PANORAMIC CONNOTATION OF NEURO-LINGUISTIC PROGRAMMING IN ENGLISH LANGUAGE TEACHING

Prabavathi M (20Jan/Eng/Ph. D., PT/001), Research Scholar in English, Karpagam Academy of Higher Education, Coimbatore – 641105, Email Id: prabavathi.m@kce.ac.in[1]

Dr. Deepa Caroline D, Associate Professor, Dept of Science and Humanities, Faculty of Engineering, Karpagam Academy of Higher Education, Coimbatore – 641105, Email Id: deepa.d@kahedu.edu.in[2]

Abstract

This study explores and investigates the viability of Neuro-Linguistic Programming (NLP) in English Language Teaching (ELT) in a precise manner. In English Language Teaching, there exists a variety of techniques and practices in the present day. However, innovative methods are being established and implemented to make language teaching more effective. Neuro-Linguistic Programming is a perspective used to teach language that helps achieve excellence in learners' performance, though the influence of NLP methods in mentors' communication with students remains limited.

NLP enables learners to comprehend at least a small fragment of humankind by making use of all their senses. This interpretation of the world is influenced by knowledge, observations, trust, values, and sensory systems that are utilized in various fields such as trade, education, teaching, management, and communication to achieve enhanced outcomes. The objective of this paper is to present a summary of NLP and its techniques in English Language Teaching.

Introduction

Neuro-Linguistic Programming (NLP) is a psychological methodology designed to analyze the strategies employed by successful individuals and apply these methods to achieve personal goals. It involves examining beliefs, language, and behavior patterns that emerge from specific experiences. Advocates of NLP maintain that all human actions are driven by positive intent. Consequently, if a plan fails or something unexpected happens, it isn't inherently good or bad but rather provides valuable insights for future actions.

A core principle of NLP is the notion that an individual's perception of the world (their "map" of reality) significantly influences their thoughts and actions. By modifying these perceptions and the associated language patterns, individuals can change their emotional and behavioral responses, leading to more favorable outcomes. NLP encompasses a variety of techniques that are applicable in numerous fields, from personal development and therapeutic settings to business and education. Common NLP methods include anchoring, where a trigger is created to evoke a desired emotional state, and reframing, which involves altering one's perception of a situation to change its meaning and impact.

History Of Neuro-Linguistic Programming

NLP or Neuro-Linguistic Programming is a mechanism for self-motivation and personal growth that has garnered significant attention in the educational domain. Educators have understood that NLP principles align with ideas regarding learning and communication. The essential elements of NLP are modeling, action, provision, and communication. This concept is aimed at individuals who want to effectively accomplish tasks. This technique can be duplicated and imparted to others, helping them attain similar success.

The foundation of NLP acknowledges that each individual possesses a unique representation of reality. NLP practitioners examine their own and others' viewpoints to build a systematic perspective. Some NLP experts advocate for an inherent hierarchy in learning, communication, and transformation. Importantly, there are six core concepts that NLP highlights. The first is purpose and spirituality, which pertains to the transcendent entity beyond the individual, encompassing views, religion, ethics, and alternative frameworks.

Identity is the next component, referring to self-perception where encompassing duties and roles are noted. Views and values follow, forming belief systems and significant issues. Competency, which refers to proficiency, addresses abilities and what one is capable of accomplishing. Behavior denotes the particular acts one executes, while the final aspect, environment, encompasses the surroundings and how individuals can implement fundamental changes.

NLP classifies the manners in which we measure tangible data into 'authentic frameworks'; the vast majority show an inclination for one framework, yet a capacity to use every one of them is probably going to accomplish the best outcomes. These illustrative frameworks are like the fundamental learning styles set forward by the hypothesis of numerous insights: visual, where the student reacts best to exhibitions, diagrams, and other visual boosts; hear-able where a verbal clarification is liked and sensation where the understudy gains best from involved insight.

Functions of Neuro-Linguistic Programming (NLP)

NLP has demonstrated its ability to assist people in altering their lives by instructing them on how to reprogram their thoughts. It is characterized as the examination of the architecture of subjective experiences and the insights that can be extracted from them. The models that constitute NLP demonstrate the functioning of the human mind and are employed to impart these concepts. NLP is not a diagnostic instrument; rather, it necessitates application and can only be imparted through practical learning. Proficient NLP practitioners impart fundamental ideas through

various approaches and methodologies, which can sometimes become rapidly obsolete. NLP emphasizes attitudes, models, and skills that facilitate the ongoing development of novel, more efficient, and rapid approaches.

The Mechanism of Neuro-Linguistic Programming

NLP was explicitly developed to enable individuals to attain exceptional outcomes by formulating novel methods. It is used to comprehend the impact of verbal and nonverbal communication on the human psyche. NLP offers the opportunity to enhance communication with others and to regulate what one considers automatic elements of neurology. It also provides a comprehensive framework for understanding and augmenting human behavior, rendering it an invaluable resource for anyone seeking to enhance their personal or professional lives.

NLP provides benefits for all, including individuals and organizations, regardless of circumstances. Whether driving or encountering difficulties, NLP is significant for both healthy groups and individual treatment. Addressing everything from phobias to schizophrenia, NLP also seeks to revolutionize organizations by demonstrating pathways to realize full potential and attain significant success. It is an ever-evolving compendium of facts, insights, and psychological methods that address cognition, behavior, and emotion, as well as aid others in achieving similar improvements. There are specific ways to acquire proficiency in NLP: excelling in domains where you already demonstrate proficiency, acquiring new competencies and mindsets to do what you presently cannot but aspire to attain, enhancing cognitive clarity, and improving communication skills.

The Pillars of NLP

NLP HAS SIX BASIC PRINCIPLES. They are known as 'the Pillars of NLP'
1. You – Your enthusiastic state and level of ability
2. The presuppositions – the standards of NLP
3. Rapport – the nature of the relationship
4. Outcome – understanding what you need
5. Feedback – how might you realize you are getting what you need?
6. Flexibility – on the off chance that what you are doing isn't working, at that point accomplish something different.

NLP (Natural Language Processing) training to increase language acquisition

Different physiological and primary ascribes can be found in the human brain. The correct side of the equator coordinates the left half of the constitution in all humans, even if the correct side of the body is confined by the left half of the planet. Contralateral neural control refers to this relationship. The language is controlled by the left half of the brain.

Physical activity

It enhances intellectual ability by forming new connections and advancing existing neurons. It also expands the hippocampus, which is located in the cerebrum's typical transient projection and is closely linked to memory and learning. When the learning cycle comes to an end, the mind begins to shrivel. Long-term learning has the potential to improve the intellectual process.

Mnemonic training

A memory device is another synonym for mnemonic. It is a technique for recollecting info that is difficult to review. The human mind is capable of comprehending complex stimuli such as images, colours, feelings, sounds, and language. Following scholastic exercises and other activities, one must recollect a large amount of info in the advanced period. The mind may be unable to adequately encode the constructed facts and believes that reviewing existing realities is difficult.

Types of Mnemonics

Musical mnemonics engage the left temporal lobe and are associated with verbal memories. Students acquire song lyrics quickly, and by doing so, they develop a strategy for memorization. Musical mnemonics facilitate the retention of knowledge through melodic patterns and rhythmic structures. In this category, the initial letter of each word serves as the designation of a person or object. VIBGYOR represents the colors of the spectrum: violet, indigo, blue, green, yellow, orange, and red.

Expression or lexical mnemonics are widely recognized among students. This mnemonic technique arranges the initial letters of each word into a statement or a term. For example, in English, coordinating conjunctions "for, and, nor, but, or, yet, so" can be recalled through the acronym FANBOYS. The mnemonic models' technique involves mentors presenting a model to learners. This cognitive tool motivates students to examine all aspects of a concept thoroughly.

Rhyme mnemonics involve composing information as poetry or rhyme to help students retain information, which can be particularly useful in cognitive games such as puzzles and crosswords. This method combines the benefits of rhythm and pattern recognition with memory enhancement.

NLP Techniques and Procedures

In NLP, a commonly used phrase is: "Pretend it works, try it, and notice the results you get. If you don't get the result you want, try something else(1)." This statement encapsulates the core technique of NLP. There are numerous formal techniques used by NLP practitioners, with some of the most significant being Anchoring, Visualization, Modeling Rapport, Modeling, State Management, the Swish Technique, and the Reframing Technique.

Phases in NLP

The majority of the country considers English to be a second language. The international language is English. There are several ways to improve your English language skills. One of the ways for constructing the goal language is to use neuro-etymological writing computer programmes. Stress, tension, and feelings are reduced using NLP. It boosts the student's motivation. Learning a language is divided into five stages.

i.   First and foremost, the student should choose the finest organisation that uses neuro-semantic programming. The NLP can be used to produce English. In all aspects, its techniques may be adequate.

ii.   . Tactile organs gain prominence in the next stage of the NLP. Because it is dependent on the particular contrast among the understudies, the student can choose either a visual or audible method for learning English. Some understudies were more interested in listening to music, while others were more interested in seeing images and different models. The NLP empowers students to choose their own learning technique.

iii.   In the third step, the NLP focused on the unaware brain's role in language acquisition. The student's attention is drawn to recordings and sounds. The language can be successfully improved as a result of this.

iv.   The pupils are encouraged to listen to local speakers in the fourth step. They were instructed to imitate the vernacular of the locals. As a result, they can create a character that resembles an Englishman.

v.   The unwinding phase is the fifth step. The understudies are not put under any additional strain to learn a language. The students have trained the act of the NLP errand in the last level.

Shortcomings of Neuro-Linguistic Programming
- It is a time-consuming cycle.
- Teachers are unaware of the NLP tactics.
- This technique does not drill all of the skills.

Neuro-Linguistic Programming's Benefits
- Neuro-linguistic programming (NLP) is a common technique.
- It procured language by utilizing mental angles.
- NLP makes use of the technique to acquire a first language. • It provides a lot more than just learning.
- It promotes a positive learning environment.
- NLP is a proponent of reducing stress and pursuing goals.
- Practical information is valued more than hypothetical knowledge.
- The importance of creativity is emphasized.
- Subtly, understudies become acquainted with the language.
- Understudies are accustomed to being entertained by video, sound, moving visuals, and materials.
- The NLP study halls are favored by the understudies.
- It's a self-inspiration and mindfulness method.
- The most important tool in this method is motivation.
- A positive relationship between the instructor and the understudies leads to success.
- It is important for character development.
- The importance of remedial instruction is emphasized in this curriculum.

NLP in ELT
Natural Language Processing lies in the framework of correspondence and psychotherapy. This concept in ELT proposes that individuals possess unique learning and perceptual preferences, and by engaging in preferred patterns while developing less favored ones, they achieve effective learning. The instructor illustrates mind maps on the board to demonstrate relationships between new vocabulary, engaging pupils' visual cognition at this level. To properly implement NLP in classrooms, instructors must employ a variety of strategies, resources, and procedures. They need devices such as Total Physical Response (TPR) and music that serve distinct purposes in facilitating diverse forms of understanding.

NLP tools can be employed in classrooms to enhance relationships, engagement, learning, student activities, and teaching effectiveness. Increasing access to education enhances children's opportunities. The instructor's purpose in classroom practice is to develop advantages cost-effectively and profitably for the continually increasing number of pupils. NLP is an abstract interaction that enhances relational communication and can be utilized for diverse learning styles such as auditory, visual, and kinesthetic through the incorporation of images, sounds, and sensations. It is a customizable program suitable for all types of pupils and provides effective techniques for teaching English.

Conclusion
In NLP, three essential ideas improve reading and writing proficiency. First, maintain a lucid vision of objectives in all circumstances. Second, remain receptive and ready to understand acquired knowledge. Third, exhibit sufficient flexibility to modify behavior until goals are achieved. NLP originates from inquiries regarding individuals in language instruction, offering an understanding of cognitive processes for both educators and learners. NLP promotes the exploration of internal virtual representations that individuals construct to understand their surroundings. An example in practice is an English instructor dedicating time to programs of global theaters in augmented reality, providing virtual three-dimensional tours for students. NLP techniques facilitate the elucidation of students' cognitive progress, enhancing their ability to regulate complex internal programming encompassing imagery, auditory elements, and emotions. As students progressively comprehend and master cognitive processes, they acquire learning skills, which is the primary objective of the instructor. This approach significantly enhances classroom outcomes.

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