

**MUNDARIJA  
PEDAGOGIKA**

<b>Quchqorova Nargiza Mamajonovna</b> Shaxsga yo'naltirilgan yondashuv asosida talabalar ilmiy tadqiqot faoliyatini rivojlantirishning didaktik ta'minoti .....	4
<b>Boltayev A'zam Akramovich</b> Yosh voleybolchilarning sakrovchanlik qobiliyatini rivojlantirish mexanizmlari .....	13
<b>Пасилов Баходир Абдуллаевич</b> Изучение межнациональных отношений в Узбекской ССР в 1920-1930-е годы в высших учебных заведениях .....	23
<b>Abdullayev Ithom Xushnudovich</b> Sport kurashlarida mashg'ulot samaradorligini oshirish .....	35
<b>Taylakova Dilnoza Norbekovna</b> Ona tili fanini o'qitishda shaxsga yo'naltirilgan pedagogik texnologiyalardan foydalanish metodikasini takomillashtirish .....	44
<b>Mo'ydinov Maxsudbek Rustambek o'g'li, Jo'rayeva Shalola Kamol qizi</b> Belbog'li kurashchilarning texnik-taktik tayyorgarligini takomillashtirishda koordinatsion mashqlarning o'rni .....	50
<b>Qodirova Mashxura Mirzaakbarovna</b> Chet tili o'qitish metodikasida og'zaki nutqni shakllantirishga oid ilmiy-nazariy yondashuvlar (arab tili misolida) .....	60
<b>Ma'murbekova Gulzoroy A'zamjon qizi</b> Malakali sambochi qizlarda tezkor-kuch sifatlarini takomillashtirishda maxsus mashqlar majmuasining samaradorligi .....	69
<b>Rahmanova Dilfuza Abdibannayevna</b> Gimnastrada mashg'ulotlaridan foydalanish asosida talabalarning jismoniy sifatlarini rivojlantirish .....	79
<b>Bo'ronboyeva Xushriyo Toshkenboyevna</b> Maktab direktorlari boshqaruvida o'quv jarayonini samarali tashkil etish .....	89
<b>Sattorova Gulmira Asqarjon qizi</b> Maktab rahbarlari boshqaruv kompetensiyasini rivojlantirishning samarali yo'llari ....	100

**PSIXOLOGIYA**

<b>Po'latov Laziz Azamat o'g'li</b> Oliy ta'limda talabalarning intellektual salohiyatini rivojlantirishda, shaxsiy rivojlanish tizimining innovatsion modeli .....	109
<b>Odilbekov Mansurbek Maxmudjon o'g'li</b> Kasbiy faoliyatda stressga bardoshlilik va emotsional charchashdagi bog'liqlik .....	120
<b>Mamataliyeva Xulkaroy Murodjonovna</b> Ingliz tilini o'qitishda kollaborativ yondashuvning ilmiy-nazariy asoslari .....	130
<b>Gulamjanova Komila Farrux kizi, Rustamova Jamila Farrukhovna</b> Cognitive and affective factors influencing the effectiveness of foreign language learning .....	137
<b>O'rozaliyeva O'lmasoy Kubay qizi</b> Xarakter aksentuatsiyasi va uning ijtimoiy moslashuvga ta'siri .....	146



**COGNITIVE AND AFFECTIVE FACTORS INFLUENCING THE  
EFFECTIVENESS OF FOREIGN LANGUAGE LEARNING**  
**CHET TILINI O'RGANISH SAMARADORLIGIGA TA'SIR QILUVCHI  
KOGNITIV VA AFFEKTIV OMILLAR**  
**КОГНИТИВНЫЕ И АФФЕКТИВНЫЕ ФАКТОРЫ, ВЛИЯЮЩИЕ НА  
ЭФФЕКТИВНОСТЬ ИЗУЧЕНИЯ ИНОСТРАННОГО ЯЗЫКА**

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**Abstract.** This study examines how cognitive and affective elements jointly shape the effectiveness of foreign language learning among university students. It focuses on the ways motivational levels, attitudes, and anxiety interact with learners' cognitive strategies, including memorization, inferencing, and self-monitoring. Employing a mixed-methods approach, the research analyzes quantitative and qualitative data to reveal how emotional and intellectual dimensions influence students' learning processes. The results indicate that successful language acquisition largely depends on maintaining a balance between strategic awareness and emotional well-being. Learners who demonstrate stronger motivation, lower anxiety, and positive attitudes tend to apply cognitive strategies more effectively. The study offers both theoretical and practical insights by underscoring the value of confidence, encouragement, and supportive instructional environments. Overall, the research highlights that fostering emotional stability alongside the development of cognitive learning strategies significantly enhances students' foreign language achievement.

**Key words:** *cognitive factors, affective factors, motivation, anxiety, learning strategies, second language acquisition, language proficiency, self-monitoring, attitude toward learning, emotional stability*

**Annotatsiya.** Ushbu tadqiqot universitet talabalari orasida chet tilini o'rganish samaradorligiga kognitiv va affektiv omillarning birgalikdagi ta'sirini o'rganadi. Tadqiqotda motivatsiya, munosabat va xavotir darajasi kabi affektiv omillar talabalarning yodlash, taxmin qilish (inferensiya) va o'z-o'zini nazorat qilish kabi kognitiv strategiyalarni qo'llashi bilan qanday o'zaro bog'liq ekani tahlil qilinadi. Aralash tadqiqot