the pupils, as well as altering the size and form of the instructional materials, are all related to educational technology.

Pedagogical technology refers to the purposeful goal of education and training that is founded on diagnostic objectives, the creation and enhancement of teaching and learning content, techniques, and resources, and a teaching process that integrates advances in science and technology.

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# SUGGESTOPEDIA METHOD IN TEACHING AND LEARNING A LANGUAGE: ADVANTAGES AND DISADVANTAGES

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**Abstract.** *In this article, it is clearly explained what is suggestopedia metod, a brief information about how it emerged, its benefits and minuses in the teaching and learning processes. Short indication of being one of the most useful methods of teaching a language is also included. The effectiveness of this method is seen not only on students, but also on adults in the learning sphere.*

**Key words:** *suggestopedia, advantages, disadvantages, deciphering, concert session, elaboration, music, rhythm.*

*What is suggestopedia?*

There are many methods of teaching which can be chosen by teachers. One of them is the suggestopedia method. Suggestopedia, also known as the suggestopedia method, is an instructional approach developed by Bulgarian psychotherapist Georgi Lozanov [1]. Lozanov believed that a relaxed but focused state is the optimum state for learning. It is based on the idea that people can learn more effectively when they are in a relaxed and suggestible state of mind. The method involves using suggestion, positive reinforcement, and a supportive learning environment to help students absorb information more easily. First developed in the 1970s, suggestopedia utilized positive suggestions in teaching language. In 1978, Lozanov presented the method to a commission in Paris at UNESCO [2]. Two years later in 1980, UNESCO issued their final report with various mixed views on the theory. On the one hand, it affirmed suggestopedia as a language learning technique for second-language speakers, but the report also included various criticisms of the theory [3].

*History:*

The method emerged as a response to traditional, more rigid teaching methods that were believed to be inhibiting language learning and student engagement. Lozanov sought to create a more effective and efficient approach to teaching languages that would be based on principles of suggestibility and relaxation.

Lozanov's background in psychology and his research on the relationship between the mind and learning influenced the development of suggestopedia. He believed that learners were more receptive to information when they were in a relaxed state and when they were provided with positive suggestions and reinforcement.

The name suggestopedia itself reflects the key principles of the method: "suggest" refers to the use of suggestions to enhance learning, while "peda" comes from the Greek word for education. Suggestopedia emphasizes creating a positive and supportive learning environment where students are encouraged to be open-minded, confident, and creative in their language learning.

*Main phases:*

Suggestopedia asserts that the physical surroundings and atmosphere of the classroom are vital factors in making sure that "students feel comfortable and confident". It also promotes various techniques, including art and music, in teaching languages. The pedagogy of suggestopedia consists of three phases: **deciphering**, **concert session**, and **elaboration** [4].

**Deciphering**: In the deciphering phase, a teacher introduces to their students some written or spoken content. In most materials the foreign-language text is on the left half of the page with a translation on the right half.

**Concert session**: The concert session phase consists of active and passive sessions. In the active session, the teacher reads the text at a normal speed, while their students follow. In the passive session, the students relax and listen to the teacher reading the text. Baroque music is played in the background.

**Elaboration**: The students express what they have learned through acting, songs, and games. A fourth phrase, production, is also sometimes used.

**Production**: The students spontaneously speak and interact in the target language without interruption or correction.

Suggestopedia asserts that teachers should not act in a direct way. For example, teachers should act as partners to their students, participating in activities such as games and songs "naturally" and "genuinely"[5]. Lozanov asserts that teachers should be versed in the "communication in the spirit of love, respect for man as a human being, the specific humanitarian way of applying their "techniques"".

In order to create a relaxed state, suggestopedia uses music, a comfortable and relaxing environment, and a relationship between the teacher and the student. Memorization in learning through suggestopedia would be accelerated by up to 25 times over than in conventional learning methods. However, there are advantages and also drawbacks of teaching a language by using the suggestopedia method.

*Agvantages and disasvantages:*

Suggestopedia is considered one of the most useful language teaching methods for several reasons:

1. Focus on relaxation and positive suggestion: Suggestopedia creates a relaxed and comfortable learning environment where students are more receptive to new information and suggestions. This positive and supportive atmosphere helps reduce anxiety and stress, allowing students to learn more effectively.

2. Whole-brain learning approach: Suggestopedia utilizes techniques that engage both the left and right hemispheres of the brain, such as music, art, and drama. This holistic approach to learning enhances students' creativity, memory retention, and overall comprehension.

3. High retention and motivation: Suggestopedia aims to create a memorable and meaningful learning experience for students. By incorporating music, visual aids, storytelling, and other creative elements, students are more likely to remember and retain what they have learned. Additionally, the method boosts students' motivation and confidence by fostering a positive attitude towards learning [6].

On the other hand, suggestopedia methods also have some disadvantages. First of all is that in terms of the music. Beside the advantage, using music during the learning process also has disadvantages for some people who cannot study in noisy classes. Lozanov explains that using music during the learning process will create a relaxed mind and it is an optimum state of learning. But for the people who cannot study in the noisy class say that using music is not effective at all because it will irritate and disturb them. They claim that it is too complicated to be practiced. They also say that it is difficult for them to divide their mind into two sides, to the music and to the lesson. So, they think that using music during the learning process cannot help them at all. They prefer to study in the quiet class rather than in the class which uses a back sound. They say they can focus more on the lesson. Another disadvantage is that suggestopedia method will be difficult to be practiced in the development countries such as Indonesia [7]. As we know that in Indonesia there are at least 30 - 40 students who fill one class. It will be difficult to control them one by one. Compared with European countries which have practiced the suggestopedia method for example in France and The Netherlands. There, there are only 10 - 15 students in the one class so that the teacher can control them easily. Beside that,

to decorate every single classroom in the school will need a lot of money. For example, we have to change chairs in the classroom into armchairs. We also have to decrease the number of students in the classroom, so we need a new classroom for them. So, it means that we also have to build new classrooms for the students. For a developing country like Indonesia. It can be a burden.

*Effects on people:*

Suggestopedia can be particularly beneficial for adults and teenagers due to its innovative techniques and holistic approach to learning. Here are some ways in which suggestopedia can be useful for these age groups:

1. Reduced anxiety and stress: Adults and teenagers often experience high levels of anxiety and stress when learning a new language. Suggestopedia creates a relaxed and supportive learning environment that helps reduce these negative emotions, allowing learners to feel more comfortable, confident, and open to new information.

2. Enhanced creativity and memory retention: Suggestopedia's use of music, art, drama, and other creative elements can stimulate learners' creativity and improve memory retention. By engaging both the left and right hemispheres of the brain, suggestopedia helps adults and teenagers remember vocabulary, grammar rules, and language structures more effectively.

3. Increased motivation and engagement: Suggestopedia's emphasis on creating a positive and enjoyable learning experience can boost both adults' and teenagers' motivation to learn a new language. The method's interactive activities, storytelling, and role-plays can make language learning more engaging and fun, helping learners stay interested and committed to their language studies. For adults and teenagers who need to communicate effectively in their personal, academic, or professional lives, suggestopedia provides opportunities to practice speaking, listening, reading, and writing in authentic contexts.

Suggestopedia's holistic approach, stress-reducing environment, creative learning techniques, personalized adaptations, and practical language use make it a valuable and effective method for adults and teenagers looking to learn a new language in a supportive

and engaging way. It also can be an effective method of learning for teenagers and adults due to its focus on creating a positive and supportive learning environment, engaging teaching techniques, and emphasis on boosting confidence and motivation.

Overall, suggestopedia's innovative and multidisciplinary approach to language teaching, combined with its focus on relaxation, positive suggestion, and meaningful learning experiences, make it a highly effective and valuable method for language learners of all levels.

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## TEACHING CHILDREN USING
## A TOTAL PHYSICAL RESPONSE (TPR)

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