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METHODOLOGY OF TEACHING ENGLISH: TRADITIONAL AND MODERN APPROACHES

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Abstract: This article analyzes traditional and modern methods used in teaching English. Traditional methods include the Grammar-Translation Method and Audio-Lingual Approach, which focus primarily on grammatical rules and repetition, potentially limiting practical communication skills. Modern methods encompass Communicative Approaches, Interactive Methods, and Blended Learning Technologies, all aimed at enhancing students' practical language abilities. The article also examines the importance and effectiveness of utilizing innovative technologies and interactive methods in English language teaching. It emphasizes the necessity of applying contemporary pedagogical technologies to increase student engagement and optimize the language learning process.

Key words: English language teaching methods, traditional approaches, modern approaches, communicative method, interactive methods, blended learning, innovative technologies, pedagogical technologies.

INTRODUCTION

In the 21st century, the English language occupies an indispensable role in the global landscape, functioning as the lingua franca across diverse domains such as international diplomacy, cross-border trade, academic scholarship, and digital communication. As globalization accelerates the interconnectedness of nations, the ability to communicate effectively in English has become a critical skill, not only for native speakers but also for learners around the world. Consequently, the field of English language teaching (ELT) has witnessed significant evolution, characterized by the integration of both traditional and contemporary pedagogical approaches aimed at improving learner outcomes and engagement.

Traditional methodologies have historically provided the structural foundation for language instruction. One of the most prominent among them is the Grammar-Translation Method (GTM). Rooted in classical language instruction, GTM emphasizes the explicit teaching of grammatical rules and vocabulary acquisition through the direct translation of texts between the native and target languages. While this approach supports the development of reading and writing skills and provides learners with a deep understanding of syntactic structures, it often falls short in fostering communicative competence, particularly in speaking and listening.

Another notable traditional method is the Audio-Lingual Method (ALM), which emerged from behaviorist psychological theories in the mid-20th century. This method prioritizes repetitive drills, pattern practice, and

mimicry as a means of habit formation. By reinforcing correct language forms through constant repetition and immediate feedback, ALM aims to develop automatic responses in learners. However, critics argue that its mechanical nature may neglect the functional and interactive aspects of real-life language use, thereby limiting learners' ability to adapt language skills to dynamic social contexts.

These traditional approaches, while methodologically rigorous, are often criticized for their lack of adaptability to individual learner needs and for offering limited opportunities for meaningful communication. This has led educators and researchers to seek more student-centered and contextually responsive strategies, ushering in the emergence of modern teaching methodologies that prioritize communication, interaction, and learner autonomy.

LITERATURE REVIEW

The evolution of English language teaching (ELT) has been the subject of extensive academic research, with scholars exploring the theoretical underpinnings, effectiveness, and adaptability of various instructional methodologies. Early research focused primarily on traditional methods, particularly the Grammar-Translation Method (GTM) and the Audio-Lingual Method (ALM). According to Qadirova D.B. (2023), GTM continues to provide a solid grammatical foundation, particularly in contexts where standardized testing and written proficiency are prioritized. However, its limitations in cultivating speaking fluency and interactive competence have been widely criticized.

The Audio-Lingual Method, rooted in structural linguistics and behaviorist psychology, was originally praised for its focus on aural and oral skills. Yet, as Sanaqulov and Jo'raboyev note in their study on modern language teaching methodologies, ALM's mechanical repetition often fails to sustain learner interest and does not adequately prepare students for spontaneous communication in real-world settings.

In response to the shortcomings of traditional methods, recent decades have seen a paradigm shift toward communicative and learner-centered approaches. The Communicative Language Teaching (CLT) approach emerged as a dominant framework, emphasizing authentic language use, fluency over accuracy, and the development of communicative competence. As Sanayeva G.M. (2021) highlights, CLT has proven effective in enhancing learner motivation and engagement, especially when paired with task-based instruction and real-life communication scenarios.

The rise of Interactive Methods and Task-Based Language Teaching (TBLT) represents another major trend in contemporary ELT research. These methods encourage collaboration, creativity, and critical thinking through role-plays, debates, and group work. Empirical studies have shown that such interactive practices not only increase participation but also improve language retention and learner autonomy.

With the advent of digital technologies, the incorporation of Blended Learning Models has become increasingly relevant. Blended learning combines traditional classroom instruction with online components, offering flexibility and diverse resources. Yusupova N.N. emphasizes the role of blended learning in fostering independent learning skills and providing adaptive feedback through digital platforms.

Modern educational technologies also play a central role in reshaping the language learning environment. Berdiniyozov's work on technology integration underscores how tools such as interactive whiteboards, language learning apps, and virtual classrooms enhance learner engagement and provide multimodal exposure to language input.

Furthermore, innovative cognitive-based methods such as the Lex Program and the Müller Method have expanded the scope of ELT by incorporating neuropsychological principles and memory enhancement strategies. These methods appeal to learners' cognitive diversity and offer alternative routes to language acquisition.

Overall, the literature suggests that while traditional methods provide a necessary grammatical foundation, they are insufficient on their own for achieving communicative competence. Modern approaches, supported by empirical research, offer more comprehensive and learner-oriented solutions. As English continues to function as a global medium of interaction, the integration of both traditional and modern methods is widely advocated to meet the diverse needs of 21st-century learners.

Theoretical Research Methods in Traditional and Modern Approaches

Modern Approaches: Communicative Language Teaching (CLT): CLT focuses on enabling students to communicate effectively and fluently in real-life situations. It prioritizes functional language use, encouraging interaction and practical application over rote memorization. This approach fosters a deeper understanding of context and cultural nuances in language use. **Interactive Methods:** These methods encourage active student participation through role-playing, debates, and group work, facilitating practical language application. Researchers have highlighted the effectiveness of interactive methods in enhancing language learning by engaging students actively in the learning process. **Blended Learning:** Combining traditional face-to-face

instruction with online resources, blended learning offers a flexible and interactive educational environment. This approach enhances students' self-directed learning abilities and provides diverse learning experiences. Studies have demonstrated the effectiveness of blended learning in improving language proficiency among students. Use of Educational Technologies: Incorporating modern educational technologies, such as interactive whiteboards, presentation software, and online platforms, enriches the learning experience. These tools increase student engagement and facilitate effective lesson delivery. Research indicates that the use of innovative technologies in teaching significantly enhances student interest and learning outcomes.

Integrating traditional and modern teaching methodologies offers a comprehensive framework for English language education. While traditional methods provide foundational knowledge of grammar and vocabulary, modern approaches emphasize practical usage and adaptability. By combining these strategies, educators can address diverse learning needs and prepare students for effective communication in a globalized world.

RESEARCH RESULTS

Recent advancements in English language teaching have introduced a variety of innovative methods that combine cognitive psychology, interactive learning, and technology-based instruction. These methods aim not only to improve language proficiency but also to foster learner autonomy, engagement, and long-term retention.

One such method is the Lex Program, a computer-based language learning system designed for individuals who already possess a foundational knowledge of English, including basic grammar and sentence structure. Once installed on a laptop or desktop computer, the program displays a sequential set of words, phrases, and sentences. Learners are instructed to repeat the material both in writing and aloud, reinforcing retention through multimodal repetition. Integrated testing modules assess progress and reinforce memorization. Beyond its linguistic benefits, Lex also supports memory development, making it a versatile tool for learners of all ages, particularly those engaged in self-directed study.

Another notable innovation is the Müller Method, developed by neuropsychologist Stanislav Müller. This methodology uniquely integrates conscious and subconscious learning processes, aiming to activate latent cognitive abilities through two core strategies. The first is the Gologramma Memory Method, which encourages learners to concentrate on critical language elements while structuring information flow in a logical and personally meaningful sequence. This mental organization promotes rapid assimilation of new material and conserves cognitive energy, accelerating the learning process. It is especially effective for adolescent learners aged 16–18, a demographic shown to respond well to neuro-cognitive stimulation.

Modern communicative frameworks are also reflected in the Task-Based Approach, which emphasizes real-world application of language skills. Unlike traditional drills, this approach embeds grammar instruction within purposeful activities such as project development, role-playing, and problem-solving. Learners acquire language naturally as they complete tasks, promoting deeper engagement, critical thinking, and collaborative learning. This model has gained popularity for its alignment with constructivist pedagogy and its capacity to prepare students for authentic communication scenarios.

Closely related is the Contextual Grammar Approach, which presents grammatical structures within the context of real-life situations. Learners interact with authentic texts—news articles, narratives, conversations—and identify grammatical patterns within meaningful content. This technique enhances both comprehension and application, enabling learners to understand not just the form but also the function of grammar in diverse communicative settings. Through classroom discussions and text-based activities, students internalize language rules organically, thereby reinforcing their practical language competence.

Finally, the integration of technology and gamified learning has emerged as a dynamic supplement to traditional methods. Tools such as language learning apps, online quizzes, and interactive games are particularly effective for younger learners, offering immediate feedback and stimulating their motivation. These platforms create an immersive environment where grammar and vocabulary are acquired through play, competition, and reward-based systems, supporting long-term engagement and learner independence (table 1).

Table 1. Comparative Overview of Selected English Language Learning Methods

Method	Key Features	Target Audience	Advantages
Lex Program	Repetition-based digital learning with self-assessment	Beginners to intermediate	Enhances memory, allows self-paced study
Müller Method	Neuropsychological techniques, focus on subconscious processing	Adolescents (16–18)	Accelerates learning, develops structured thinking
Task-Based Approach	Learning grammar through meaningful tasks	All levels	Encourages real-life application, critical thinking

Contextual Grammar	Grammar in authentic texts (stories, articles, dialogues)	Intermediate to advanced	Improves comprehension and grammar in context
Tech & Game Integration	Gamified apps, quizzes, and interactive learning	Young learners, digital natives	Boosts motivation, offers instant feedback and active learning

Overall, the results of contemporary research in ELT support a diversified approach to instruction. By leveraging cognitive science, interactive strategies, and modern technology, educators can create inclusive, effective, and engaging learning environments. Such integrated methodologies not only enhance language proficiency but also promote independent thinking, creativity, and learner satisfaction—qualities essential for success in a globally interconnected world.

CONCLUSION

The integration of traditional and modern methodologies in English language teaching represents a strategic and pedagogically sound approach to meeting the diverse needs of contemporary learners. Traditional methods such as the Grammar-Translation Method and the Audio-Lingual Method continue to offer significant value by establishing a solid foundation in grammatical accuracy, vocabulary acquisition, and structural understanding. These approaches remain particularly useful in settings where standardized assessments and formal language instruction are prioritized.

However, the increasing demands of the globalized world—characterized by fast-paced communication, intercultural interaction, and digital fluency—necessitate the adoption of modern teaching methodologies that emphasize functional language use, creativity, and learner autonomy. Approaches such as Communicative Language Teaching (CLT), Interactive Methods, and Blended Learning Models are designed to foster fluency, engagement, and critical thinking, enabling students to apply language skills in real-world contexts. These modern strategies prioritize meaningful communication and are supported by decades of empirical research highlighting their effectiveness in improving language proficiency, motivation, and learner satisfaction.

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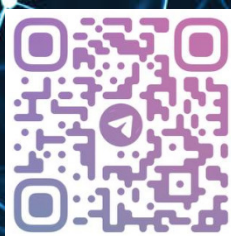
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