

**CONFIDENCE, INTROVERSION, RISK-TAKING, ANXIETY, THINKING,  
AND EFFORT IN LANGUAGE LEARNING**

**Nematova Madinabonu Bobir qizi**

*Student of NSU*

**Hasanova Xurshidabonu Baxtiyarovna**

*Scientific advisor: assistant teacher of NSU*

**Annotation:** *Each individual is shaped by their own inner world, their own cognitive patterns, and their own personality traits. These elements not only influence how people think and interact, but also play a crucial role in the process of language acquisition. While cognitive abilities and learning strategies are important, it is often the personality of the individual that determines the speed and ease with which they learn a new language. Traits such as openness, resilience, and confidence can greatly enhance the learning experience, while traits such as perfectionism, fear of failure, or low self-esteem can hinder progress. This article explores the psychological dimension of language learning, highlighting how personality influences motivation, engagement, and overall success in acquiring a foreign language.*

**Keywords:** *introversion, risk-taking, anxiety, attitude, motivation, language learning, foreign language acquisition confidence introvert*

**Annotatsiya:** *Har bir inson o'ziga xos ichki dunyo, fikrlash tarzi va shaxsiy xarakterga ega. Bu omillar insonning faqatgina ijtimoiy hayotiga emas, balki til o'rganish jarayoniga ham katta ta'sir ko'rsatadi. Garchi aql-zakovat va o'quv strategiyalari muhim bo'lsa-da, yangi tilni o'zlashtirish tezligi va qulayligi ko'pincha insonning xarakteriga bog'liq bo'ladi. Ochqoqlik, bardoshlilik va o'ziga ishonch kabi fazilatlar til o'rganish jarayonini yengillashtirishi mumkin, shu bilan birga mukammallikka intilish, muvaffaqiyatsizlikdan qo'rquv yoki past baholangan o'z-o'ziga ishonch kabi xususiyatlar bu jarayonni sekinlashtirishi yoki murakkablashtirishi mumkin. Ushbu maqolada til o'rganishning psixologik jihatlari tahlil qilinib, xarakterning motivatsiya, faollik va umumiy muvaffaqiyatga qanday ta'sir ko'rsatishi yoritiladi.*

**Kalit so'zlar:** *o'zini qadrlash, uyatchanlik, xavf-xatarni qabul qilish, tashvish, munosabat, motivatsiya, til o'rganish, chet tilini o'zlashtirish.*

Learning a new language presents numerous challenges, and psychological factors significantly impact a student's success. A student's character plays a crucial role in shaping their interest, motivation, and approach to learning. Cultivating a positive

learning environment that stimulates interest, minimizes distractions, and promotes emotional well-being is essential for effective knowledge acquisition.

The Impact of Attitude and Personality: Kaufman (2003) [1] identifies learner attitude as a key factor influencing language learning success. For instance, a timid student asked to deliver a speech, a fundamental aspect of language learning, may struggle significantly. Their shyness and self-consciousness can hinder their ability to express themselves confidently and interact effectively with peers. This reflects deeply rooted character traits that influence how students approach learning and interact with others. Innate traits, such as emotional reactivity and openness to new experiences, can significantly impact academic performance and the ability to handle challenges. In a calm state, a person can analyze large amounts of information and also focus on learning from their mistakes.

The Attitude of learner is a factor that affects languages learners' success suggested by Kaufman(2003). If student is timid and teacher is asked to prepare and deliver a speech which is a fundamental part of language learning, they may struggle to do so. Not only will they find it is complicated to speak in a public, but even presenting. Their shyness and self-consciousness prevent them from expressing themselves confidently, therefore their pals can be difficult to get along with. This affects how the student approaches learning and interacts with others since it reflects their deeply rooted and preexisting character traits that have been shaped over time. These innate traits, such as emotional reactivity and openness to new experiences, can have a big impact on how well students do academically and handle challenges during the learning process.

Three distinct components may be used to classify anxiety in language learning, according to studies by . Exam anxiety, communication anxiety, and the fear of earning low grades are some of the previously mentioned elements. The term "communication apprehension" refers to the uneasiness that students feel when they are engaging with others or when they are having trouble understanding aural information. The subsequent element of anxiety in the context of language acquisition is often referred to as test anxiety, which manifests when students have apprehension around their anticipated performance on an examination. Excessive worry about exams and tests can significantly undermine one's knowledge and learning progress. This is because it creates a sense of doubt and uncertainty, which can be overwhelming.

When students become preoccupied with the fear of failure or the pressure to perform, their ability to focus and retain information diminishes. Instead of concentrating on mastering the material, they may become fixated on avoiding mistakes, which only increases anxiety and makes it harder for them to perform at their best. Ultimately, this

internal conflict between fear and learning can have a negative impact on their academic performance.

According to Stephen Krashen[3] learners who have a high level of self confidence a deep sense of motivation and low level of anxiety are better equipped for success in procurement of learning .When students are learning a foreign language ,speaking in the language involves taking risks[4]Students who rely on guessing responses during the listening process may feel more secure if their guess turns out to be accurate. Their initial success may cause them to become more accustomed to speculating than to thoroughly comprehending the subject matter. Instead of developing their listening comprehension abilities, individuals may eventually grow accustomed to depending more on their instincts. However, as guessing does not always result in accurate responses, this method is not always dependable. Students may find it more challenging to fully understand the material if they rely too much on guesswork, which might impede the development of critical listening skills.

Students may lose motivation to attempt again if they put in effort and the outcome falls short of their expectations. It's crucial to support them in such a circumstance. "You have a lot of willpower, so you will succeed. This time, your efforts will yield much greater outcomes than you could have ever dreamed. They find that this type of support gives them strength. Giving young students inspiration is one of the most effective ways to inspire them to keep working toward their objectives. They are more inclined to work hard, push themselves to the limit, and put forth constant effort when they are inspired. This motivation aids in their ability to maintain attention, overcome obstacles, and cultivate a growth mentality that will eventually aid in their learning.

Psychological factors, including attitude, personality, and anxiety, play a significant role in language learning. Addressing these factors through supportive learning environments, anxiety-reduction techniques, and personalized learning approaches can significantly enhance a student's ability to succeed in language acquisition

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