

## Management Education – The Psychology of the English Language. The Importance of the Sport, in Learning a Foreign Language

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### ABSTRACT

It's normal and important to understand the role of the applied linguistic in everyday life.

It's an important rule to understand the role of the educational psychology of the foreign language learning.

You find many difficult phases in this study according to the age and culture, according to the place where you live.

To understand the process of the L2 learning, as foreign language, it's something that needs a special attention in psychology.

Psychology is the part of the rule that manages the whole life. There are aspects of ourselves that must go together in inner Self life and external life.

A professor must have the average knowledge about the psychology of the person. If you don't apply the teaching with psychology, you can't have the minimum and the top results in your students.

There are awareness concepts in the teaching process, it's the result of the going on in the ability adaptation of the mind, in memorization techniques.

It's particular to understand that the memorisation techniques are difficult steps to obtain.

It depends on the age the ability to learn a language quickly; it means it's an easier process in children; young teenagers are surely trained at school so they can get good results; adults are not so strong in memorization if they are far from studies processes that activate the mind in a properly way training in order to learn a foreign language.

In all these processes is very important the practice of sport, because of the mind improvement steps.

**Keywords:** Psychology, Education, the Psychology of the Education, Foreign languages, English language as L2, the Education of the Psychology, Brain processes, sport and learning languages.

### INTRODUCTION

To teach a foreign language as L2 is a difficult task, according to the culture education and country of the student. It means that you must consider the background of the life and the country where he or she lives, to understand what it's the difficulty in learning a foreign language.

For example, if you teach to Italian students a foreign language it means to face much more problems in learning than other European country. Italian government system doesn't support in having a good study method in primary or secondary schools programmes, and it's not better in higher education.

Italy is one of the worst countries in the knowledge of the foreign language learning.

Educational psychology is one the most important branch regarding the principles of the psychology in the foreign language management education.

To distinguish a professional teacher is the knowledge of the psychology, the inner self processes in a student and the self-motivation that can develop in a person.

Student motivation is very important in every learning in life, above all in foreign language learning as L2. After that motivation becomes passion, it really means the study of the foreign language. You must arrive at this point, to start an inner self process that can bring to an improvement of inner Self energy, that helps in memorisation process.

## The Psychology of the English Language

My experience in research as foreign language professor has got important results in teaching foreign languages as L2.

Teacher must mediate a class balance comprehension of the language that can be a relaxing environment where students can express themselves without the fear of the speaking skill.

It's very difficult to create this class conditions and motivations, above all when you have adult and professional students.

To teach English language as L2 is easier with foreign students than Italian students.

When you teach English you can achieve not so difficult goals results if you have high students motivation, above all in getting different levels of the language.

It becomes much more complicate when you have to teach not only standard English but professional English courses that require special terminology abilities to get professional job skills.

When you have primary school students they have very open mind abilities to memorize the foreign language; if you have secondary school students you find much more difficulties in the memorisation abilities; and when you have adults students you find more delay in memorisation if they don't normally do a kind of job that could be far from memorisation activities. That's above all for people that left studies time ago and they do only technique jobs.

It becomes much more difficult if you have to teach other languages as German, French, Spanish, or more complex languages as Russian, Arabic, Japanese, Chinese, etc.. Above all if you are not used to learn a foreign language at school it's hard task later in further studies.

When you teach a foreign language you must teach the 4 skills, i.e. listening, speaking, reading, writing, in a balanced way; all these four skills interact each other, and they need to work together, to get a good level of the foreign language.

The most difficult skills are speaking and listening, and they can get a good knowledge in interaction abilities reinforcement. They have to train these 2 skills in a powerful way with method and technique weekly, with no breaking period, above all when you are in the level A1-A2 of the language. It means it's much more difficult to maintain the level of the language.

When you are at the level B1 or B2 of the language you can maintain the level of the language easier than the first 2 levels, because you achieved a good knowledge of the language.

English is a West Germanic language. The first group of West German dialects, i.e. *Ingvaemonic*, that are northern west Germanic languages as Old Frisian, Old English and Old Saxon, was brought by Anglo-Saxon in the 5th century, so called Old English. Then we can distinguish Middle English in the 11th century and Modern English in the late 15th century. 1

When we speak about the psychology of the language, we mean about psycho linguistics, where the psychological and linguistic facts go together. To study a language is a brain process and it means the investigation in previous years life where the learning of the language is easier than adult age.

When the study of bilingualism is part of this process investigation. 2

Psycholinguistics is part of the cognitive psychology, that is very important part of the research process, and this is the meaning of the discovering how the brain processes work. 3

Cognitive psychology looks at mental perception, memory and information processing.

In psycholinguistics you can find processes about language learning, concerning linguistics, phonetics, semantic, education etc.

In the psychology of the English language you must take care about the psychologic aspect of the person any time you teach.

The only way to have comprehension about a very good teaching methodology is to study the inner self of the person, and to express the best care about your students, as pearls that must be pure. The task of the teacher is to succeed in the training of the education.

## **The importance of the sport in studying a foreign language**

The psycholinguistics is part of the mental aspect of the language and speech, all connected with the brain. And it's also linked to the cognitive science. In the psycholinguistics, phonetics, semantics, and processes that work in neurolinguistics, that is related to brain processes. So it has its origin in Linguistics and Psychology. There are important points to analyze in the psychologic point of view in a student. In order to help him/her in the growing of the personality, so you must take care about this psycho physic health.

The psychology is the most important element you must consider to have good teaching and learning.

The importance of the sport in learning a foreign language is a priority element in order to succeed in psycho physic result.

According to some important researches that the Fijlkam Federation President of the Karate in Sicily, Dr. Mallia Giovanni, during his speaking reported at the Event *Convegno sulla giornata mondiale sull'autismo*, in Gargallo Institute in Syracuse, on 2nd April, 2019 as following:

the cortex of the frontal lobe, that is in the anterior the cerebral hemisphere, has got an important role in the individual behaviour; besides, it includes the primary motor area, that controls voluntary movements. The cortex parietal, that is in the upper part of the hemisphere laterally, takes care about of the knowledge of the body, processing of the spatial data and gestural control; so it includes the sensory area that receives the skin information.

The temporal cortex, located laterally, under the parietal cortex, takes part at various brain functions, taste, smell, hearing, language, memory and vegetative life, and visceral functions, the occipital cortex, in the back of the hemisphere, incorporates the visual area, the receive and analyze, the information that comes from eyes. Around all these areas and in the spaces between one and another one, there are associative areas which allow the coordination of basic functions, for example the perception and the simultaneous pictures and sounds. 4

So it emerges a correlation between thickness of cerebral courtship and intelligence in childhood. That's what Dr. Biggio Giovanni; President of the neuro psychopharmacology Italian company said that in children with superior intelligence the development of the cerebral cortex resulted faster than those children with average and high intelligence. The thickening process between seven and eleven and that of thinning between twelve and nineteen so it's faster in children more gifted.

Various diagnostic investigations allowed to calculate the age in which the cortex reach the maximum thickness during the development process, i.e. 5.6 years in the children with average intelligence, 8.5 years in those with high intelligence, and 11.2 for young with superior intelligence.

So the evidence result that the learning in 2 and 3 years old children it depends on the progressive thickening of the cortex, that makes them more receptive in assimilating more information.

And this is because the tone of the teen mood is very unstable; they easily change in the exaltation and good mood and then depression and strong insecurity. This is because of hormones and special cortex areas are not stabilized. So then at 16 and 17 years old there is a progressive reduction of the cortex, because the brain gets to understand which are the own attitudes, predispositions and preferences in the different life areas. 5

So at the end Dr. Mallia Giovanni, underlines how important researches demonstrate that sport is the most important activity for the mind. It trains not only the body but the brain too.

So the Columbia University Vagelos College of Physicians and Surgeons says that who can do sport old or young but in steady way with aerobic exercise, you can raison and solve problems in a better result. The researcher Stern Yakooov sees that executive functions are in the top point at the age of 30 then there is a

coming back. But all this can be modified if you train the body that you can arrive at the old age with a good mind balance. 6

Dr. Mallia Giovanni underlines, how some important researchers published in the Emotion journal, the importance of the zen meditation in the growing of the cortex and the reduction of the pain perception. 7

So he concluded that all people and above disable people as in the autism can get important result in all the brain working thanks to this increasing of the cortex.

In fact in my professional activity as yoga teacher and martial art teacher the role of the meditation is the daily resource in all life activities.

So when you study a language is very important to practice steady a sport, because it helps the growing of the cortex and it brings to an improvement in the working of the mind.

Young or old students normally practice daily aerobic sport they bring to a good step forward in their activity memorization. The mind answers to training, it's like gym training, when you train the body you need time to get good performance, and it's the same with mind.

In my research studies due to my professional experience as linguist above all in teaching foreign languages, as English, German, French, Russian, Sanskrit, etc. 10 students on 100 they reach good abilities skills only if they are trained in mind and body, and they must do big effort in learning if they don't use the mind in the work life.

The English teaching is the most important goal in order of the requests, then you have other languages possibilities, but it's very important to learn English according to European Council and A.L.T.E., and practicing a sport activity, in order to produce good results in the cortex, to produce good results in learning a foreign language.

The process of memorization has got daily training, and it's a strong help to practice a Karate do Shotokan martial art or yoga disciplines, that they teach how to succeed in mind processes. You need to learn the coordination about mind and body to get union in spirit too.

You have to face difficulties of the concentration, when you study for example English language, and you lose so much time in looking for this goal, that becomes more difficult.

I see students to acquire more concentration and good performance in foreign languages after having a good activity in sport.

In my professional experience research when I teach a foreign language, in the same week I teach karate and yoga at the same students, the result is that I can get a very big improvement from them. But one of the most important training in all this work is the determination that brings to get goals in life.

Because I must teach this duty to train oneself; the determination is the art of the life, no other can give the same results, because if you abandon a project in life, you have lost. I add so passion for the study of the foreign language that is another element I always teach during my classes. My students learn a foreign language applying the visualization of positive subjects; it develops in their mind the final result of positive in the daily life.

## CONCLUSION

In conclusion, I agree with the speaking of the Fijlkam Federation President of the Karate in Sicily, Dr. Mallia Giovanni, during the Event *Convegno sulla giornata mondiale sull'autismo*, in Gargallo Institute in Syracuse, on 2nd April, 2019. He underlines that doing sport can improve the thickness of the cortex brain, and it brings psycho-physic wellness, self-esteem, self-awareness, and so all functions in learning foreign languages are enhanced.

According to this the determination, passion, and studying of the language, can bring to important steps and results.

As Einstein said: "*The intuition mind is a secret gift and the rational mind is a faithful servant. We have created a society that honours the servant and has forgotten the gift*". 8

## Notes

1. [https://en.wikipedia.org/wiki/English\\_language](https://en.wikipedia.org/wiki/English_language), visited on 18 August, 2019.
2. <https://en.wikipedia.org/wiki/Psycholinguistics>, visited on 20 August, 2019.
3. <https://www.questia.com/library/communication/language-and-linguistics/linguistics/psychology-of-language>, visited on 20 August, 2019.
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5. [https://www.corriere.it/salute/10\\_dicembre\\_03/corteccia-cerebrale-cervello-intelligenza-pappagallo\\_8f0cd704-fe2b-11df-b89b-00144f02aabc.shtml](https://www.corriere.it/salute/10_dicembre_03/corteccia-cerebrale-cervello-intelligenza-pappagallo_8f0cd704-fe2b-11df-b89b-00144f02aabc.shtml), visited on 1 September, 2019.
6. <http://www.ilgiornale.it/news/salute/sport-aerobico-mantiene-forma-cervello-1638142.html>, visited on 1 September, 2019.
7. [https://www.corriere.it/salute/reumatologia/10\\_marzo\\_17/zen-modifica-cervello-dolore\\_56bf994a-3117-11df-bc31-00144f02aabe.shtml](https://www.corriere.it/salute/reumatologia/10_marzo_17/zen-modifica-cervello-dolore_56bf994a-3117-11df-bc31-00144f02aabe.shtml), visited on 3 September, 2019.
8. <https://upliftconnect.com/spiritual-inspiration-from-albert-einstein/>, visited on 8 September, 2019.

## Biography

Stefania Allegra was born on January 6th, 1973 in Taormina. She lives in Taormina (Me) Italy. She lived in Vienna Austria because of some studies and she felt a very important connection with the Nordic life. In fact she has got a Nordic DNA discovered through the DNA researches. She graduated in Foreign languages and Modern Literatures. After she got some Masters, i.e. Master in International Human Resources; Master in Hotel & Resort Management; Master in Interpretation for Parliamentary Interpreters and translators and International Organizations; Master in teaching Oriental, rare and Foreign languages; Master in Business Administration (MBA).

She got the PhD - Doctor in philosophy in Administration and Management at AIU University USA.

She got Post Doctorate of Education Administration Management and Teaching Habilitation CUM LAUDE HONORS- AIU University USA.

She has been managing the Nuova Atena company in Italy where she teaches Administration and Management at all levels and Foreign and rare Languages too. She has been teaching at university at the degree course for interpreters and translators. She teaches in different foreign and rare languages.

She got Teaching Habilitation in these fields:

- Management, Business, Administration;
- Management Education in Teaching and Learning a Foreign Language;
- Management Education in Teaching Foreign Languages and Literature;
- Management Education in Teaching Translation and Interpreting;
- Management Education in Teaching Linguistic and Applied Linguistic;
- Management Education in Teaching Business Administration Management.

She is Entrepreneur, Business Administration and Management Professor, Foreign languages Professor and Linguist, Court translator and Interpreter, Conference Interpreter, Writer, Literary Agent. She's a Scientific Researcher Professor.

She has been a professional writer since 2006.

## Publications:

1. S. Allegra, *La psicologia dello yoga applicata al parto* – Mursia, 2006;



2. S. Allegra, *Grossesse et Yoga- pratique, physiologie et psychologie appliqué à la femme enceinte-Préface de Geeta Iyengar* –Les Editions de l’Eveil-Budo Editions, France, 2012;
3. S. Allegra, *Come scoprire ed esprimere la propria forza vitale. Il Ki o Prana*, Armando Curcio Editore, 2018

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- Allegra S., *Management education in teaching at degree, PhD and Post Doctorate students*, <https://ijsrm.in/index.php/ijsrm/article/view/1988/1698> <https://ijsrm.in/index.php/ijsrm/article/view/1988> International Journal of Scientific Research and Management (IJSRM) ||Volume||07||Issue||01||Pages||EM-2019-947-951||2019|| Website: www.ijsrm.in ISSN (e): 2321- 3418 Index Copernicus value (2016): 93.67, (2017):89.90, DOI: 10.18535/ijsrm/v7i1.em02
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- Allegra S., *Management Education – The philosophy of Education*, Article Date Published : 11 June 2019 | Page No.: EL-2019-1064-1070 | DOI <https://doi.org/10.18535/ijsrm/v7i6.el01> <https://ijsrm.in/index.php/ijsrm/article/view/2238>

**She is in progress about other next publications.**



**Prof. Dr. Allegra Stefania photo**

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