

**THE ADVANTAGES OF THE SHADOWING METHOD IN STRENGTHENING
SPEAKING SKILLS***Jurakulova Yulduz Shokirovna**3rd year student of the “Foreign Language and Literature” Department at**Termez University of Economics and Service*

Abstract: This article examines the effectiveness and benefits of the shadowing method in developing English speaking skills. Shadowing is a language learning technique where learners listen to a native speaker and repeat what they hear as quickly as possible, imitating pronunciation, intonation, and rhythm. Unlike passive listening, shadowing significantly improves not only listening skills but also speaking abilities, thereby promoting active language use. Research shows that regular shadowing practice can greatly enhance pronunciation accuracy, listening comprehension, and understanding. Additionally, this method helps learners develop natural speech patterns and increases their confidence in real-life communication. Shadowing is especially useful for learners who do not have regular access to native speakers or conversational environments. The article also discusses practical ways to incorporate shadowing into daily routines and highlights its advantages compared to traditional speaking exercises. Overall, the shadowing technique offers learners a convenient and effective approach to independently strengthen their English speaking skills.

Keywords: Shadowing method, speaking skills, pronunciation, fluency, language learning, listening comprehension, English as a foreign language, self-study, active listening.

Аннотация: В данной статье рассматривается эффективность и преимущества метода шэдоунг (shadowing) для развития навыков устной речи на английском языке. Шэдоунг — это техника изучения языка, при которой учащиеся слушают речь носителя языка и как можно быстрее повторяют услышанное, имитируя произношение, интонацию и ритм. В отличие от пассивного прослушивания, шэдоунг значительно улучшает не только навыки восприятия на слух, но и способность говорить, способствуя активному использованию языка. Исследования показывают, что регулярные занятия шэдоунгом значительно повышают точность произношения, понимание на слух и общее восприятие языка. Кроме того, этот метод помогает формировать естественные речевые паттерны и повышает уверенность учащихся при реальном общении. Шэдоунг особенно полезен для тех, кто не имеет регулярного доступа к носителям языка или средам для разговорной практики. В статье также рассматриваются практические способы включения шэдоунга в повседневную жизнь и выделяются его преимущества по сравнению с традиционными упражнениями на говорение. В целом, техника шэдоунг предлагает учащимся удобный и эффективный способ самостоятельно укреплять навыки разговорного английского.

Ключевые слова: метод шэдоунг, навыки устной речи, произношение, беглость речи, изучение языка, восприятие на слух, английский как иностранный, самостоятельное обучение, активное слушание.

Anotatsiya: Ushbu maqolada ingliz tilida og‘zaki nutq ko‘nikmalarini rivojlantirishda shadowing (shadoung) metodining samaradorligi va afzalliklari ko‘rib chiqiladi. Shadowing — bu til o‘rganish texnikasi bo‘lib, unda o‘rganuvchilar ona tilida so‘zlovchining nutqini tinglab, eshitganlarini imkon qadar tezroq takrorlaydilar, talaffuz, ohang va ritmni taqlid qiladilar. Passiv tinglashdan farqli o‘laroq, shadowing nafaqat eshitish qobiliyatini, balki gapirish qobiliyatini ham sezilarli darajada yaxshilaydi va shu orqali tilni faol ravishda ishlatishni rag‘batlantiradi. Tadqiqotlar shuni ko‘rsatadiki, muntazam shadowing mashqlari talaffuz aniqligini, eshitish tushunishini va umumiy til qobiliyatini sezilarli darajada oshiradi. Bundan tashqari, ushbu metod o‘rganuvchilarga tabiiy nutq naqshlarini shakllantirishga yordam beradi va real mulqotlarda o‘ziga bo‘lgan ishonchni oshiradi. Shadowing ayniqsa, ona tilida so‘zlovchilar yoki suhbat muhitiga muntazam kira olmagan o‘rganuvchilar uchun foydalidir. Maqolada shadowingni kundalik hayotga qanday qo‘shish mumkinligi va uning an‘anaviy gapirish mashqlariga nisbatan afzalliklari ham muhokama qilinadi. Umuman olganda, shadowing texnikasi o‘rganuvchilarga mustaqil ravishda ingliz tilida so‘zlash ko‘nikmalarini mustahkamlash uchun qulay va samarali usulni taklif etadi.

Kalit so‘zlar: shadowing metodi, og‘zaki nutq ko‘nikmalari, talaffuz, suyuqlik (fluency), til o‘rganish, eshitishni tushunish, ingliz tili chet tili sifatida, mustaqil o‘rganish, faol tinglash

Introduction

Developing speaking skills and being able to express one’s thoughts fluently are essential tasks in the process of learning English. Knowing the language and understanding its grammatical rules alone are not sufficient for fluent speaking; many learners struggle to express their ideas clearly and confidently, which leads to language barriers. The main reason for such difficulties is the lack of regular and effective oral practice and limited vocabulary. For this reason, learners and teachers turn to various methods and techniques to develop speaking skills and try to apply them in their experience. Among these, the "shadowing" method is one of the effective techniques widely used to strengthen English speaking skills and to speak fluently like a native speaker without hesitation. Shadowing is a language learning technique where learners listen to a native speaker’s speech and repeat it as quickly as possible, imitating pronunciation, intonation, and rhythm. Unlike passive listening, this method activates speech production and contributes to the complex development of speaking skills. ¹Research shows that regular practice of shadowing improves pronunciation accuracy, speaking skills, and listening comprehension (Mimura, 2015; Kadota, 2020).²The shadowing method helps learners acquire natural speech skills. This approach is especially beneficial for learners who have limited or no opportunities to interact with native speakers. Additionally, shadowing increases learners’

¹ *Mimura (2015)* — Empirical research on the effects of the shadowing method on pronunciation and speech fluency.

² *Kadota (2020)* — The role of the shadowing method in developing listening and comprehension skills.

confidence as they hear their own voice, correct their pronunciation and intonation, and prepare for real conversations (Pennington & Richards, 2016).³ There are simple and practical ways to incorporate shadowing into daily life. For example, listening to English audiobooks or podcasts and immediately repeating them, or watching TV shows or movies and imitating dialogues word by word. Alongside self-talk techniques, shadowing increases interest and enthusiasm for the language, making the learning process more effective. This technique primarily helps overcome hesitation and increases speech speed. The article also discusses the differences and advantages of shadowing compared to traditional speaking exercises. While many speaking exercises are based on dialogues or role plays, shadowing involves more individual, independent, and repetitive practice. This allows learners to adapt the learning process to their own pace and abilities (Mendelsohn, 1994).⁴

Conclusion

In conclusion, the shadowing method is a highly effective and practical approach to developing English speaking skills. Through this method, learners not only improve their pronunciation but also acquire the rhythm, intonation, and natural patterns of speech. Shadowing is an active exercise that combines both listening and speaking, simultaneously engaging the brain in hearing and producing language. This, in turn, activates vocabulary, enhances pronunciation, and prepares learners for real-life communication. Studies have shown that consistent shadowing practice helps learners feel more confident, reduces pauses in speech, and gradually eliminates language barriers. This method is especially helpful for those learning independently in environments where regular conversational practice with native speakers is not available. Shadowing is a valuable exercise that can be done at home without the need for interactive classes or specialized courses. As discussed in the article, the shadowing technique can easily be integrated into daily routines through simple methods such as repeating audiobooks, podcasts, films, or TV series, and even practicing in front of a mirror. Compared to traditional speaking exercises, this method offers greater independence, repetition, and personalization. Since consistency, confidence, and practice are key factors in language learning, the shadowing technique effectively incorporates all of these elements. Thus, shadowing is not only a tool for improving speaking skills but also one of the most suitable approaches to achieving fluent and natural English communication. Every language learner who incorporates this method into their learning strategy can achieve noticeable and meaningful results.

³ Pennington & Richards (2016) — *Psychological and communicative advantages of shadowing in language learning.*

⁴ Mendelsohn (1994) — *Analytical article on the differences between shadowing technique and traditional speaking exercises.*

Brief Overview of Sources Used:

1. **Mimura (2015)** — Empirical research on the effects of the shadowing method on pronunciation and speech fluency.
2. **Kadota (2020)** — The role of the shadowing method in developing listening and comprehension skills.
3. **Pennington & Richards (2016)** — Psychological and communicative advantages of shadowing in language learning.
4. **Mendelsohn (1994)** — Analytical article on the differences between shadowing technique and traditional speaking exercises.