



### PROBLEMS OF PSYCHOLOGICAL BARRIERS IN THE STUDY OF A FOREIGN LANGUAGE

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#### Annotation

The article is devoted to the study of the problems of language barriers that prevent the successful mastery of foreign languages. The concept of "language barrier", its linguistic and psychological aspects are considered, various approaches to its definition are analyzed. The author describes the main factors influencing the formation of the language barrier.

**Key words:** psychological barrier, linguistic barrier, foreign language, coping strategies.

There are three mistakes in human communication: the first is the desire to speak before it is necessary; the second is shyness, not to speak when necessary; the third is to speak without watching your listener  
Confucius

In order to proceed to the consideration of the concept of "communication barrier" it is necessary to understand what communication is in general.

Communication is an integral part of human life.

Communication is a source of knowledge and understanding of others. Without communication there is no society, without society there is no social person, no cultured and reasonable person. If a person's communication is complete, then he feels satisfied and happy, this contributes to the development of his capabilities, self-realization and success.

There are two types of language barrier:

The linguistic barrier arises due to a low level of language proficiency, insufficient for spontaneous communication, or due to a lack of conversational practice.

A psychological barrier is a feeling of discomfort, fear, panic caused by lack of confidence in one's knowledge, fear of appearing stupid in the eyes of a native speaker, making a mistake, looking ridiculous, being in an awkward situation.

A language barrier can occur at any level of foreign language proficiency, including advanced. People regularly experience communication problems and, therefore, face psychological barriers. Most often this is expressed in anxiety, discomfort and unreasonable fear: fear that they will be misunderstood; anxiety that it will not be possible to do something new in which there is no practical experience; stress caused by unfamiliar surroundings and people; excitement and insecurity when communicating with strangers.



In communicating with other people, they perceive and transmit information through the prism of their own experience. This is what causes psychological barriers.

The scientific works of such modern researchers as H.F. Makaev (2011), A.A. Kaskevich (2012), I.V. Firsova (2019), A.E. Krashennikova (2014), I.E. Krusyan (2008) and others.

Communication is necessary for the successful acquisition of foreign languages. Knowledge of foreign languages becomes relevant in the socio-economic conditions of modern society.

Learning a foreign language in the modern world is one of the important components in the life of a modern, successful person. Knowledge of a foreign language is not only desirable, it is necessary. Today there are more and more people who want to know a foreign language, because this knowledge gives them new opportunities and makes their spiritual world richer. It is important for students not only to master a set of certain lexical and grammatical skills, but also to be able to quickly extract information from written and oral sources in a foreign language.

During communication, barriers may arise - a psychological obstacle to the correct transfer of data between communication partners.

The result of teaching a foreign language depends on many factors, one of which is the psychological barriers that students face in the process of learning foreign languages.

The concept of "psychological barrier" in pedagogy covers everything that hinders, restrains, and ultimately reduces the effectiveness of training, education and personal development. Psychological barriers in the educational process are manifested in the form of difficulties that students face in solving educational problems, which not only reduces the effectiveness of their educational activities, but also leads to dissatisfaction with the educational process itself, its organization, and also makes it difficult to implement their speech activity.

The emotional state of the student can have a significant impact on the educational process. Communication is a conscious, purposeful information exchange between people, accompanied by the individualization of interlocutors, the establishment of emotional contact between them and feedback. The feeling of sadness, fear, anger, anxiety or glee affects the susceptibility, prevents the student from concentrating. It is especially important for the teacher to be able to determine the emotional state of the student or the entire group to adapt to him so that this does not create an additional psychological barrier.

Thus, we come to the conclusion that the psychological barriers that affect progress in learning the Russian language are expressed in a person's state, which slows down thought processes and does not allow even capable students to fully reveal their abilities. The task of teachers is to create a psychologically comfortable atmosphere in the learning process. The teacher should select ways to overcome psychological barriers, depending on their cause, so that students can achieve significant success, develop the necessary language skills and reach their potential.

The presence of psychological barriers not only reduces the activity of educational activities, but also leads to dissatisfaction with the educational process itself, its organization, and interferes with the realization of cognitive and other needs.

The problem of psychological barriers in teaching a foreign language is promising for studying by psychologists, teachers, methodologists, since knowledge of the essence, etymology and



types of psychological barriers contributes to the optimization of the process of teaching a foreign language, as well as the adaptation of students to a new foreign language reality.

The fear of pronouncing foreign words can occur both in novice students and in those who have been learning English for a long time. It happens that a person knows grammar, has a large vocabulary, but cannot express his thoughts in a foreign language.

Summing up, we can say that psychological barriers are easy to overcome, creating a friendly atmosphere in the classroom. Do not forget about internal motivation, increasing students' self-esteem, competence in learning a foreign language, developing skills for forecasting and designing the development of internal potential in overcoming psychological barriers.

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