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THE EFFECTIVENESS OF USING SUGGESTOPEDIA METHOD TO INCREASE STUDENTS' SUPPORTING DETAILS OF READING COMPREHENSION IN LEARNING ENGLISH.

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Abstract. Getting information through reading activities becomes one of the most important ways. Reading is the most important skill for students to learn, because their success or failure in school or in society depends on their ability to read. Reading involves an interaction between a specific type of text or written material and a reader who has a purpose for reading that is related to the type of text and the context of the reading situation. Understanding reading material needs a specific reading strategy. The strategy should facilitate the comprehension of the students who want to read effectively. One of the techniques which can be used is Suggestopedia. suggestopedia is a teaching technique which is based on a modern understanding of how the human brain works and how we learn most effectively.   This technique on reading comprehension is designed to give students the learning environment relaxed, subdued, with low lighting and soft music playing in the background.
Keywords: reading activities, strategy, suggestopedia technique.

Introduction. One of the English language skill that need to be mastered by the students is reading, which may lead learners of English as a Foreign Language enriching their knowledge. Having a good understanding of reading English text may trigger learners to get better information especially broadening vocabulary, strengthening the knowledge of grammar, comprehending text, and knowing kinds of text by reading intensively and continuously.   Reading comprehension is the process of making meaning from the text in order to understand of what is described in the text. To comprehend the text, the students must be able to construct the meaning internally from interacting with the material that is read. Some students in learning English get some difficulties in comprehend the text, more specifically comnprehending descriptive text for students .Descriptive text is atext which describes what aperson, place, animal or athing is like and the generic structures of descriptive text are identification and description.Related to the method suggestopedia, Harmer (2001:89), Suggestopedia is a method that have a physical surroundings and the classroom atmosphere. The students can be relaxed, having fun, and comfortable in teaching learning process. Suggestopedia is a teaching method which was developed by a Bulgarian doctor and psychotherapist, Georgi Lozanov. It is involvet physical activities, educational, artistic and musical, and students must be comfortably relaxed in learning process by soft music or classical as the background

Review of studies:

Suggestopedia is an old method but still has good impact on teaching and learning process. It was developed by Bulgarian doctor psychotherapist and educator, Georgi Lazanov (1982: p.32) said that suggestopedia help learners to eliminate pshychological barriers in learning. The learning environment is relaxed and subdued, with low lighting and soft music in the background where the students just relax and listen to them being read and later playfully practice the language during an "activation" phase. From the idea of suggestopedia, the classroom environment will be set playfully and enjoyable during

the learning process. Harmer (2001) put more intension on learner's desire in learning and believes that music can stimulate learner's desire engage in learning, since it addresses emotions and meanwhile allows the brain to analyze its effect. A piece of music can change the classroom atmosphere and initiate a new activity, while establishing a connection between relaxation and learning (Harmer, 2001). Furthermore Venkanna & Glorry, (2015: p.130) added that the effect of physical surrounding and pleasant atmosphere of the classroom can make the students relaxed, confident and comfortable in reading the text because they do not feel under pressure to learn in the classroom. The purpose of this method is to make the students relax and 61 enjoy during the learning process. Music in the learning process background helps to make students focus and concentrate to the material.

Suggestopedia is a teaching strategy which is based on a modern understanding of how the human brain works and how we learn most effectively. It was developed by the Bulgarian doctor and psychotherapist Georgi Lozanov who believes that Learning is a matter of attitude, not aptitude. The term 'Suggestopedia', derived from suggestion and pedagogy, is often used loosely to refer to similar accelerated learning approaches. It was originally applied mainly in foreign language teaching, and it is often claimed that it can teach languages approximately three times as quickly as conventional methods. It is a set of learning recommendations derived from Suggestology, which Lozanov describes as "a science concerned with systematic study of the non-rational and/or non-conscience influences" that human beings are constantly responding to. It also draws insights from both yoga and the Soviet psychology. It, from yoga, draws the importance of relaxation of mind for maximum retention of material. And, from Soviet psychology, the idea "all www.ijellh.com 130 students can be taught the given subject matter at the same level of skill" is drawn (Richards J.C. and Rodgers T.S., 1986). It, an innovative strategy of ESL/EFL language teaching and learning, helps learners eliminate psychological barriers to learning. The learning environment is relaxed and subdued, with low lighting and soft music in the background where the students just relax and listen to them being read and later playfully practice language during an "activation" phase. The effect of this way, the students might feel relax in reading because they do not feel under pressure to learn in the classroom. When the source of text is narrative, the students might enjoy reading the text by having a comfortable classroom setting by hearing the back sound music related to the story and the interesting activity during the reading class (Lozanov, 1982: 32). Three treatments which become a source of this innovative strategy such as- music, relaxation and suggestion - are defined as follows (Lozanov, 1982: 32):

a) Music: Background music (Baroque / Classical music)

b) Relaxation: Progressive Muscular Relaxation exercises were conducted for 5 minutes at the beginning of the lesson suggested by Davis, Eshelman and McKay (1995).

c) Suggestion: one direct verbal suggestion (e.g. "Learning will be easy for you today", Schuster and Gritton, 1986).

Suggestopedia adopts the following four main stages as follows (Lozanov, 1982: 32)

a) Presentation: A preparatory stage in which students are helped to relax and move into a positive frame of mind, with the feeling that the learning is going to be easy and fun.

b) First Concert - "Active Concert": This involves the active presentation of the material to be learnt.

c) Second Concert - "Passive Review": The students are now invited to relax and listen to some Baroque music, with the text being read very quietly in the background to bring students into the optimum mental state for the effortless acquisition of the target language.

d) Practice: The use of games, puzzles, etc. to review and consolidate learning during the classroom process.

Key Elements of Suggestopedia

According to Stevic (1980: 112) and Jack C. Richards and Theodore S. Rodgers (1986), some of the key elements of Suggestopedia include: www.ijellh.com 131 a rich sensory learning environment is needed because the students might feel

- better when the teacher include several pictures, statues and even flowers in the classroom setting. a positive expectation of success

- the use of avaried range of strategies: dramatized texts, music, active participation

- in songs and games, etc. the suggested background music should be adopted according to the theme of the

- lesson taught. The use of supplementary texts for making language learning interesting and

- meaningful is by. The themes, environment, objects, and stories focused in the textbook may take

- learners to an imaginary world. Instead of relying upon the child imagination totally, suggestions can be provided

- by way of images, music etc. the use of music to get students sit back and relax and to enhance the power of

- mind.. The teacher plays a central role and s/he is the source of all information.

Rationale of the study

In Hawkins's view "learning collaboratively helps perform better through independent understanding and also with others precedes and shapes development". Acquisition may occur in the second/foreign language classroom transaction when communication is emphasized through discourses (dialogues, role-play, play of music, setting, etc), through focused input and focused practice (Krashen, 1982). According to Stenhouse, Tharu, and et al, the classroom processes have to be meaningful, flexible, adaptable and relevant rather than doing step 1 and step 2 and step.3, etc. Additionally, the classroom (transactional) processes should bring about changes in learners, and help learners with the process of how to learn (Rogers, C. 1983).

Like Community Language Learning and the Silent Way Method, Suggestopedia is an innovative method that promises great effective language learning results and by using this strategy one can teach languages approximately three to five times as quickly as conventional methods (Lozanov). Hence the use of suggestopedic techniques can initiate higher success and greater productivity in language learning process. by emphasizing both mental and physical relaxation, and making learning a joyful experience. An experienced professional language teacher always adopts an eclectic approach that selects from all www.ijellh.com 132 techniques and applies the most appropriate strategies based on learner's specific objectives, learning styles and contexts. Therefore the purpose of the present study is to assess the effectiveness of Suggestopedia on the reading comprehension abilities in English at secondary level.

Objectives of the study:

The following are the few objectives of the present study. They are:

1. to enhance Reading comprehension levels of English.
2. to enhance learners' language abilities in English.
3. to enhance effective performance levels in English.
4. to enhance effective classroom processes.

Characteristic of Suggestopedia

Richards and Rodgers suggested four characteristics of suggestopedia (1999:p.142) as follows:

a. Decoration: it involves teacher's creativity to decorate classroom with different situation while teaching and learning process is going on to attract the students' attention during the process, by putting the wall-picture or poster related to the teaching materials.

b. Furniture: it is used to help students having feeling comfortable like arranging table, chair, lamp, whiteboard, and many other interesting things in the classroom.

c. Arrangement of the classroom: the students can arrange their chair of the classroom to make them not easy to get bored, and more interesting.

d. The use of music: it can help students to relax by listening some Baroque music as a therapy in suggestopedia method. Classical music aids in the creation of a positive emotional response to the program of memorization in learning process, and bring students into the optimum mental state for effortless acquisition of material.

Technique of Suggestopedia

Diane Larsen-Freeman (2000: p.113) proposed technique and classroom set-up of suggestopedia as follows:

a. Classroom set-up: to create the class cheerfulness an positive mindset.

b. Peripheral learning: to provide students with grammatical information from decoration, and exposed themselves in the process of teaching and learning in the classroom.

c. Positive suggestion: The teacher has responsibility to arrange the suggestive factors in learning situation with tell a positive suggestion like tells students are going successful. It is make them get believe in her/his self and relax without pressure in the learning process.

d. Choose a new identity: students choose a target language name and occupation to have an opportunity to develop a whole biography about their fictional selves.

e. Role play: asked students to pretend to be other character to create their own lines in target language.

f. First concert (active concert): teacher gives a dialogue in order to create students; attention on grammatical, words, structure of the text by reading aloud with diverse intonation.

g. Second concert (passive concert): In particular, fulfills Williams in passive concert the students are creating their fantasy with closing their eyes: a comfortable, quite place, and instruction of teacher with a pleasing voice by slow-paced presentation.

h. Primary activation: The students playfully reread the target language dialogue out load, as individuals or in group.

i. Creative adaptation: The students engage various activities designed to help them learn the new material, to review and consolidate the leaning. The activities include singing, dancing, dramatization, and games which students just only focus in the communicative intent do not focus on the form of the linguistic message.

Suggestopedi in Teaching Reading Comprehension

The use of suggestopedia in teaching and learning reading comprehension is much needed in correlation to encourage students' mental potential to learn while having relaxed situation of learning in the classroom. The students can get a better understanding in learning the lesson easily. Using music while teaching and learning process can make the students easi to gain the knowledge. The effect of suggestopedia method in teaching reading comprehension are as follows:

a. Teacher should arrange the classroom such as the students' chair, desk, the classroom decoration and the condition of the classroom.

b. Before come to the class, all tools that will used by the teacher should be prepared.

c. After the classroom has been arranged, the teacher should make sure the students that they are ready to study.

d. Before going to the material, the music was played by the teacher. Also, teacher asked students to relax, calm and enjoy the music.

e. Teacher give the material with some activities in suggestopedia method such as role play, games, etc, related to the reading comprehension.

f. While doing role play or games, teacher may play the music with the lower sound.
Conclusion:

Based on the analysis and discussion that have been carried out, the use of the suggestopedia method is effective for students who have difficulty writing descriptive text. This can be seen from the increase in student scores after being given treatment using the suggestopedia method. Furthermore, it is expected that teachers can use this method to improve the difficulties students face related to learning difficulties. In addition, the suggestopedia method is expected to be an alternative in selecting learning methods in teaching and learning activities in the language learning classes.

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