THE PSYCHOLOGY OF LANGUAGE LEARNING: EMOTIONAL MEMORY AND VOCABULARY RETENTION IN ENGLISH

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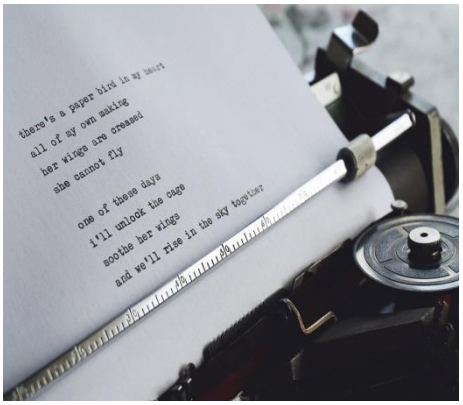
Annotation: *This article focuses on the connection between emotions and vocabulary learning. It studies how positive and emotional experiences improve memory in English acquisition. The paper explores psychological theories of memory retention. It also provides examples of teaching techniques that use emotions effectively. The conclusion emphasizes that emotional memory plays a key role in mastering new vocabulary.*

Key words: *Emotional memory, Vocabulary retention ,Language learning psychology, Cognitive processes, Affective factors in learning, Memory strategies.*

Language learning is not only a simple work its a huge emotional way for everyone because if you begin learning,you can learn this culture. Also it is a complex process that involves not only cognitive skills but also emotional and psychological factors. Researchers have long noted that emotions shape the way learners process and recall information. Words that are linked to emotional experiences tend to stay in memory longer than those learned mechanically. This observation has led to increasing interest in the role of emotional memory in second language acquisition, particularly in vocabulary retention. Understanding this relationship can help teachers and learners develop more effective strategies for mastering English.

Emotional memory refers to the tendency of people to remember events and information that carry emotional significance. According to Baddeley (1999), emotionally charged information is encoded more deeply in the brain and transferred more easily to long-term memory. Neuroscientific studies also suggest that the amygdala, the part of the brain responsible for processing emotions, works closely with the hippocampus to enhance memory consolidation (Frances et al., 2020). In the context of language learning, this means that words associated with strong feelings, stories, or images are recalled more easily than neutral vocabulary.



Emotional memory plays a crucial role in vocabulary retention in English language learning. Words connected to strong feelings, stories, or experiences are more likely to be stored in longterm memory and recalled when needed. Teachers who integrate emotional elements into their lessons—through storytelling, music, games, or technology—can significantly improve learning outcomes. Ultimately, language learning is not just a cognitive process; it is also an emotional journey. Recognizing this reality can lead to more effective teaching practices and more successful learners.

Engaging with emotionally charged content, whether positive or negative, leads to better memory encoding and long-term recall. This is because emotions increase focus, improve information processing, and create stronger memory traces.

Memory and attention are central to language learning. Working memory, a type of short-term memory, is crucial for holding information in mind while it's being processed. Long-term memory, on the other hand, is essential for storing knowledge about the language, including vocabulary and grammar rules. Attention, the ability to focus on specific stimuli, is key for noticing new language features and integrating them into one's language repertoire.And also, motivation and true way of learning is that the vital and basic side of it. When somebody has their ambition must belief it and start begin it.Motivation is a significant emotional factor in language learning. It can be intrinsic, where the learner is motivated by an internal desire to learn, or extrinsic, driven by external factors such as career advancement or academic requirements. Motivation affects the amount of effort a learner will put into language study and their persistence in the face of challenges.Sometimes these challenges make us worried about something over time then our critical thinking becoming more wider than before.To sum up, we must to keep the balance between motivation and repitation belong our studies.

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