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## **HYPNOPEDIA AS A WAY TO LEARN NEW FOREIGN WORDS**

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**Relevance.** In the era of globalization, when the English language proficiency is a vital skill for a wide range of specialties, people strive to enhance their efficacy of learning new foreign words. Therefore, hypnopedia seems to offer a new and helpful tool to achieve that goal.

**Aim:** the main aim of the research project is to determine the efficacy of learning new foreign words by the method of hypnopedia in comparison with traditional methods of memorization.

**Materials and methods.** In the course of the study I used the method of deep analysis of web pages and carried out the experiment on the basis of hypnopedia method. This method suggests learning while falling asleep. 22 students were asked to take part in the experiment and were divided into 4 groups, each employing the unique mode of learning. The two first modes involved only reading either Russian-English or English-Russian cards of lexical minimums developed by the Department of Foreign Languages, which consisted of 20 items, before going to bed. Besides reading, the two remaining groups were listening to the audio recordings of the lexical minimums.

**Results and their discussion.** The participants were divided into 4 groups: Group 1 (English-Russian Reading), Group 2 (Russian-English Reading), Group 3 (English-Russian Listening), Group 4 (Russian-English Listening). 88% of participants in G3 and G4 were listening to the recordings of my own voice, while the 12% left were listening to their own voices on the recordings. I analyzed the results by following parameters: average time of complete memorization (4 days, 3.33 days, 2.375 days and 2.625 days for G1, G2, G3 and G4 accordingly), percentage of participants which learned all 20 items after the 1<sup>st</sup> night (0%, 0%, 12.5% and 0% for G1, G2, G3 and G4 accordingly), percentage of initial number of participants which learned all 20 items after the 2<sup>nd</sup> night (33.3%, 33.3%, 62.5% and 37.5% for G1, G2, G3 and G4 accordingly), percentage of initial number of participants which learned all 20 items after the 3<sup>rd</sup> night (0%, 33.3%, 12.5% and 62.5% for G1, G2, G3 and G4 accordingly), average number of items learned after the 1<sup>st</sup> night (13.83, 15.5, 17.44 and 16.69 for G1, G2, G3 and G4 accordingly).

**Conclusion:** since listening groups significantly surpassed the reading ones in the most of the parameters, I can conclude that hypnopedia has substantial efficacy as a method of memorization. It can be noticed that G3 was more productive than G4, what shows that it is easier to learn native language equivalents of foreign words than vice versa. The absence of that correlation in G1 can be explained by the small amount of participants. It is also worth noting that participants which were listening to their own voice didn't show better performance, thereby the technique of listening doesn't influence the effectiveness of memorization in the process of learning by the method of hypnopedia.