



MODERN PROBLEMS IN EDUCATION AND THEIR SCIENTIFIC
SOLUTIONS

MODERN APPROACHES TO USING EMOTIONAL
INTELLIGENCE AND SOFT SKILLS IN LANGUAGE LEARNING

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Abstract. This thesis explores the modern approaches to applying emotional intelligence (EQ) and soft skills in the process of English language learning. The main goal of the study is to analyze how EQ components, such as self-awareness and empathy, improve students' communication skills. The research problem is that traditional language teaching methods often focus only on grammar and vocabulary, ignoring emotional factors like speaking anxiety. The relevance of the topic is connected with the growing need for effective communication in global education. The results show that using emotional intelligence helps students reduce fear, increase motivation, and speak English more fluently. The thesis is based on theoretical analysis and modern literature.

Keywords: emotional intelligence, soft skills, language learning, speaking anxiety, communication, student engagement, motivation, English philology.

Annotatsiya. Ushbu tezisda ingliz tilini o'rganish jarayonida emotsional intellekt (EQ) va tashqi ko'nikmalarni (soft skills) qo'llashning zamonaviy yondashuvlari ko'rib chiqildi. Tadqiqotning asosiy maqsadi emotsional intellekt komponentlari (o'z-o'zini anglash va empatiya kabi) talabalarning muloqot ko'nikmalarini qanday yaxshilashini tahlil qilishdan iboratdir. Tadqiqot muammosi an'anaviy ta'lim usullari ko'pincha grammatika va lug'at boyligiga e'tibor qaratib, muloqotdagi hayajon va qo'rquv kabi emotsional omillarni e'tibordan chetda qoldirishi bilan izohlanadi. Dolzarbligi esa global ta'limda samarali muloqotga bo'lgan ehtiyojning ortib borayotgani bilan bog'liq. Tadqiqot natijalari emotsional intellektdan foydalanish qo'rquvni kamaytirishga, motivatsiyani oshirishga hamda ingliz tilida erkin so'zlashishga yordam berishini ko'rsatdi. Tezis ilmiy-nazariy tahlil va zamonaviy adabiyotlarga asoslangan holda tayyorlandi.

Kalit so'zlar: emotsional intellekt, tashqi ko'nikmalar, til o'rganish, muloqotdagi hayajon, kommunikatsiya, talabalar faolligi, motivatsiya, ingliz filologiyasi.

Аннотация. В данном тезисе рассматриваются современные подходы к применению эмоционального интеллекта (EQ) и гибких навыков (soft skills) в процессе изучения английского языка. Основная цель исследования заключается в анализе того, как компоненты эмоционального интеллекта, такие как самосознание и эмпатия, улучшают коммуникативные навыки студентов. Проблема исследования связана с тем, что традиционные методы обучения часто сосредотачиваются только на грамматике и словарном запасе, игнорируя эмоциональные факторы, такие как





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страх речи. Актуальность темы обусловлена растущей потребностью в эффективной коммуникации в глобальном образовании. Результаты исследования показывают, что использование эмоционального интеллекта помогает снизить страх речи, повысить мотивацию и развить беглость английской речи. Тезис основан на научно-теоретическом анализе и современных источниках литературы.

Ключевые слова: эмоциональный интеллект, гибкие навыки, изучение языков, языковой барьер, коммуникация, активность студентов, мотивация, английская филология.

Introduction. The fast development of global education requires new methods in language learning. Today, knowing only grammar and vocabulary is not enough to speak English well. Many students face emotional barriers, such as fear of making mistakes and lack of confidence. Therefore, soft skills and emotional intelligence are becoming very important in modern classrooms. The relevance of this topic is explained by the need to create a supportive learning environment. In traditional classrooms, teachers often ignore how students feel during lessons. The main aim of this research is to show how emotional intelligence helps students learn English faster and better. The study uses scientific analysis, literature review, and practical observations. This work helps teachers build better lessons and improves students' overall performance.

Main Body. Using emotional intelligence in language learning is a key part of modern education. EQ includes understanding one's own emotions, managing stress, and building good relationships with others. In language classes, students need these skills to participate actively in discussions and role-plays.

Researchers highlight that emotional factors strongly affect language acquisition. There are three main components that influence student performance:

1. Emotional Factor: Confidence, interest, and lower anxiety levels.
2. Social Factor: Teamwork, active listening, and empathy during group work.
3. Cognitive Factor: Critical thinking and problem-solving through language tasks.

Traditional methods mainly measure test scores, but they miss the emotional state of the learner. Modern approaches use interactive activities to build both language and emotional skills. For example, when students work in pairs, empathy helps them understand each other better and speak without fear. However, there are some challenges. Some teachers lack training in emotional education, and large class sizes make it hard to focus on every student. Despite these problems, using EQ strategies in daily lessons improves overall student engagement and classroom atmosphere.

Conclusion. Studying the role of emotional intelligence shows that combining language teaching with soft skills significantly improves learning results. Paying attention to emotional factors creates a positive environment where students feel safe to practice English.





Recommendations for Teachers:

Use interactive group activities that build trust and reduce speaking anxiety.
Provide constructive feedback that boosts students' confidence.

Recommendations for Students:

Practice self-reflection and manage stress before speaking activities.
Cooperate actively with peers to improve communication skills.

In general, integrating emotional intelligence into English learning is essential for developing communicative competence and preparing students for future career success.

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