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METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**THE SECRETS OF LEARNING A NEW LANGUAGE: FACTORS CONTRIBUTING
TO SUCCESSFUL LANGUAGE ACQUISITION****Malika Maratovna Ubaydullayeva***First-year student of Foreign Language and Literature**Jizzakh State Pedagogical University**E - mail: malikaubaydullayeva52@gmail.com**Jizzakh, Uzbekistan***Irina Rafailovna Avyasova***PhD, Acting Associate Professor**Department of English Language Theory and Methodology**Faculty of Philology**Jizzakh State Pedagogical University**E - mail: iishashakirdjanova@gmail.com**Jizzakh, Uzbekistan*

ABOUT ARTICLE

Key words: foreign language acquisition, second language learning, motivation, foreign language enjoyment, learner autonomy, language learning strategies, self-regulated learning, individual differences, learning consistency, language teaching methodology.

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Abstract: Successful foreign language acquisition is influenced by a complex interaction of cognitive, affective, and behavioral factors rather than by any single teaching method. This article explores the key determinants of effective language learning, with particular emphasis on motivation, foreign language enjoyment, learner autonomy, effective learning strategies, consistency in practice, and individual learner differences. The study is based on a comprehensive review and analysis of contemporary research in second language acquisition, educational psychology, and language teaching methodology. The findings demonstrate that sustained motivation and positive emotional engagement encourage learners to persist in their studies, while strategic learning behaviors and regular practice facilitate long-term language development. Furthermore, the article highlights the importance of adapting learning

approaches to learners' individual characteristics, including learning styles, personality traits, age, and educational background. The analysis confirms that successful language acquisition is best achieved through a balanced integration of motivational, cognitive, and personal factors, supported by continuous practice and learner-centered instruction. The results may provide practical guidance for language teachers, curriculum developers, and learners seeking to improve the effectiveness and sustainability of foreign language learning.

Introduction. Although millions of people around the world study foreign languages, their learning outcomes vary significantly. Some learners achieve a high level of proficiency within a relatively short period of time, while others struggle to make noticeable progress despite years of study. This difference raises an important question: what factors contribute to successful language acquisition?

For many years, language-learning success was often associated with natural talent. However, it is now widely recognized that successful language acquisition depends on a variety of factors beyond innate ability. Motivation and enjoyment, learning strategies, consistency, and individual characteristics all influence the language-learning process and may affect learners' overall achievement.

In addition, language learners differ in their goals, personalities, learning preferences, and educational backgrounds. As a result, methods that work effectively for one learner may not be equally effective for another. These differences highlight the importance of adopting an individual approach to language learning rather than relying on a single universal method.

The purpose of this article is to examine the major factors contributing to successful language acquisition. Particular attention is given to motivation and enjoyment, effective learning strategies, consistency, and individual differences. The article aims to demonstrate how these factors interact and contribute to long-term success in language learning.

Materials and methods. Motivation and Enjoyment in Language Learning

Motivation is considered one of the key factors in successful foreign language learning. It represents an internal driving force that encourages learners to begin studying a language and continue learning despite difficulties and setbacks. According to Gardner (1985), motivation consists of three main components: effort, desire to achieve a goal, and positive attitudes toward the target language [5]. From this perspective, motivation influences not only

learners' willingness to study but also their ability to remain persistent throughout the learning process.

However, motivation is not the only factor that determines success in language learning. An analysis of the literature suggests that successful language acquisition also depends on emotional and psychological factors. According to Dörnyei (1998), motivation is important both for initiating language learning and for sustaining it over a long period of time [3]. Nevertheless, motivation alone may not be sufficient, as learners often experience a decline in interest or difficulties in maintaining engagement.

An important factor in the learning process is enjoyment. Within the framework of positive psychology, Dewaele and MacIntyre introduced the concept of Foreign Language Enjoyment (FLE), which refers to the positive emotions learners experience while studying and using a foreign language [2]. Research suggests that learners who enjoy the learning process demonstrate higher levels of engagement, participate more actively in learning activities, and cope with challenges more effectively.

An interesting perspective was proposed by Ellis (1994), who developed the concept of resultative motivation. According to this concept, motivation and achievement influence each other in a reciprocal relationship. On the one hand, motivation encourages learners to invest greater effort and achieve better results. On the other hand, success itself can strengthen learners' motivation. When learners notice their own progress, begin to understand authentic materials, or successfully use a foreign language in communication, their confidence increases and their willingness to continue learning becomes stronger [4]. Positive learning experiences can therefore serve as an additional source of motivation and contribute to the further development of language skills.

Therefore, enjoyment can be viewed as a factor that supports and strengthens motivation. While motivation encourages learners to begin studying a language, enjoyment helps them maintain interest and continue learning over time. These two factors are closely interconnected and reinforce one another.

Motivation and enjoyment should therefore be regarded as complementary factors in successful language learning. Motivation encourages learners to invest effort in achieving their goals, whereas enjoyment helps sustain interest and active participation in the learning process. An analysis of the literature leads to the conclusion that the combination of these factors contributes to more effective and sustainable foreign language acquisition.

Effective Learning Strategies and Methods

Motivation may encourage learners to begin studying a foreign language; however, motivation alone is rarely sufficient to achieve long-term success. To make steady progress, learners need effective learning strategies. Language learning strategies can be understood as the techniques, methods, and actions that help learners organize and improve the learning process. They enable students to study more efficiently, overcome difficulties, and achieve their language-learning goals.

It is important to note that successful learners do not learn in the same way. Every individual has unique characteristics, interests, and learning preferences. Therefore, there is no universal method that guarantees success for everyone. An analysis of the literature suggests that successful learners tend to use learning strategies more independently and consistently, whereas less successful learners rely more heavily on teacher guidance [11]. This suggests that learning effectiveness largely depends on a learner's ability to select and apply appropriate strategies.

In the author's opinion, one of the most important characteristics of a successful language learner is learner autonomy. Although teachers provide guidance and support, they cannot be responsible for the entire learning process. Successful learners take responsibility for their own progress. They regularly evaluate their achievements, identify areas that require improvement, search for additional learning resources, and create opportunities to use the language outside the classroom. Research on successful language learners shows that they actively seek practice opportunities, are willing to experiment with language, and are not afraid of making mistakes [13]. Such independence allows learners to manage their learning process more effectively.

Another factor contributing to successful language acquisition is the use of effective strategies in everyday practice. First, learners should set clear and realistic goals. Goals help students understand why they are learning a language and what they want to achieve. Second, learners should surround themselves with the target language as much as possible. Listening to podcasts, watching videos, reading articles, and working with authentic materials help make the language a natural part of daily life. Regular exposure to comprehensible language input allows learners to gradually acquire new vocabulary, grammatical structures, and pronunciation features [6].

Furthermore, successful learners do not limit themselves to memorizing grammar rules. Instead, they actively apply new language structures in speaking and writing. Grammar becomes more meaningful when it is used for communication rather than studied in isolation. Another useful strategy is learning to think in the target language. Rather than constantly

translating ideas from their native language, learners gradually develop the ability to process information directly in the language they are studying. This often leads to more natural and fluent communication.

An equally important aspect of language learning is the ability to learn from mistakes. Many learners are afraid of making errors because they associate mistakes with failure. However, mistakes are a natural part of the learning process and provide valuable feedback. Learners who are willing to take risks and learn from their errors often make greater progress than those who avoid communication out of fear of being incorrect [13]. The reviewed studies suggest that treating mistakes as learning opportunities contributes to greater confidence and more effective language development.

Finally, effective language learning requires regular review and reinforcement of previously learned material. One of the most effective techniques for vocabulary development is spaced repetition, which involves reviewing words and expressions at specific intervals over time.

This approach improves long-term retention and helps learners maintain vocabulary knowledge more effectively.

The analysis of the reviewed studies indicates that effective learning strategies and learner autonomy play a significant role in successful language acquisition. Learners who actively manage their own learning process, apply appropriate strategies, and regularly engage with the language are more likely to achieve their language-learning goals.

Results and discussions. Consistency in Language Learning

Many language learners believe that intensive study is the fastest way to achieve fluency. Under the influence of strong motivation, learners often create ambitious study plans, try to cover a large amount of material in a short period of time, and devote a significant amount of time to language learning. At first glance, this approach appears productive because it creates a sense of rapid progress. However, in reality, it is consistency rather than short-term intensity that leads to long-term success.

An analysis of the literature suggests that regular and manageable study sessions are generally more effective than occasional periods of intensive learning [9]. A learner may study for several hours a day for one week and then stop learning completely for a month. Despite considerable effort, some of the acquired knowledge is gradually forgotten. In contrast, a learner who spends twenty or thirty minutes on the language every day maintains regular contact with the language and steadily develops their skills. Language learning is a long-term process that requires continuous interaction with the language.

The previous chapters discussed the importance of motivation, enjoyment, strategies, and methods in language learning. However, these factors alone cannot guarantee success. Motivation helps learners begin their journey, while strategies help organize the learning process. Consistency transforms motivation and strategies into actual results. Once learners discover activities they genuinely enjoy and identify methods that suit their learning style, the next step is to turn these activities into regular habits.

Enjoyment plays an important role in maintaining consistency. When learners genuinely enjoy the activities they engage in, it becomes much easier for them to remain consistent and sustain their interest in language learning over a long period of time. Therefore, enjoyment not only increases motivation but also contributes to the formation of lasting learning habits.

Successful language learning is largely based on habits. When language-related activities become part of everyday life, they require much less effort and self-discipline. Interaction with the language gradually becomes a natural and automatic process. Although successful polyglots use different methods and resources to learn languages, most of them share one common characteristic: regular contact with the language they are studying. Their success is usually associated not with a particular method but with consistent practice over long periods of time.

In practice, language-learning habits can be developed in various ways. Regular contact with the language does not necessarily require long study sessions. Learners may listen to podcasts, read short articles, review vocabulary with flashcards, or use the target language in their daily lives. The most important factor is not the amount of time spent on a single activity but the regularity of interaction with the language. For this reason, small but systematic actions are often more effective than occasional periods of intensive study.

Another important aspect of consistency is planning. Effective habits rarely develop by chance. Learners need to identify activities they truly enjoy and incorporate them into their daily routines. For example, they may listen to a song in the target language every morning, review vocabulary during a break, or spend fifteen minutes reading before going to bed. Such planning helps make language learning a natural part of everyday life. Research on habit formation indicates that habits become more sustainable when they are connected to a specific routine and accompanied by a sense of reward [7].

At the same time, consistency should not be confused with perfection. Everyone experiences illness, stress, academic responsibilities, work, or personal difficulties. Missing one day of study does not mean failure. Consistency lies in the ability to return to learning after temporary interruptions and continue moving forward. In other words, consistency does not mean following a study plan perfectly every day. Rather, it means being willing to continue

learning despite temporary setbacks and difficulties. Successful learners are not those who never miss a study session but those who repeatedly return to the learning process despite obstacles and challenges.

Furthermore, consistency is easier to maintain within a structured learning environment. Clear goals, well-organized learning materials, regular opportunities for practice, and progress tracking help learners remain focused and motivated. A structured learning environment provides direction and reduces uncertainty, which contributes to long-term engagement in language learning [14].

In conclusion, consistency can be regarded as the factor that connects motivation, learning strategies, and habits into a unified process. Regular practice, stable habits, enjoyment of learning, and an organized approach help learners maintain progress over time. It is consistency that transforms individual efforts into sustainable and successful language acquisition.

Individual Differences in Language Learning

One of the reasons why there is no universal method of language learning is the existence of individual differences among learners. Despite the large number of teaching methods available, it is impossible to identify a single approach that would be equally effective for everyone. People perceive information differently, possess different personal characteristics, and learn in different environments. As a result, each learner follows a unique path in the process of language acquisition.

In the author's opinion, one of the most common mistakes language learners make is trying to find the “perfect” method. Many learners believe that there is a particular system that guarantees fast results. However, the effectiveness of learning depends not on the popularity of a method but on how well it matches the characteristics of the individual learner. For this reason, successful learners gradually develop their own learning system rather than completely copying the experience of others.

One important factor that influences language learning is learning style. Modern educational research commonly identifies visual, auditory, reading/writing, and kinesthetic learning styles [15]. However, most people use a combination of several ways of processing information. Some learners understand new material more easily through images, diagrams, and mind maps, while others benefit more from oral explanations and discussions. Some prefer practical activities and hands-on experience. Therefore, the same learning material may be perceived differently by different learners. An analysis of the reviewed studies suggests that individual characteristics should be taken into account when selecting learning methods rather

than relying solely on general recommendations. Personal characteristics also play an important role in language learning. Some individuals enjoy communication and try to use the language as often as possible in real-life situations, whereas others prefer to understand the material independently before applying it in practice [12]. For example, extroverted learners often find it easier to develop speaking skills through interaction, while introverted learners may prefer reading, listening, and individual study. Research findings indicate that both approaches can lead to successful language acquisition when they correspond to the learner's individual characteristics. What matters most is understanding one's own preferences and using them as an advantage when organizing the learning process.

Age is another factor that may influence language learning. According to research, children and adults acquire languages in different ways [10]. Children often learn languages naturally through continuous exposure, while adults are generally able to understand rules more quickly and apply learning strategies more consciously. The available evidence suggests that age alone does not determine the final learning outcome. Moreover, methods that are effective for one age group may not be equally suitable for another. Regular practice, motivation, and the ability to maintain long-term learning habits play a far more significant role in achieving success.

Another important element is the learning environment. Supportive learning conditions, access to quality materials, and opportunities to use the language regularly contribute to more effective language development [14]. However, even the most well-organized learning environment cannot fully compensate for a lack of personal involvement. An analysis of the literature suggests that the effectiveness of a learning environment largely depends on how actively learners make use of the opportunities available to them. A learning environment should not only provide resources but also create opportunities for continuous practice. Ultimately, it is the learner who decides how actively the language will be used in everyday life.

In conclusion, there is no universal method of language learning. Every learner possesses unique characteristics that influence the learning process. Based on the reviewed literature, it can be concluded that finding an individual approach is one of the key factors in successful language acquisition. Understanding one's strengths, selecting appropriate learning methods, and applying them consistently can make the learning process more effective and sustainable in the long term.

Conclusion. Successful foreign language acquisition has long attracted the attention of researchers, teachers, and language learners. Although many people seek a single method that guarantees success, the analysis presented in this article suggests that no universal approach

exists. Instead, successful language learning is influenced by a combination of several interconnected factors.

The findings indicate that motivation and enjoyment help learners begin and continue their language-learning journey. Effective learning strategies enable learners to organize their studies and make the learning process more productive. Consistency helps transform effort into long-term progress, while individual differences explain why the same methods may have different effects on different learners.

Taken together, these factors demonstrate that successful language acquisition depends not only on natural ability or a particular learning method but also on a learner's ability to develop an approach that matches their individual needs and characteristics. The most successful learners are often those who remain motivated, apply effective learning strategies, maintain regular practice, and adapt the learning process to their own strengths and preferences.

Therefore, the secret of learning a new language does not lie in a single technique or universal formula for success. Rather, it lies in the combination of motivation, effective learning strategies, consistency, and an understanding of individual differences. When these factors work together, they create the conditions for successful and sustainable language learning.

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