

## OVERCOMING BARRIERS IN LEARNING READING SKILL AND METHODS OF IMPROVING READING SKILL

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### ANNOTATSIYA

Ushbu maqolada o'qish ko'nikmasini o'rganishdagi to'siqlarni yengish va o'qish malakasini oshirish haqida yoritib berilgan. O'qish ko'nikmasi tinglash, gapirish va yozish ko'nikmalariga qaraganda, qiyin ekanligi hammamizga ma'lum, ammo uni o'rganishda yangi va oson metodlardan foydalanish haqida ushbu maqola orqali ko'proq ma'lumotga ega bo'lishingiz mumkin.

**Kalit so'zlar:** o'qish ko'nikmasi, innovatsion metodlar, o'qish ko'nikmasi haqida tadqiqotlar va tadqiqotchilar fikrlari.

### ABSTRACT

This article highlights how to overcome obstacles in learning to read and improve reading skills. We all know that reading skills are more difficult than listening, speaking, and writing skills, but you can learn more about using new and easy methods to learn it through this article.

**Keywords:** Reading skills, innovative methods, studies, and researchers' opinions about reading skills.

### АБСТРАКТ

В этой статье рассказывается, как преодолеть препятствия в обучении чтению и улучшить навыки чтения. Мы все знаем, что чтение сложнее, чем умение слушать, говорить и писать, но из этой статьи вы можете узнать больше об использовании новых и простых методов его изучения.

**Ключевые слова:** понимание прочитанного, инновационные методы, исследования и мнения исследователей о понимании прочитанного.

### INTRODUCTION

This article provides information on how to improve reading skills for children of all ages and what students should focus on. I will try to answer the question "What is Reading Comprehension?" Reading Comprehension allows us to understand what a small text is about, what knowledge students can get from it, and what vocabulary is used through the text. According to OCED's views on reading for development, the Program for International Students Assessment (PISA): "Reading is more important for success".

In fact, to achieve success, in person must work tirelessly and study hard. There is a golden wisdom of our ancestors about this, that is, "The result of our work is from God".

### METHODS

This article describes methods for developing reading skills. There are many strategies and methods of improving reading skills. For example :

7 strategies to improve your reading comprehension skills :

- Improve your vocabulary.
- Come up with questions about the text you are reading.
- Use context clues.
- Look for the main idea.
- Write a summary of what you read.
- Break up the reading into smaller sections.
- Pace yourself.
- Eliminate distractions.

You can improve your reading abilities by following these steps:

- **Highlight.** As you read, highlight important information, so that you can find it again later. ...
  - Write in the margins. Annotate your text with comments, questions, examples, and more.
    - Read out loud. ...
    - Explain what you've read to someone else. ...
    - Test yourself.
    - Develop a habit of reading daily.
    - Set specific goals for your reading.
    - Review the texts beforehand.
    - Try to understand the purpose.
    - Use different reading strategies.
    - Take notes as you read.
    - Summarise what you read.

Practice is one of the best ways to improve your skills. Practice will ultimately help you develop your reading skills, and you can set aside 10 to 15 minutes each day to read. If you practice your reading skills, you can read news articles, fiction, magazine issues, or any other type of text.

Practise reading texts quickly: you can time yourself. For example, give yourself 3 minutes to read 300 words, then give yourself 2 minutes to read 300 words, then try in 1 minute. You can repeat this idea with the same text at first, but then try it with different texts as you get better at it. Don't freeze.

There are four types of reading skills that every reader should know:

1. skimming,
  2. scanning,
  3. intensive reading,
  4. speed reading.
- Skimming is a technique that allows you to quickly read through a text and pick out the main ideas.
    - Scanning is reading rapidly to find specific facts.
    - Intensive reading involves learners reading in detail with specific learning aims and tasks.

- Speed reading is a skill honed through practice. Reading a text involves comprehension of the material.

### **Results and Discussions**

If we follow the strategies and techniques above, we will see how our reading skills improve. Enhanced cognitive abilities: Regular reading skills can help improve your concentration, memory, and critical thinking skills. In addition, factual knowledge enhances cognitive processes like reasoning and problem-solving. We all know that reading is good for us. It can improve brain and memory function and keep your brain operating more effectively as you age. Reading also enhances connectivity in the brain, reduces stress, promotes relaxation, improves sleep, and has the potential to decrease the likelihood of developing Alzheimer's.

Reading makes us better thinkers by improving our critical thinking and problem-solving skills, boosting our general and specific knowledge and developing our social and communication skills. Research shows that regular reading can lower blood pressure, reduce stress and improve sleep quality. Researchers have also found a link between reading books and longevity; reading keeps your brain active and promotes mental and emotional fitness.

### **CONCLUSION**

In conclusion, you can learn reading skills very easily through this article. You can only learn by following the above methods and strategies. I pray that you make the most of every moments of your life and teach others what you have learned because it is Allah who gives and takes away everything. May Allah increase your knowledge.

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