helping to identify the student's strengths and weaknesses and making it possible to adapt teaching strategies.

Self-assessment in language learning, first of all, serves to form a positive and constructive attitude towards oneself. This process allows the learner to become self-aware, recognize their own level, and take critical steps toward achieving their goals. For example, if a language learner perceives that he or she is weak in pronunciation, listening, or writing skills, he or she will focus on additional activities to overcome these deficiencies. At the same time, through self-evaluation, the learner is confident in his abilities and self-motivated to achieve his goals.

As part of self-assessment, the learner deepens his knowledge and skills through reflection – that is, studying and analyzing his own learning process. Through reflection, the learner evaluates his own behavior and learns to use his experience effectively. This process leads to self-awareness and a better understanding of one's capabilities. Through reflection, a person analyzes his failures and develops new directions to avoid the same mistakes in the future.

Self-assessment not only helps learners assess their own abilities, but also provides valuable information for educators. For example, a teacher can analyze the results of a student's self-assessment and make changes to the curriculum or develop individual approaches. Through this, new methods aimed at deepening students' knowledge and increasing efficiency are used.

An important aspect of this process is helping the language learner to become more aware of their own goals and challenges. By clearly defining goals and setting realistic tasks to achieve them, the learner develops independence. This gives the learner self-confidence in his abilities and skills, as a result of which he has a positive attitude towards the process of working on himself and is able to study effectively even without the help of a teacher. In addition, self-assessment often takes the form of written and oral assessments. In the written assessment, the learner analyzes his knowledge and skills and helps to improve the process in the future. In the oral assessment, the learner develops the ability to express himself and convey his thoughts clearly. These two methods help the learner to understand his/her strengths and weaknesses.

Through self-assessment, the learner learns to set realistic goals and develop the necessary strategies to achieve them. For example, a learner wants to improve their listening skills and plans to work with regular audio texts, listen to podcasts, or chat with other language learners to achieve this goal. In this way, he creates a clear action plan to achieve his goals.

CONCLUSION

In short, self-assessment is an important tool for understanding and developing one's abilities. The use of self-assessment in the process of language learning helps learners to make an objective assessment of their knowledge, to know their strengths and weaknesses. This, in turn, allows them to develop their knowledge, strengthen their weaknesses and approach the language learning process with confidence. Through self-assessment, the learner will have the opportunity to think independently and develop his knowledge independently. Also, this process develops the learner's ability to work on himself and forms a sense of a responsible approach to his knowledge. Through self-assessment, the learner is encouraged to take the necessary steps to develop their abilities and effectively acquire new knowledge.

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