

THE EFFECTIVITY OF USING SUGGESTOPEDIA IN IMPROVING LEARNING OUTCOMES AND SPEAKING SKILLS IN ELEMENTARY SCHOOLS: A LITERATURE REVIEW

Septia Najwa Rahma¹, Laila Nurul Karima², Olivia Veronica Siagian³, Okta Efragiana Nusu⁴

Universitas Indraprasta PGRI^{1,2,3,4}

septianajwa@gmail.com

<p>Keywords: Information technology; Language learning; Learning method; Learning outcomes; Speaking; Suggestopedia</p>	<p>Abstract: The Suggestopedia method is a learning approach that emphasizes a relaxed and fun learning atmosphere, supported by elements of music, relaxation, and games. This research aims to find out the effectivity of Suggestopedia in improving learning outcome and speaking skills. This study employed qualitative method (literature review). The results show that the Suggestopedia method significantly improves students' learning activities, speaking skills, and comprehension of language materials, especially in English language learning. Furthermore, the integration of information and communication technology (ICT) into the Suggestopedia method is proven to increase the effectiveness of this method in language teaching, especially in improving students' pronunciation and comprehension. In conclusion, Suggestopedia with the support of technology and media can have a significant positive impact on learning outcomes and student attitudes towards the learning process.</p>	
Submitted: 24-11-2024	Revised: 02-01-2025	Accepted: 04-01-2025

INTRODUCTION

Learning methods are structured approaches or steps chosen to help students achieve learning objectives and understand the material or message being delivered. According to Indrawati (2016), learning methods can be defined as tools used to reach specific goals through systematic approaches. In the teaching and learning process, the classroom environment plays a crucial role in supporting the success of learning. A conducive, comfortable, and interactive atmosphere can boost students' motivation to learn, leading to more optimal outcomes. However, conventional teaching methods are often considered less effective in practice. This approach tends to create a rigid, pressurized, and monotonous learning environment, which can cause students to lose interest in learning. As a result, their understanding of the material taught may not be optimal. Therefore, there is a need for innovation in teaching methods, utilizing more creative and engaging approaches tailored to students' needs. By implementing more appealing methods, the learning process can become an experience that is not only educational but also enjoyable, fostering students' potential to the fullest extent.

Suggestopedia is one of the well-known language learning resources. According to Georgi Lozanov (1978), positive suggestion in learning can significantly accelerate and improve



students' learning process, by using music, games and relaxation to create a calm and pleasant learning atmosphere. This method creates a supportive psychological condition to optimize learning ability.

One of the important skills in language learning is the ability to speak or speak. Speaking is not just conveying a message; you also need to master various aspects of language, such as grammar, intonation and pronunciation. Speaking learning is often plagued by psychological issues such as fear or lack of confidence. The Suggestopedia method seeks to address these issues by building an environment that supports students to communicate with more confidence. According to Lozanov (1978), students will more easily access their speaking ability without pressure when they are in a relaxed state.

The role of technology in language learning is increasingly important, especially in supporting innovative learning methods. The integration of information and communication technology (ICT) in language learning, such as the use of learning applications or digital media, is proven to increase learning motivation and learning effectiveness. A study by Garcés and Arndt (2020) states that “technology is able to create interactive learning spaces that allow students to practice speaking in a more flexible and personalized way, especially with the support of multimedia that supports pronunciation and comprehension” (Garcés & Arndt, 2020).

Students' needs and technological advances have changed modern learning approaches. To enhance language learning, especially speaking skills, technology has been used. Interactive applications such as Suggestopedia allow students to practice speaking independently and receive immediate feedback on their pronunciation skills. According to Lozanov (2005), Suggestopedia, supported by technology, not only makes learning easier, but also improves the overall quality of language.

METHOD

This research uses a qualitative method with a literature review approach. The purpose of this study is to find out how effective Suggestopedia is in improving learning outcomes and speaking skills of students in elementary school. The data used in this study came from various sources, including books, scientific journals, and previous research reports related to the subject. According to Creswell (2016), literature review is a data collection method that focuses on analyzing previous literature to gain an understanding of a particular phenomenon or theory. In a literature review, the collected literature is thoroughly examined to find patterns, themes, and relationships related to the effective Qualitative descriptive method is used to collect results from various literatures. The purpose of this methodology is to gain a comprehensive understanding of how Suggestopedia impacts students' learning outcomes and speaking skills in primary schools.

RESULT AND DISCUSSION

Result

Table 1 Result

ASPECTS	RESULT CONCLUSION
Improvement of Language Skills	Suggestopedia method consistently improves students' language skills, both receptive (reading comprehension) and productive (speaking) aspects.
Effectiveness in Speaking	Very effective in improving students' speaking skills, especially with the support of information and communication technology.



Additional Media Support	The use of additional media such as audio-visual and ICT strengthens the effectiveness of the Suggestopedia method in teaching.
Improved Student Motivation and Attitude	Increases students' motivation and positive attitude towards learning, making students more active, confident, and comfortable in speaking.
Story-based Learning	More effective than traditional methods in improving storytelling skills and student engagement in learning.

Based on the table of analyzed results from several articles using Suggestopedia, it shows that this method significantly improves students' language skills, both receptively and productively. Students taught through this approach showed better reading comprehension and speaking skills compared to students taught through traditional approaches. In addition, Suggestopedia is highly effective in speaking skills, especially when applied with information and communication technology (ICT). Various factors, including vocabulary, pronunciation, grammar, and communication skills, contribute to the improvement of students' speaking ability.

The use of additional media, such as audio-visual media and information technology, is very helpful in maximizing learning outcomes. These media can enhance Suggestopedia, making lessons more interesting and easier for students to understand. This method improves students' language skills as well as increasing their passion for learning. Students become more active, confident and feel comfortable learning, especially when speaking. Finally, Suggestopedia has been proven to be more effective in story-based learning than traditional approaches, especially in terms of improving students' ability to tell stories and increasing their engagement during the learning process. Overall, Suggestopedia works well to improve student learning outcomes, especially when combined with additional media and strategies that focus on making students feel comfortable and at ease.

Discussion

Suggestopedia, a learning method that emphasizes a relaxed and fun learning atmosphere, has been proven to improve students' learning outcomes and confidence when learning languages, especially speaking skills. Suggestopedia makes students feel comfortable and focused while practicing speaking skills without pressure. Lozanov (1978) states that the positive suggestion component in the learning process can accelerate the achievement of learning outcomes because students feel safe and free from anxiety, which is often a barrier to language learning.

Other studies show that Suggestopedia is more effective when information and communication technology (ICT) is added. Garcés and Arndt (2020) state that information technology can create interactive learning spaces where students can build speaking skills in a more personalized and flexible way with multimedia support that aids pronunciation and comprehension. This adds a new dimension to Suggestopedia, where technology-based learning applications and audio-visual media help students increase their motivation to speak.

According to Majali et al. (2020), the use of Suggestopedia in story-based learning is very effective for improving students' speaking skills and their engagement in lessons. This approach encourages students to tell stories more fluently, increase their own confidence, and enhance their creativity. Students are more motivated and have a positive attitude towards the teaching and learning process with the support of additional media.



Although this method is highly effective, Suggestopedia should be used with caution, especially when it comes to choosing the right music, visual materials and teaching methods for each class. In addition, educators must understand all the needs of students so that positive suggestions can be well received and understood. This is in line with what was said by Oliveira, Magalhães, and Matsuda (2018), who stated that understanding the context and needs of students is very important when using methods such as Suggestopedia to achieve the expected learning outcomes.

CONCLUSION

Based on the results of the literature review, the Suggestopedia method is proven to be effective in improving learning outcomes and speaking skills of elementary school students. The method consistently shows positive effects on various aspects of language learning, particularly receptive and productive skills. The implementation of Suggestopedia, especially with the support of information and communication technology, significantly improves students' speaking skills, including vocabulary, pronunciation, grammar, and communication. In addition, the use of additional media such as audiovisual media increases the effectiveness of this method in teaching. The method also succeeded in increasing students' motivation and positive attitude towards the learning process, and students became more confident speakers. The implementation of Suggestopedia into story-based learning also proved to be more effective than traditional methods. Overall, Suggestopedia is a method worth considering in the context of language education, as it provides an innovative and comprehensive approach to improving language learning outcomes and speaking skills in primary schools.

ACKNOWLEDGEMENT

With all due respect, we extend our deep appreciation to the students who enthusiastically participated in this study, as well as to their parents who provided their full support. Our gratitude also goes to the educators and researchers for their continued guidance, insight, and dedication throughout this project. Your cooperation and contributions are vital to our understanding of the effectiveness of using Suggestopedia in improving learning outcomes and speaking skills in elementary schools.

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