

The Study of Psychological Suggestion in English Teaching in Universities and Colleges

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Abstract-Psychological suggestion is a kind of special way influencing interpersonal communications, and psychological suggestion refers to psychological characteristics of people to accept the influence of wishes, concepts, emotions, judgments as well as attitudes from the outside or other people. According to previous studies it can be seen psychological suggestion can have influence on various fields of people's life in modern society, thus this paper mainly makes an analysis of psychological suggestion in English teaching in universities and colleges based on the current situation of English teaching and learning in universities and colleges in China. The purpose of this paper is to make full use of the characteristics and advantages of psychological so as to improve English teaching and learning in universities and colleges effect. This paper is mainly a qualitative as well as documentary research. It can be resulted from this analysis that positive psychological suggestion can promote English teaching and learning in universities and colleges. In conclusion, positive emotions as well as attitudes can indirectly or directly affect English learning in universities and colleges, so English teachers should make full use of positive psychological suggestion to arouse students' interest of English learning in universities and colleges.

Keywords- *Psychological Suggestion; English Teaching;*

Universities and Colleges

I. INTRODUCTION

Psychological suggestion is an important research field of psychology, and it also has deep influence in various aspects of people's life, including English teaching. Psychological suggestion is a kind of special interpersonal influencing way, and it refers to psychological characteristics of people to accept the influence of wishes, concepts, emotions, judgments as well as attitudes from the outside or other people at the same time. It is a special method applied in English teaching in universities and colleges by making use of its advantages such as language, facial expressions, gestures, costumes, environment, atmosphere etc. on the basis of no resistance to stimulate students' unconsciousness and have influence the English psychology as well as behaviors of students in universities and colleges. From the perspective of psychological mechanism, psychological suggestion can be divided into positive psychological suggestion and negative suggestion, and positive psychological suggestion can have a good effect on emotions and feelings of people, so that they can be full of confidence and make full use of potential ability. Students of learning difficulties has been an important factor to affect English teaching effect in universities and colleges, and learning difficulty is also a huge opportunity

as well as for the overall implementation of quality-oriented education and English education reform in universities and colleges. [3] Therefore, the application of psychological suggestion in English teaching can arouse the interest of students in learning English in universities and colleges and change the internal needs of students so that better English teaching as well as learning effect in universities and colleges can be achieved at the same time. Most students in universities and colleges are not interested in English teaching and their learning effect is also not ideal, so that the effective application of psychological suggestion in English teaching in universities and colleges arouse positive learning psychology and learning interest of students on the basis of respecting personalities of the individual student so that students can develop intelligence and establish confidence in the process of grasping basic English knowledge. Besides, the application of positive psychological suggestion in English teaching in universities and colleges can also improve student's attention memorizing ability as well as promote the development of their imagination and creativity.

II. AN OVERVIEW OF PSYCHOLOGICAL SUGGESTION AND ENGLISH TEACHING

The following is an overview of psychological suggestion in English teaching including definition of suggestion and teachers' psychological suggestion, the mechanism and characteristics of psychological suggestion as well as the importance of applying psychological suggestion in English teaching in universities and colleges.

A. Definition of Suggestion and Teachers' Psychological Suggestion

Suggestion refers to a kind of psychological phenomenon of unconsciousness recreation of the individual to accept certain given by people or environment in an unapparent way. In other words, suggestion means a process of quick influence on psychological state of people in an indirect as well as implicit way, and suggestion can be divided into verbal suggestion and nonverbal suggestion. [5]

Teachers' psychological suggestion means that teachers transmit some information to students such as approval, expectations, trust and so on without consciousness, so that some changes will be made in their psychology such as changing learning attitude, reducing learning anxiety etc., and students will also give some feedback to the teachers in many aspects such as

improving English learning effect, enhancing academic performance and so on.

B. The Mechanism and Characteristics of Psychological Suggestion

As for psychological suggestion, there is description of it in *Dictionary of Psychology* that it uses a kind of implicit and indirect way to have influence on the psychology as well as behaviors of other people. Psychological suggestion will lead to actions of people in a certain way unconsciously or make them accept certain advice or belief without criticism. It can be seen that suggestion refers to people's emotions and concepts in essence so that people can accept others' conscious influence in different degrees.^[6]

In the view of psychologist Pavlov, suggestion is the most simple and typical conditioned reflex of human beings, and psychological suggestion means to replace one's own thoughts and judgment with wisdom of other people that he or she thinks that person is better than themselves. People who are more dependent and less subjective tend to accept suggestion from other people, so that students in universities and colleges are a special group which can be influenced by psychological suggestion. Psychological suggestion can be divided into self-suggestion and hetero suggestion, self-suggestion means that one accept certain concept actively or exert influence on his or her own psychology so that emotions and wills can play important role in English teaching in universities and colleges, and this is also usually called self-regulation of students.^[1] However, the other kind of psychological suggestion is mostly used in English teaching in universities and colleges, it is a kind of psychological phenomenon produced communication and interaction between individual students and others, and others can also have an influence on the emotions and wills of individual student. In other words, the teachers can have certain influence on students' psychology through conscious language and behaviors in order to achieve the expected purpose.^[2] Besides, positive psychological suggestion can promote students' learning and arouse their interest in learning English in universities and colleges, but negative psychological suggestion will greatly reduce the level and speed of knowledge grasping in English class in universities and colleges.

C. The Importance of Teachers' Psychological Suggestion in English Teaching in Universities and Colleges

English classroom teaching is an important means to realize objectives of English education in universities and colleges, and the dull, inflexible, and rigid way of English teaching often exist in many universities and colleges in China from the present situation of English teaching. As a result, the attractiveness of English was reduced so that some of the students in universities and colleges will have a feeling of repression, and there will be a lack of interest in learning English in universities and colleges.^[4] Besides, English learning efficiency of students in universities and colleges will become lower, and they finally became students of English learning difficulties as well. However,

these students in universities and colleges also have a clear understanding that English performance will have a huge influence on their future development. This kind of psychological contradiction will lead to anxiety, inferiority, irritability as well as resistance and other kinds of emotions and feelings in English teaching in universities and colleges so that serious English learning obstacles are caused at the same time. In order to avoid such kind of obstacles, it is necessary for teachers to make full use of positive psychological suggestion to arouse students' interest in learning English in universities and colleges, ease bad emotions and feelings of students as well as improve English teaching efficiency in universities and colleges.^[8]

III. CONDITIONS OF APPLYING PSYCHOLOGICAL SUGGESTION IN ENGLISH TEACHING IN UNIVERSITIES AND COLLEGES

Some requirements are put forward for the application of psychological suggestion in English teaching in universities and colleges in terms of teachers, students, and learning environment.

A. Relaxed and Happy Campus Environment and Classroom Atmosphere

Suggestion plays an important role in unconscious relationship between students and environment, and environment refers to geography, ethics, society, schools, family and so on. Environment affects people unconsciously in different ways, and students' thoughts emotions, behaviors and habits can be also influenced by environment. Therefore, universities and colleges should create a kind of peaceful, pleasant and loose environment for students, and English teachers in universities and colleges should also make use of various materials to provide a relaxed and comfortable learning atmosphere for students at the same time.^[6]

B. Qualities of English Teachers and Students in Universities and Colleges

Personal qualities of English teachers and students are major requirements to apply psychological suggestion in universities and colleges. English teachers play a special role in the process of suggestion English teaching in universities and colleges, because that they are major roles who explore the potential of students and help students grasp English knowledge in a fast speed unconsciously by making use of artistic means in a relaxed and pleasant atmosphere. Psychological suggestion teaching method has higher requirements for English teachers in universities and colleges, thus it is the core problem to strengthen training of English teachers' qualities. At the same time, students must have strong motivation and confidence in learning English as suggested objects in order to improve psychological suggestion English teaching effect in universities and colleges.

C. *Mutual Harmony, Trust and Respect Between Each Other*

The relationship between students and teachers in universities is the most basic interpersonal relationship and it is also one of the key factors determine the education qualities of schools as well. in the classroom of psychological suggestion English teaching, both teachers and students in universities and colleges should show mutual trust as well as respect for each other, and a good teacher-student relationship in universities and colleges can not only have a control of the qualities of unconscious activities, but also it can make students in universities and colleges accept conscious knowledge and unconscious knowledge in a comprehensive way. English teachers in universities and colleges should try their best to win the trust of students and guide that English learning is one of the natural things they should do on the basis of trust so that English learning in universities and colleges will be easier for them.

IV. SPECIFIC APPLICATION WAYS OF PSYCHOLOGICAL SUGGESTION IN ENGLISH TEACHING IN UNIVERSITIES AND COLLEGES

The following part discusses the specific application ways of psychological suggestion in English teaching in universities and colleges including suggestion of language, suggestion of gestures, suggestion of emotions and feelings, suggestion of homework evaluation.

A. *Suggestion of Language*

Language is the basic way of human communication, and it is also an important means to realize psychological suggestion in English teaching in universities and colleges. The key of language psychological suggestion is to provide students psychological support with positive language, thus English teachers in universities and colleges should use proper language to give students psychological suggestions. English teachers in universities and colleges can give students psychological by making full use of tone qualities, volumes, pitches of tones, speed, rhythms and so on. This can not only assist the expressions of language, but also it can make teachers' language accurate and vivid so as to exchange ideas with students and enhance the appealing power of English teaching in universities and colleges.^[10] In this way, they can attract the attention of students in universities and colleges, especially students of learning difficulties. For example, teachers in universities and colleges can slow down their speed when are explaining general English knowledge in classroom, and they can also make use of rising tone to draw the attention of students in universities and colleges. Besides, English teachers in universities and colleges should also use more relaxed and encouraged language in order to help students gain confidence in learning English in universities. For example, "Excellent!", "you have done a very good job!" and "superb" should be frequently used in English classroom teaching in universities and colleges, and such kind of language psychological suggestion can give them a kind of pleasant feeling and arouse their interest in learning English. It is clear that college English teachers

do not use appraisal words for students from the below chart.

Frequency	Good!	Excellent!	Superb!	Good job
	20%	10%	2%	35%

B. *Suggestion of Gestures*

Gesture is also known as body language, which refers to the signal system expresses meanings with body movements, and it includes expression in one's eyes, facial expressions, postures, space distance between bodies and so on. Gesture psychological suggestion means that English in universities and colleges can give suggestions to students by making use of eye contact, facial expressions, postures, movements and other gestures in order to control classroom teaching and encourage students in English learning in universities and colleges. In English classroom teaching, English teachers should also observe the response of students with learning difficulties in a timely manner when they are asking questions to students in universities and colleges, especially those simple questions. Behaviors and facial expressions are important means for English teachers in universities and colleges to give gesture suggestions for students. For example, they can nod or give thumb-up gesture in affirm the progress of students, especially students with learning difficulties. They can also pat students' shoulders and touch their heads slightly so as to give them encouragement as well as care and love.^[9]

C. *Suggestion of Emotions and Feelings*

Studies of psychology show that the first factor which has influence on people's psychological dominated system is people's internal emotions and psychological state. English teaching effect is closely related to the emotions and feelings of students in classroom in universities and colleges. If the grasp and regulation of emotions as well as feelings of students in English classroom teaching in universities and colleges, English teaching efficiency will be influenced to a large extent, and other kinds of activities of English teaching in universities and colleges cannot be carried out at the same time. Therefore, psychological suggestion in English classroom teaching in universities and colleges also has the task and function of emotional induction, and the purpose of emotional induction is to promote the formation of positive psychological state of students in universities and colleges to learn English. Positive psychological state can make students in universities and colleges full of optimism and confidence so that they can welcome difficulties as well as challenges actively in the process of English learning. As a result, teachers should be good at making use of English classroom atmosphere and various motivative means to stimulate emotional experience of students in English learning in universities and colleges.

Students' English Proficiency	Listening and Speaking	Reading	Writing
Before	C	C	C
After	A	B	A

D. Suggestion of Homework Evaluation

Homework is a necessary means to check the learnt English knowledge of students in universities and colleges, and it is also a kind of feedback of students' learning situation of English as well. The teachers should make evaluations of students' English homework in universities and colleges, which is a response to this kind of feedback. Teachers should also pay attention to the influence of different ways of evaluations on students in the process of evaluating homework. Proper homework evaluation ways can give students positive psychological suggestion in English learning in universities and colleges, and homework evaluations should also be made according to the characteristics of students in universities and colleges. They evaluations standard of better performed students should be strict, and they should also not give too much evaluations to students with learning difficulties so as to avoid reducing their interest as well as confidence in learning English in universities and colleges.

In a word, the application of psychological suggestion in English teaching in universities and colleges has been permeated in various aspects and English teachers in universities and colleges should also keep on studies as well as explorations in daily English classroom teaching on the basis of characteristics and personalities of students in universities and colleges so as to realize a better English and learning in universities and colleges.

V. CONCLUSION

In conclusion, both theories and practice have proved that psychological suggestion teaching is a kind of relaxed, pleasant English learning method full of fun, and it can make English learning of students in universities and college become a kind of enjoyment at the same time. Proper application of positive psychological suggestion in English teaching in universities and colleges can greatly arouse students' interest in learning English in universities and colleges as well as make full use of students' potential in learning English. At the same time, students' attention, emotions and feelings, interests, personalities and other nonintellectual factors can be developed in a better direction, and their comprehensive qualities can also be cultivated and improved as well. Therefore, English teachers in universities and colleges should make full use of positive psychological suggestion in order to promote English teaching in universities and colleges in China.

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