

USING CHILDREN'S MEMORY POTENTIAL IN LANGUAGE LEARNING

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Annotation: This article discusses the effective use of children's memory abilities in the process of learning a foreign language. It explains how short-term and long-term memory can be developed and used to improve learning outcomes. The paper highlights the importance of teachers' strategies and techniques that help strengthen students' memory and make learning more effective and enjoyable.

Key words: memory, language learning, children, teaching methods, motivation, development, learning process.

ИСПОЛЬЗОВАНИЕ ВОЗМОЖНОСТЕЙ ПАМЯТИ ДЕТЕЙ В ИЗУЧЕНИИ ЯЗЫКОВ

Аннотация: В статье рассматриваются вопросы эффективного использования возможностей памяти детей в процессе изучения иностранных языков. Анализируются способы развития кратковременной и долговременной памяти, а также методы, направленные на повышение эффективности усвоения нового материала. Особое внимание уделяется роли учителя и применяемым им методикам, способствующим активизации памяти учащихся.

Ключевые слова: память, изучение языков, обучение, дети, методика, развитие, восприятие.

**TIL O'RGANISHDA BOLALARNING XOTIRA IMKONIYATLARIDAN
FOYDALANISH**

Annotatsiya: Ushbu maqolada chet tilini o'rganish jarayonida bolalarning xotira imkoniyatlarini samarali qo'llash masalasi yoritilgan. Bolalarning eslab qolish, esga tushirish va takrorlash qobiliyatlarini o'stirish orqali o'quv jarayonini yanada samarali tashkil etish yo'llari tahlil qilinadi. Xotiraning turlari, ularning o'ziga xos xususiyatlari hamda o'qituvchi faoliyatida xotirani mustahkamlovchi metodlar haqida fikr yuritiladi.

Kalit so'zlar: xotira, til o'rganish, eslab qolish, bolalar, metodika, o'qitish, motivatsiya.

Introduction: In today's era of globalization, knowing foreign languages has become an essential part of human life. A person who knows a foreign language can not only understand the culture of other nations more deeply but also take an active part in international communication and cooperation. Therefore, improving methods of foreign language teaching is one of the key goals of modern education.

Language learning is a complex psychological and linguistic process that involves perception, attention, thinking, memorization, and reproduction. Among these, memory plays a central role. Children naturally have the ability to absorb new information quickly and retain it for a long time. Hence, the effective use of their memory potential largely determines the success of language learning.

Children's memory is unique in that they learn through seeing, hearing, movement, and emotion. When the teacher guides this process correctly, learners not only memorize words but also pronounce them accurately, use them properly in sentences, and develop communicative fluency.

Therefore, this article analyzes children's memory abilities, methods for their development, and effective scientific and practical approaches for applying memory potential in the process of foreign language learning.

Main part:

The Concept and Types of Memory

Human memory is one of the most important mental processes, enabling people to store, retain, and recall information when needed. Memory plays a key role in all areas of life — especially in language learning, where every new word, grammatical rule, and pronunciation pattern is strengthened through memory.

Psychologists classify memory into several types, each of which is essential in the language-learning process:

1. Short-term memory.

This type of memory stores information for a short time — usually seconds or minutes. For example, when a learner hears a new word and repeats it immediately but forgets it later, this involves short-term memory. It serves as a temporary storage that prepares information to move into long-term memory.

2. Long-term memory

This type retains information for days, months, or even years. Long-term memory allows learners to store words, expressions, and grammar rules for later use in speech. The effectiveness of language learning mainly depends on this type of memory.

3. Auditory memory

This type helps learners remember pronunciation, tone, and intonation. By listening to the teacher and repeating words, children strengthen their auditory memory and improve pronunciation.

4. Visual memory

Visual memory stores information obtained through sight — letters, words, pictures, and symbols. Therefore, visual materials such as flashcards, illustrations, and videos play an important role in language teaching.

5. Motor (kinesthetic) memory

This type is related to physical activity and practical performance. When students write or act out new words, they reinforce memory through physical motion. Every learner's memory develops differently. Some have stronger visual memory, others auditory or kinesthetic. Thus, using multiple methods that activate all memory types ensures the most effective learning.

Peculiarities of Children's Memory

Children's memory differs significantly from that of adults. They can absorb new information quickly, but they need regular repetition and practice to retain it for a long time. Therefore, teachers must consider the psychological features of children's memory when designing lessons.

Firstly, children's memory is emotional and image-based. They tend to remember pictures, actions, and stories rather than abstract words or rules. For example, a child learns the word "apple" more easily when it is connected with a red apple picture. Hence, teachers should use visual and auditory materials widely.

Secondly, involuntary memory dominates in children. They often remember information unintentionally — through interesting games, songs, or stories. Therefore, playful and creative learning activities are very effective for strengthening memory.

Thirdly, children's memory is sensitive to emotions. Praise, encouragement, and enjoyable activities stimulate memory, while fear or stress weakens it. A friendly and supportive classroom atmosphere helps children remember better.

Fourthly, attention and memory are closely connected. When children are interested and focused, they learn and remember more effectively. Teachers should therefore make lessons interactive, age-appropriate, and engaging.

Lastly, children's memory is often movement-based. They remember better through writing, drawing, miming, or acting. For example, if a teacher asks students to act out a verb like "jump," they are more likely to remember it later.

Motivation also plays a vital role. When children understand why they are learning and feel excited about it, their memory becomes more active. Teachers should encourage curiosity, praise effort, and create positive emotional experiences to strengthen memory retention.

Methods of Using Memory Potential in Language Learning

Language learning is not just about memorizing words or grammar; it involves the interaction of memory, attention, perception, and thinking. Teachers can use different methods to develop and strengthen students' memory during lessons.

Visual Methods.

Visual aids such as colorful pictures, flashcards, and videos help children link meaning with visual images, which promotes long-term memorization.

Auditory Methods.

Songs, rhymes, and listening exercises activate auditory memory and improve pronunciation. Repetition after listening reinforces learning.

Kinesthetic Methods.

When children associate words with movement — for example, acting out "run," "jump," or "dance" — they remember the meanings more easily.

Repetition and Reinforcement

Regular repetition is essential for transferring information from short-term to long-term memory. Repetition through games, storytelling, or sentence completion activities keeps students motivated.

Association Techniques.

Connecting new information with familiar ideas helps learners retain knowledge. For example, linking the word “blue” with the color of the sky creates a natural association.

Games and Activities.

Memory-based games such as “Memory Cards,” “Find the Pair,” or “Who Remembers More?” enhance recall in an enjoyable way.

Storytelling and Role-Play.

When students use new words in stories or short plays, they strengthen both memory and speaking skills.

Positive Emotional Approach

Praise and encouragement make students feel confident, which directly supports memory development.

Teacher’s Role and Memory-Based Methods

Teachers play a key role in activating memory. They should combine visual, auditory, and kinesthetic techniques to support all types of learners.

Use of Visuals: Real objects, flashcards, and images help students connect language with meaning.

Systematic Repetition: Reviewing previous lessons at the start of each class reinforces memory.

Game-Based Learning: Memory games make lessons enjoyable and improve recall.

Mnemonics: Teachers can teach memory tricks or word associations to help students retain complex material.

Group Work: Cooperative learning allows students to practice and remember through interaction.

Emotional Encouragement: Positive feedback strengthens self-confidence and enhances retention.

Personalized Approach: Recognizing each child’s preferred learning style makes teaching more effective. Teachers should not only deliver information but also design lessons that activate and strengthen memory through practice, fun, and motivation.

Psychological Foundations of Memory in Language Learning

Language learning is deeply connected with psychological processes such as perception, attention, and emotion. Memory functions through three stages: encoding, storage, and retrieval.

At the encoding stage, students receive and process new information.

During storage, the information is retained through repetition and meaningful use.

At retrieval, students recall and use what they have learned in real communication.

Motivation and positive emotion are essential for successful memory performance. According to B.F. Skinner, repetition and reinforcement are key to learning. Similarly, Krashen states that continuous exposure to meaningful input naturally develops language ability.

A positive classroom atmosphere — free from fear or embarrassment — helps students focus and store information effectively. Emotional comfort and teacher encouragement enhance memory performance.

Conclusion: Memory is one of the most crucial psychological processes in language learning, helping learners retain, recall, and apply new knowledge. For children, memory is the core factor in mastering a new language. Teachers who understand how memory works can organize lessons more effectively.

Research shows that emotionally engaging, interactive, and visual learning experiences strengthen children's memory. Repetition, association, group activities, and games all help students remember vocabulary and grammar naturally.

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