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## THE ROLE OF SUGGESTOPEDIA IN OVERCOMING LEARNER'S ANXIETY

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**Abstract:** *This article provides information about the Suggestopedia method which plays a crucial role in reminding educators of the power of emotional and psychological factors in learning. It also discusses that by prioritizing a relaxed and engaging environment, Suggestopedia underscores the importance of a learner-centered approach in which the student feels confident, motivated, and open to new experiences.*

**Keywords:** *Suggestopedia, learner anxiety, facilitator, language acquisition, foreign language learning,*

Students have to learn foreign language mainly for their academic career. Most of the time, they will undergo through intense pressure and emotional distress which undermine one of the most crucial feature of feeling psychologically comfortable to achieve success during the whole learning process. Using Suggestopedia method is a good solution to maintain both active participation and autonomy of learners, as well as, teacher's role as a facilitator.

The Suggestopedia technique was proposed by Bulgarian psychiatrist-educator Georgi Lozanov who claimed that learning a foreign language is not as difficult as it seems, considering that behavioral factors often cause failure. According to, "We often fear not doing anything and our abilities are limited. Because of this fear, we cannot take advantage of all the mental strength and remove all obstacles in front of us".

The Suggestopedia method assists to accelerate language acquisition by providing basic training programs. But instead of embracing to the traditional classroom style, teacher endeavor to be more creative and manage to create secure, pleasant learning environment with the help of colorful posters, charts (that contains grammatical or topic related facts), even music plays (if it is necessary). As a result, learners boost their confidence and not afraid to take risks while the teacher represents authoritarian attitude.

Apart from this, application offers kaleidoscope of opportunities for novice learners to cultivate self-esteem and motivation. As they participate in series of strategic activities and receive limited number of tasks, keeping themselves focused would not be a daunting task. Simultaneously, achieving modest yet numerous accomplishments



through lesson in activities lead to escalation of interest and aspiration toward language learning.

Beyond those emphasized advantages, the Suggestopedia method expose holistic approach. In other words, students grapple with not only by their intelligence but also by their emotions, physical reactions and desire to learn. Suggestopedia prioritizes the learner's feelings over other factors such as meticulousness, mastery and savant.

There is a stereotype about education that a strict environment in class enhances learning. Meanwhile, by immersing beginners in this approach, we pave the way to scrutinize a foreign language at the highest level of understanding and load data which they gained will be stored, not easily forgotten, as well.

Of course, utilization of Suggestopedia encompasses some challenges too. Initially, the effectiveness of application heavily built upon the teacher's ability to create a calming atmosphere and use of techniques productively. If the instructor is not skilled enough or cannot set up interaction easily among their students, its efficacy may be diminished.

At the core of this method lies aim of fostering language learning by establishing stress-free atmosphere in classroom and weakening students' fatigue via concentrating on vocabulary and communication which help acquisition procedure. However, Suggestopedia often neglects significance of grammar rules. It can result in fossilization - where incorrect grammar becomes a habit. Absolutely, we cannot deny the fact that learners' propensity for fluency will magnify while their speech could lack grammatical correctness, making it harder to convey complex thoughts clearly.

In conclusion, taking into account all aspects of the teaching environment, selecting an appropriate method or approach in foreign language is neither straightforward nor universally applicable to all students. Educators must possess a well-developed understanding of the learning process and communicate their messages effectively that learners will be able to comprehend what they hear while listening to the podcasts, news or watching a movie. The Suggestopedia method, which capitalizes on the brain's capacity to process information, represents a notable advancement in language education.

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