

# THE IMPLEMENTATION OF SUGESTOPEDIA METHOD IN LEARNING WRITING

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**Abstract:** The purpose of presenting this paper is to provide input to educators in relation to writing learning. This sugestopedia method comes from Bulgaria. This method was first developed by an educator, psychotherapist, and physicist named George Lozanov in 1978. Lozanov believed that relaxation and concentration techniques would help students open their unconscious sources, acquire and master more vocabulary quantities and structures a more solid structure than they think. The sugestopedia strategy is a strategy that has the main principle, namely suggestions that can affect the results of the learning situation, both positively and negatively, by occupying students comfortably, installing background music in the classroom during lessons, increasing individual participation, using posters for member big impressions while highlighting information. Therefore, this method is one solution in learning writing that is considered difficult by some educators.

**Keywords:** *Suggestopedia, English Writing Skill*

Writing lessons generally become a scourge for students because the management of learning is less attractive, effective and efficient. This is directly proportional to the fact that there are still many students, especially students of the Indonesian language education program who have low writing skills. This problem arises not only because of the lack of ability and learning motivation of students, but rather the factors of learning situations that are less than a fun process. In this case the creativity of the lecturers of writing skills in managing learning has a huge influence in improving student learning outcomes.

## **Suggestopedia**

This sugestopedia method comes from Bulgaria. This method was first developed by an educator, psychotherapist, and physicist by the name of George Lozanov around 1978. Lozanov believed that relaxation and concentration techniques would help students open their unconscious sources and acquire and master more vocabulary quantities and structures more solid structure than they think (Tarigan, 2009: 88)

Suggestopedia is a special set of learning recommendations derived from suggestology given by Lozanov. Suggestopedia aims to accelerate the process of language learning, the teacher plays the role of authority in the classroom so that this strategy is successful, then students must trust and respect the teacher. This suggestopedia lesson is held in a pleasant room, using posters to give great impressions while highlighting information, harmonious music that can make students feel relaxed. The teacher initiates interaction early, and students actively interact with each other. In this case, the teacher will naturally face the feelings of the students. The teacher must be able to make students feel safe, relaxed and happy. Thus, students are more open in the learning process, both in terms of language which is the first side and the double side of the communication process as well as in terms of culture which is the second side learned by students in relation to daily life.

One of the most prominent and striking features of Sugopedia is the centralization or concentration of music and the rhythm of music for learning. Thus, Suggestopedia has a kinship with the use of other functional music, especially therapy. The sugestopedia strategy can eliminate harmful rigid norms, eliminate tense tension, and avoid introducing restrictive norms, and tension barriers.

The evaluation carried out in this Suggestopedia is not through formal examinations but based on appearance. If errors occur, the teacher immediately corrects or corrects them.

In addition Suggestopedia has the main principles, namely as follows:

- a. Learning is facilitated in a relaxed and enjoyable environment
- b. Learning peripherals
- c. Trying to suggest
- d. Activate your imagination
- e. Increase students' trust in themselves
- f. Assumption of feeling safe with new identity
- g. Students will learn better when directed to the communication process
- h. The teacher integrates positive suggestions
- i. Make translations in mother tongue
- j. Communication takes place on two sides
- k. Overcoming psychological obstacles
- l. Make optimal learning
- m. Integrate as much art as possible into the learning process.

According to Nababan (1993: 59), the criteria that determine the success of this strategy are:

- a. The principle of a strong emphasis on the enjoyment and response of how easy it is to learn
- b. The principle of absolute integration between conscious and subconscious factors of students
- c. The principle of intimate and lively interaction between students, which gives a deep impression on their hearts.

The suggestopedia strategy is a contextual based learning, which is a learning concept that helps teachers associate the material they teach with the real-world situation of students and encourage students to make connections between their knowledge and their application in their lives as family members and society. The learning process takes place naturally in the form of activities students work and experience, not transfer knowledge from teacher to student.

In this context students need to understand what learning means, its benefits, what status they are in and how to achieve it. With this, students will realize that what they are learning is useful as a life later, so that it will make them position themselves as ones who need a useful benefit for their lives later and students will try to achieve them (Yasa, 2008: 1)

## **Writing**

Writing is part of language skills belonging to productive language skills. Writing is a process of delivering ideas, ideas, information or feelings through written media. According to Morsey (in Tarigan, 1983: 4) that writing is generally used by educated people with the aim of recording records, convincing, reporting, informing and influencing by describing them clearly and regularly and using words and sentence structures.

The definition of writing presented by Tarigan (1983: 21) writing is to reduce or paint graphic symbols that describe a language that is understood by someone, so that others can read the graphic symbols if they understand the language and graphics. In the case of writing essays Rivers (1968: 244) divides into two forms, namely simple and advanced ones. A simple form is a written result from being spoken into a conventional graphical form. While the more advanced form is a form of continuous expression of ideas and has a logical sequence using certain vocabulary and language so that it can describe or present clearly expressed information.

## **Discussion**

This suggestopedia was developed to reduce the psychological pressure of students. Thus helping them reduce obstacles in learning. Lozanov believes that language learning can occur at a higher speed than what goes on as usual. He stressed that our inefficiency is that we create psychological barriers for learners, so we do not use full strength in the learning process in the

classroom. By applying this method is expected to be an alternative in solving problems of language teaching, especially writing skills. This is in line with the properties of the suggestopedia method, namely;

- a. Learning is facilitated in a relaxed and fun environment.
- b. Students can learn from those presented in the environment, even though their attention is not directed to it (learning perifeil).
- c. If students trust and respect the authority of the teacher, then he will receive and remember information better.
- d. The teacher should recognize that the learners will bring some psychological barriers into the learning situation. He will try to desugest it.
- e. Activating the imagination of students will help learning.
- f The teacher tries to increase students' trust and to themselves that they are successful learners.
- g. With this new identity the learners' sense of security is increasingly high and makes them more open.
- h. Dialogue that students learn is a language they can use immediately.
- i. If their attention is separated from the form of language, and is directed at the communication process, students will learn better.
- j. The teacher should integrate positive suggestions not directly into the learning situation.
- k. The teacher should present and explain the grammar and vocabulary but not think about it too long.
- l. One way to make meaning clearer is through translation into mother tongue (B1).
- m. Communication takes place on two sides: on one side linguistic messages are presented, on the other hand are the factors that influence the linguistic message.
- n. A pseudo-passive atmosphere, like the atmosphere when someone listens to a concert, is ideal for coping with psychological obstacles and obtaining satisfying benefits for teaching.
- o. The distinction between conscious and semi-conscious is indeed the most blurred. Therefore, optimal learning can occur.
- p. Dramatization is a way to utilize material in a life and directed manner. Fantasies reduce constraints on learning.
- q. Pure art allows suggestions to penetrate into the subconscious. Therefore art should be integrated as much as possible into the teaching process.
- r. The teacher should help students to use the material as best as possible.
- s. Music and movement strengthen understanding of linguistic material.
- t. In an atmosphere of play, students' conscious attention is not focused on linguistic forms, but is more inclined to the use of language
- u. Mistakes can be tolerated, the emphasis is on content, not on form.

Educators also have special value in applying this method, Lozanov (Tarigan, 2009: 102) describes some teacher behavior that is expected to support the presentation of teaching materials using the suggestopedia method, namely:

- a. show full confidence in the method.
- b. show behavior that is not easily satisfied in terms of manners and how to dress;
- c. arrange properly and pay close attention to the early stages of teaching process; this concerns the selection and presentation of music and timeliness;
- d. maintain a serious and serious attitude towards the course; give and make tests and respond wisely to bad papers;
- e. put emphasis on the global attitude towards the material, not on analytical attitudes;
- f maintain polite enthusiasm.

The role of teaching materials in this method is expected to teach materials consisting of direct supporting materials, especially texts and recordings, and indirect support materials, such as fixed equipment in class and music (Tarigan, 2009: 104). Textbooks should contain emotional power, loose qualities, and folds attract attention. The use of language should be introduced in such a way that it does not distract students from the content of the lesson and does not confuse them. Traumatic themes and lexical material that is not liked or that cause hatred should be shunned (Lozanov in tarigan, 2009: 104).

## Conclusions

Suggestopedia method developed in line with the development of information technology and techniques. This theory is a new learning theory. Thus the application of suggestive methods in learning activities proposed by experts, can and is very suitable to be applied in language learning, especially writing skills. This is in line with the advantages of the suggestopedia method, namely:

1. Providing tranquility and relaxation;
2. Fun or encouraging;
3. Speed up the learning process;
4. Give emphasis to the development of language skills

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