

**Psychoanalytic Perspectives on Learning English as A Second Language
Through Neuro Linguistic Programming**

S. SUNITHA.

Ph.D. Research Scholar (Full-Time)
Department of Education
Alagappa University
Karaikudi

Dr. A .CATHERIN JAYANTHY

Assistant Professor
Department of Education
Alagappa University
Karaikudi

Abstract

In the present age, English is the only lingua-franca in the whole world. The important tool to acquire a piece of new and technical information and knowledge in the English language. But English learners and teachers have to tackle a lot of problems psychologically. This neuro-linguistic make us to study the brain mechanism and the fulfillment of the brain in linguistics competences. The brain plays an important role in regulating motor and sensory tasks and in the process of thinking. According to the development of the brain, it brings some support for a psychological and anatomical way of language development. Neuro-Linguistic Programming (NLP) takes action with respect to psychological and neurological factors. It also deals with the way of brain working and the way to practice the brain to achieve the purpose. Many processes are used in Neuro-Linguistic Programming. It develops fluency and accuracy in the target language and also improves non-native speakers to develop the LSRW skills. This paper presents the significance of NLP in language learning. It also talks over the merits and demerits of the NLP in learning. It also provides a way to identify the problems and self-correction is motivated through neuro-linguistic programming.

Keywords: Neuro linguistic programming, Psychoanalytic perspectives, Techniques, Teaching method

Introduction

Learners are facing a lot of difficulties to learn English as a second language. Most students show objection to learn English, as they are considering English is not adequate for them. As they are not performing well in English they used to get deviation from learning English. The teacher should create a learning environment and chances to the learner through Neuro-Linguistic Programming. The process of learning gets accessible, easier, enjoyable and playful for the students. The NLP is a procedure used for the learner to understand the second language learning and to teach them English without boring and in easy way. The purpose of the language is to communicate and bond up with culture. The aim of the language is to spread the message and keep a link with the culture. The main role for the children to understand and express the thoughts in the perfect language learning process. Judith Greene says that the function can be mention in two ways which are state as external communication and internal representation similar to thoughts and feelings. The expertise of language is very essential in linguistic competence. The interaction and transaction are the important usage of language. It is true that language cannot learn from others but can be acquired from the environment.

Meaning of Neuro Linguistic Programming (NLP)

Neuro refers to the practical way of thinking that shapes the mental aspect of our strategies. We received the information in and hold it in the minds of visual, auditory and kinesthetic methods.

Linguistics refers to the language that we approach both inwardly to ourselves and the language we use with others. With NLP, one can alert on the patterns in one's own and others' language and the effects of these patterns on both our selves and others.

Programming refers to tapping the behavioural reaction as a result of processing the neurological filtering consecutive linguistic map

At present, NLP is described as

- A set of communication skills
- A sequence of sales techniques
- A method of questioning allows us to open information that is missing, senseless or hidden so that we can understand the communication in the right way.
- A collection of beliefs that allows humans to grow
- A series of skills for actuating people while performing integrity.
- A method to build stronger, most enjoyable relationships
- An understanding of how learners learn.

Neuro-linguistic programming

Neuro-linguistic Programming deals with cognitive processes. It analyses the internal mental activities like thinking, remembering, perceiving and learning. Psychological studies are used to solve problems and many other Psychological activities. Activities of the brain and the processes of mind are interdependent. The cognitive process involves in learning language, gathering manipulation, and transformation of a message. Neuro-linguistic programming was introduced by Richard Bandler, a great expert in mathematics and computer, and John Grinder is a linguistics professor. It was rooted in the University of California in 1970. Neuro-Linguistic Programming is used as a technical method for communication and individual development among managers, trainers, salespeople, counselors, and lawyers, etc. The NLP provides a person the chance of creating themselves an experts in learning English as a second language. DiKamp says that NLP provides a framework for developing the whole on how people set themselves up unconsciously when they are being excellent. It shows the underlying principles in which people can develop their own potential in whatever context and by whatever specific path is. This provides an international applicable framework with room for customizing to suit individual and cultural needs, not as imposed rigid structure which

limits possibility rather than extending creative potential. Neuro-Linguistic Programming criticizes the entire mind-body process of a human connection between inner development, language, and behaviour. The most important aspect of Neuro-Linguistic programming is to analyze the internal and external training of human behaviour, language, and communication.

English as a second language

English language is a common language and spoken widely throughout the world. One can go everywhere in the world with the help of English language. It has been spread widely all over the world. It also consider as a medium of instruction in colleges and universities. It is also used for business purpose. Indo-European family gave birth to the English language. It is the language of England. British colonies spread this language all over the world. In the education field, English is the most familiar language. The thought of people is that learning English is difficult. No one is feeling that learning English is very easiest. There many sources to improve the English language. We know that there are two ways in learning a language that is conscious and sub conscious. In subconscious way everyone learn their first language. Second language is acquired through conscious way.

Psychoanalytic perspectives on learning English

Psychological factors acts as an important role in learning an English language. The factors affect in constructing, encouraging and developing learning. Language skills are strongly related with mental process. It gives rise to both positive and negative factors. Some psychological factors in language learning are lack of courage, self-respect, fear, language depression, anxiety in making mistakes. These factors are the basic section in learning and speaking the second language. Psychologically, fear is developing from the fear of losing self-identity. Over complicated processes in this factor are lack of courage and social anxiety. The students should make use of the opportunities and it may help to overcome social fear and more application brings changes and enhancement in life. Positive view helps the learners to enhance second language learning.

Training to improve second language learning through NLP

The human mind shows humorous physiological and structural characteristic. In humans the left side of the body is well ordered by the right hemisphere whereas the right side of the body is organized by the left hemisphere. This arrangement is called contra lateral neural control. The left side of the brain organized the language system. While learning a new language the brain and memory get nurtured.

Techniques to improve the brain power

Physical exercise

It develops the power of brain by creating new brain cells and make the neuron gets advanced. It also improves the size of hippocampus, which is found in brain's medial temporal lobe and closely related with memory and learning. When the learning process gets stop over the brain gets dwindle. Continuing learning process may increase the brain power and its function better.

Mnemonic training

Mnemonic means nothing but memory tool. It is an expertise method used to remember some information which the students thought as difficult to keep in memory. In the modern era, one has to keep in remember a lot of information in accordance with academic activities and other. The brain is not easily observing the written information and find it difficult to recall the facts.

Music mnemonics

Hearing music help the brain to more active. It improves the left temporal memory and involved in verbal memory. It is the nice procedure to approach the learners to remember the things. The instructor may instruct the learners to produce a song out of information to recall the necessary ideas. Advertisement on TV telecasting in connection

with music and it helps to recall the product in shopping. Thus, Music Mnemonics help to evoke the information.

Techniques in neuro-linguistic programming

The NLP trainer follows some procedure to teach the language energetically. This technique gives more attention to practical knowledge than understanding of theoretical language. The Fundamental technique of the NLP is Anchoring, Visualization, Modeling Rapport, Modeling State management.

Anchoring

Anchoring is a constructive approach and psychological technique. In this method, the teacher provides some input and tries to bring out the internal idea of the students. The instructor may ask a few questions to bring some creative answers from the pupil. This technique supports in decreasing stress, fear and anxiety and brings the inner feeling and also tackles the problems.

Visualization

Visualization mainly attracts on images and pictures. The instructor shows the picture to the learners and asks them to bring the creative answer from the picture. The mistakes are not given importance and this method improves fluency. The tools used in this approach are Videos, charts, flashcards.

Modeling

The students may take the role model of some great personalities. They can listen to the speech of the native speaker and try to imitate them. They are advised to concentrate on body gestures, lip movements and the pronunciation of the native speaker. This is a practical approach and so it is easy to capture and improve fluency.

State management

In this method, the students were trained to tackle the difficult situation. This method gives attentions to mental control and emotional control.

Teaching method in neuro linguistic programming

To improve the spelling

The Dictation method is one of the best methods to improve the spelling of the students. The teacher reads the sentence and the students need to write it without mistakes. The mistake is corrected by the teacher and motivates the students to re-correct the passage. In preference to teaching drama or short stories, it can be played in the form of movies. This is one of the techniques to improve the visual sense. To improve pronunciation and intonation, some speeches are played repeatedly. This technique is used to teach the English language. Failure and success are determined by behaviour and thoughts. It can be taught in the right way to get success. The unconscious mind may collect more information than the conscious mind. The NLP helps the unconscious mind of the learner. The movies can be played which is related to their subject. It makes them remember the topic. Moreover, the teacher can create some activities to engage them in learning.

Conclusion

This paper deals with a new method called Neuro-Linguistic Programming. Neuro-Linguistic programming is regarded as the best method in language learning. It trains the human mind and develops positive thinking. It develops creative thoughts and problem-solving skills. The NLP improves the teaching-learning process. The students can be free from worries and psychological pressure. It brings a positive learning environment. This technique is a natural method. It trains the students in the way they learned their mother tongue. If NLP has been followed or not, it is clear that NLP and ELT are complementary. NLP is learning by observing

communication patterns, and ELT learns from what NLP advice as the best usage in improving communication and therefore learning the English language.

References

- **Aho AVSethiRULmanJD.** Compilers: Principles, Techniques, Tools. Reading MA: Addison-Wesley, **1988**.
- **Chomsky N.** On certain formal properties of grammar. Inform Contr1959;2:137–67
- **Grinder, John; Bostic St. Clair, Carmen (2001).** "Chapter 4: Personal Antecedents of NLP". Whispering In The Wind. J & C Enterprises
- **Sharplev, Christopher F. (1 January 1987).** "Research findings on neurolinguistic programming: Nonsupportive data or an untestable theory?". Journal of Counseling Psychology. **34** (1): 103–107
- **Bandler, Richard; Grinder, John (1979).** Andreas, Steve (ed.). Frogs into Princes: Neuro Linguistic Programming. Real People Press
- <https://www.skillsyouneed.com/ps/nlp.html>
- <https://www.nlpacademy.co.uk>