The Efficiency of Suggestopedia in Language Learning

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Abstract: Suggestopedia is a language teaching method developed by Georgi Lozanov, based on the principles of relaxation, music, and positive reinforcement. This thesis explores the theoretical foundations of Suggestopedia, its practical applications in language classrooms, and its effectiveness compared to other language teaching methods. Through a review of literature and case studies, this research highlights the benefits and limitations of Suggestopedia in enhancing language acquisition.

Key words: Suggestopedia, Deciphering, Concert session, Elaboration, Production

Introduction

It is often considered to be the strangest of the so-called "humanistic approaches", suggestopedia was originally developed in the 1970s by the Bulgarian educator Georgi Lozanov. Extravagant claims were initially made for the approach with Lozanov himself declaring that memorization in learning through suggestopedia would be accelerated by up to 25 times over that in conventional learning methods. The approach attracted both wild enthusiasm in some quarters and open scorn in others. On balance, it is probably fair to say that suggestopedia has had its day but also that certain elements of the approach survive in today's good practice.

Literature Review

The original form of Suggestopedia presented by Lozanov consisted of the use of extended dialogues, often several pages in length, accompanied by vocabulary lists and observations on grammatical points. Typically, these dialogues would be read aloud to the students to the accompaniment of music. The most formal of these readings, known as the "concert reading", would typically employ a memorable piece of classical music such as a Beethoven symphony. This would not be in the form of background music but would be the main focus of the reading, with the teacher's voice acting as a counterpoint to the music. Thus the "concert reading" could be seen as a kind of pleasurable event, with the learners free to focus on the music, the text or a combination of the two. The rhythm and intonation of the reading would be exaggerated in order to fit in with the rhythm of the music.

A second, less formal reading would employ a lighter, less striking piece of music, such as a piece of Baroque music, and this would take a less prominent role. During both types of reading, the learners would sit in comfortable seats, armchairs rather than classroom chairs, in a suitably stimulating environment in terms of décor and lighting. After the readings of these long dialogues to the accompaniment of music, the teacher would then make use of the dialogues for more conventional language work. In theory at least, large chunks of the dialogues would be internalized by the learners during the readings due both to the relaxed and receptive state of the learners and to the positive suggestion created by the music.

Results and Discussion

Suggestopedia asserts that the physical surroundings and atmosphere of classroom are vital factors in making sure that "students feel comfortable and confident". It also promotes various techniques, including art and music, in teaching languages. The

pedagogy of suggestopedia consists of three phases: deciphering, concert session, and elaboration.

Deciphering: In the deciphering phase, a teacher introduces to their students some written or spoken content. In most materials the foreign-language text is on the left half of the page with a translation on the right half.

Concert session: The concert session phase consists of active and passive sessions. In the active session, the teacher reads the text at a normal speed, while their students follow. In the passive session, the students relax and listen to the teacher reading the text. Baroque music is played in the background.

Elaboration: The students express what they have learned through acting, songs, and games.

A fourth phase, production, is also sometimes used.

Production: The students spontaneously speak and interact in the target language without interruption or correction.

Conclusion and Recommendations

Differing from other types of methods suggestopedia is considered to be one of the effective types of methods. It helps learners to acquire language usage by interesting and interactive way. By employing this method students not only learn a language but also enjoy the process. It is one the interesting methods to use in language teaching for EFL teachers.

References:

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