

THE ROLE OF ATTENTION IN LEARNING LANGUAGES

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Abstract: Learning languages is not effortless work and it takes much time, different skills, learning positive environment, long attention span and so on. Many studies have demonstrated that attention is a core part not only in learning but also every day routine, too. Nowadays, there are many distractions that influence to our attention in the activities such as reading, listening, writing for the EFL learners. By working several hours without distraction students may achieve high results. This article aims to discuss the role of attention in language learning.

Keywords: learning languages, attention, distractions, deep work, consciousness.

Introduction.

Attention is the state of being alert in a direct position or we can say that attention span is the core thing in learning languages and doing other things. If you do not pay enough attention to grammatical structures, in reading to new words its context, in brainstorming in writing, or reading any book for extensive purposes you cannot achieve the result that you endeavour to. For example in reading a book if you will not be enough attentive, you cannot get the full meaning of the reading passage.

On the other hand, there are many distractions that interrupt you while learning process. Mobile phone, the internet, social media, friends, demotivation and etc. are some types of distraction that each learners has during this study period. People learning something may easily will be disturbed by music outside, calls from their friends, or from the new message on social media, otherwise from being tired, bored of reading and learning .

Actually, what is attention? How we can improve our concentration in doing one activity in a long term of time? This article discusses this kind of questions to find out the significance of attention in learning languages, and attention span of various ages of humanity.

Literature review.

Both a state of alertness and a method for resource allocation, attention prioritizes sensory data in order to focus attention on the most crucial inputs. According to the model of attention, various but interconnected brain networks are in charge of attentional processes such as vigilance and alertness to create and sustain a mental state. Executive control of attention (hence referred to as attentional control) for the deployment, coordination, and regulation of our finite attentional resources, orientation to and selection of target stimuli or locations for optimal processing, and attentional

control readiness.[1] While controlling the attention the consciousness of actions are controlled and being awake while doing any work or study is called attention.

It is believed that attention mediates, but does not mediate grammatical ability, between statistical learning and language skills like receptive vocabulary [2]. As you study the attention gives the feeling or consciousness to you mind that the knowledge, new information is being received. Without awareness and attention you will not understand what is coming to your brain. Now, let's see this attention in the case of listening and speaking. In order to understand speech in difficult listening environments, attention is a cognitive process that connects bottom-up sensory input with identification and perception. Our focus serves to alert and orient us to the timing and location of interesting stimuli. arise in our surroundings. Additionally, it enables us to keep track of current activities or inputs and concentrate on what is most crucial while squelching unimportant or conflicting inputs [3]. According to another study, another important element in creating and maintaining visuospatial associations in memory may be attention. When performing a visual search for complicated stimuli, attention is crucial, and it is likely that various visual characteristics must be bound together into an integrated memory representation visual focus, in line with the theory of feature integration.[4] The spotlight model is the first these concepts to emerge in the literature. William James' writings, in which he defined attention as containing a focus, a margin, and a fringe, served as the basis for the phrase "spotlight." The geometric center of the focus, which collects information from the captured image with great resolution, is where visual attention is focused. The center is surrounded by the fringe of attention, which gathers data in a far more primitive way (i.e., low-resolution). The cut-off is referred to as the margin, and this fringe extends to a specific region. The zoom-lens type, the second design, was initially presented in 1986. The focus, fringe, and margin of this model are all inherited from the spotlight model, but it also has the additional property of shifting in size. The zoom lens one may see on a camera served as inspiration for this size-changing mechanism, and any change in size can be explained by a trade-off in processing efficiency [5]. Visual concentration plays an essential role in working attention. By looking at one thing several minutes you may check your attention how much time is your attention can proceed. By looking to a point 3-4 minutes each day you may increase your attention scale each day. Recent findings further imply that attention, by directing and concentrating learning processes, may be a crucial component of unsupervised learning architectures the training procedure in which advance supervision is not provided.[5]

According to [6] the role of attention is was looked through different ways and concluded this survey in 8 points;

1. Real-time attention
2. Stand-alone attention

3. Model distillation.
4. Attention for interpretability
5. Auto-learning attention
6. Multi-instance attention
7. Multi-agent systems
8. Scalability.

Nowadays e-books lessons on the you tube or learning applications are used but anyway the paper book is preferred while learning or reading a book, the main cause of istractions such as messages from the friend or new publications on social media can attract learners while learning via e-books and online lesson. So that it is preferred to study with books and start to learning process in the morning and in the same time each day by learning each day you will create a habit of learning in the morning without distractions.

Furthermore, some students try to do two tasks at once that make their attention weaker, as paying attention to several actions at once will be complex task for our mind.

Conclusion.

Counsciousness, awareness and attention plays a big role in the learning process as without being counsious and attentive during learning process studnts cannot get the high or needed results in their life, or learning process can be procede for long time. Bbeing attentive is core part in learning processes, while learningit is preferred to not use social media or switch off the TV and in the empty room by being confident and aware of skills that is learned.

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