THE METHODS OF TEACHING FOREIGN LANGUAGES

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Annotatsiya: *Ushbu maqolada chet tillarini o'qitishning asosiy metodlari, ularning nazariy asoslari va amaliy samaradorligi tahlil qilingan. Unda kommunikativ kompetensiyani rivojlantirish, interaktiv texnikalar va texnologiyalarni qo'llashning ahamiyati yoritilgan*

Аннотация: *В данной статье анализируются основные методы преподавания иностранных языков, их теоретические основы и практическая эффективность. Подчеркивается значение развития коммуникативной компетенции, использования интерактивных техник и технологий.*

Abstract: *This article examines the major methods of teaching foreign languages, their theoretical foundations, and practical effectiveness. It highlights the importance of communicative competence, interactive techniques, and technology integration.*

Kalit so'zlar: *til o'qitish metodlari, kommunikativ yondashuv, grammatik-tarjima usuli, to'g'ridan-to'g'ri metod, audio-lingual metod, texnologiyalar.*

Ключевые слова: *методы преподавания языка, коммуникативный подход, грамматико-переводной метод, прямой метод, аудиолингвальный метод, технологии.*

Key words: *teaching methods, communicative approach, grammar-translation, direct method, audio-lingual method, technology in language teaching.*

Foreign language teaching has significantly evolved over the last century, shifting from traditional, teacher-centered approaches to more communicative and student-centered methods. As global communication becomes increasingly important, learners need not only grammatical knowledge but also the ability to use language effectively in real-life contexts. Therefore, selecting appropriate teaching methods plays a crucial role in achieving successful learning outcomes.

Grammar-Translation Method is the one of the earliest approaches, which emphasizes grammar rules, translation of texts, and memorization of vocabulary. Although useful for developing structural awareness and reading skills, it does little to improve speaking or listening abilities. Students often gain passive knowledge rather than practical communication skills. Moreover, the direct method emerged as an alternative, promoting immersion in the target language without using the mother tongue. It relies on oral communication, visual aids, and inductive grammar learning. This method improves fluency, pronunciation, and listening comprehension, although it can be challenging to apply in large classrooms or where teachers lack sufficient training.

Audio-Lingual Method, influenced by behaviorist psychology, focuses on habit formation through drills, repetition, and imitation. It is effective for developing accurate pronunciation and automatic responses at beginner levels. However, it may result in mechanical learning if students are not encouraged to use language meaningfully. Modern language teaching is shaped by the Communicative Language Teaching (CLT) approach, which prioritizes the ability to express meaning rather than perfect grammatical accuracy. Activities such as pair work, role-plays, problem-solving tasks, and information-gap exercises help learners practice authentic communication. CLT promotes fluency, creativity, and confidence.

Task-Based Language Teaching (TBLT) is another contemporary approach which learning revolves around performing meaningful tasks. These tasks resemble real-life situations, like planning an event or solving a problem. TBLT develops autonomy, critical thinking, and communication skills, though it may

require   additional   support   for   lower-level   learners.

In the 21st century, technology has become a vital part of foreign language teaching. Digital tools, online platforms, mobile apps, interactive videos, podcasts, and virtual classrooms provide learners with abundant opportunities to practice independently. Technology enhances lessons with authentic materials and immediate feedback, and it facilitates communication with native speakers, thus improving cultural awareness and real-world communication.

Effective teaching also requires understanding learners' needs and psychological factors. A student-centered approach encourages active participation, creativity, and responsibility. Teachers must create a supportive environment where learners feel comfortable making mistakes and experimenting with language. Combining communicative practice with focused grammar instruction ensures a balance of fluency and accuracy.

Conclusion

No single method is sufficient for successful foreign language teaching. A flexible combination of traditional techniques, communicative approaches, task-based activities, and technological tools leads to the most effective results. Teachers who adapt methods to their learners' needs can greatly enhance the quality and success of language education.

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