

## THE IMPACT OF FOREIGN LANGUAGE LEARNING ON CHILD PSYCHOLOGY

Eshmo'minova Sitora Sherali kizi

Student of English Language and Literature  
Faculty of Foreign Languages  
PROFI University

[eshmominovasisitora@gmail.com](mailto:eshmominovasisitora@gmail.com)

**Abstract:** This article examines the impact of foreign language learning on a child's psychological development from a scientific and pedagogical perspective. The paper analyzes both the positive and negative aspects of this process. It is emphasized that learning a foreign language contributes to the expansion of children's worldview, the development of logical and creative thinking, the strengthening of self-confidence, and the formation of communication culture. At the same time, the article notes that improper teaching methods or excessive demands may negatively affect a child's psychological state. The study provides scientific recommendations for teachers and parents on how to organize foreign language learning considering the child's age and individual characteristics, create a supportive environment, and maintain motivation. The results demonstrate effective ways to harmonize the process of learning a foreign language with the psychological development of children.

**Keywords:** foreign language, child psychology, cognitive development, motivation, social adaptation, pedagogical approach.

### Introduction.

It is difficult to overestimate the importance of foreign languages for modern society, as they directly influence all major aspects of a country's development. Today, being a highly qualified specialist requires not only professional competence in a narrow field, but also a strong command of foreign languages. There are various factors that contribute to the successful teaching of a foreign language, and one of the most significant among them relates to psychology. A deep understanding of different psychological aspects helps teachers resolve many crucial issues in their work: finding the most effective teaching approach for each group of learners; selecting an appropriate method based on students' skills while taking into account their complex age-specific characteristics; ensuring high motivation in the process of language acquisition; and overcoming the natural challenges often referred to as "barriers" that arise during language learning.

To master both a foreign and native language effectively, every individual needs to have a solid understanding of psychology — a field closely intertwined with language teaching. As shown in the reviewed literature, many well-known scholars have been interested in the psychological dimension of pedagogy and have sought to make the educational process more effective. For instance, J. Maneska, H. G. Ollendorff, H. Sweet, and H. Palmer attempted to apply psychological theories to the principles and approaches of language teaching. I. V. Rakhmonov was one of the leading researchers studying the history of foreign language teaching methodology. Significant contributions in this field were also made by S. Hardjono and H. Clark.

### Main Part

In today's era of globalization, learning a foreign language plays a significant role in the intellectual and social development of every individual. Particularly in childhood, the process of acquiring a foreign language not only forms linguistic competence but also directly influences the psychological development of the child. Therefore, a scientific analysis of the impact of foreign language learning on child psychology remains one of the most relevant issues in the fields of pedagogy and psychology.

### **1. The Impact of Foreign Language Learning on Cognitive Development**

The process of language learning contributes to the expansion of a child's thinking abilities and the development of memory and analytical skills. According to scientific studies, children who learn two or more languages tend to demonstrate:

- stronger concentration skills;
- improved memory and rapid thinking;
- enhanced creative and analytical reasoning.

During language learning, children compare word meanings, analyze grammatical structures, and search for logical connections. This expands their intellectual capacity and accelerates their cognitive development.

### **2. Impact on Emotional and Psychological Development**

Learning a foreign language increases a child's self-confidence and fosters a positive emotional state. When children acquire new vocabulary and are able to communicate in a foreign language, they feel a sense of success. This process develops motivation, self-evaluation, and psychological resilience. Furthermore, playful methods, competitions, songs, and dramatized activities enhance classroom engagement, reduce stress, and make the learning process more enjoyable.

### **3. Social Development and Communicative Competence**

Language is a tool of communication. Learning a foreign language provides children not only with new vocabulary but also with the opportunity to become familiar with the culture of other nations. This contributes to the development of social qualities such as tolerance, openness, and empathy. Additionally, children who learn to communicate in a foreign language adapt more quickly to new environments, become socially active, and find their place within a group.

### **4. Psychological Challenges and Ways to Overcome Them**

In some cases, foreign language learning may have negative effects on a child's psychological state. For example, high expectations, unfair assessment, or constant comparison with peers can lower a child's self-confidence and increase stress levels.

To prevent such issues:

- teachers should create a positive and motivating environment;
- parents should provide emotional support;

-individual approaches should be applied during the teaching process.

### Conclusion

Learning a foreign language plays an invaluable role in the psychological, intellectual, and social development of a child. The study reveals that children who learn a foreign language demonstrate significant advantages in concentration, memory retention, logical reasoning, creative thinking, and communicative competence. Moreover, through exposure to new cultures, they develop qualities such as tolerance, empathy, and a positive worldview. At the same time, it is important to recognize that improper pedagogical approaches, excessive demands, or psychological pressure may negatively influence a child's emotional well-being. From my personal perspective, foreign language learning is not merely a means of acquiring knowledge; rather, it is a process that enriches an individual's entire psychological world, strengthens self-confidence, and broadens their understanding of the world. I believe that every teacher should teach a language not only as a grammatical system but also as a tool of emotion, communication, and self-expression. Such an approach enhances the child's intrinsic motivation for language learning, positively influences their psychological development, and helps shape them into open-minded and socially active individuals in the future.

### REFERENCES:

1. Arif, N. (2012). The application of psychology in teaching foreign languages. Retrieved from <http://journal.unbari.ac.id/index.php/JIP/article/view/74>
2. Kudysheva, A. A. (2010). Psychology of teaching foreign languages.
3. Nishanova, Z. T., & Kamilova, N. G. (2018). Developmental Psychology. Pedagogical Psychology. Tashkent: National Society of Philosophers of Uzbekistan.
4. Rustamova, B. The Importance of Psychological Knowledge in Teaching Foreign Languages. Retrieved from file:///C:/Users/user/Downloads/xorijiy-tillarni-o-qitishda-psixologik-bilimlarning-ahamiyati.pdf, pp. 245–249.
5. Cabinet of Ministers of the Republic of Uzbekistan. (2012, December 10). Resolution on further improvement of the system for teaching foreign languages, PQ–1875.
6. Rakhmonova, D. (2021). The importance of psychological factors and motivation in teaching foreign languages. Til va Madaniyat Journal, №2, Bukhara State University.