
APPLYING THE SUGGESTOPEDIA METHOD TO STUDENTS' READING COMPREHENSION

By

Nelvia Ibrahim

State Islamic University of Sultan Syarif Kasim Riau, Indonesia

E-mail: inelviamt@gmail.com

Article History:

Received: 17-12-2024

Revised: 11-01-2025

Accepted: 20-01-2025

Keywords:

*Suggestopedia,
Reading, Reading
Comprehension*

Abstract: *This article aims to explain the use of the suggestopedia method in teaching reading. Students also feel bored when reading in class because they do not have a method of reading. They cannot focus on what they read during the reading activity and still have difficulty understanding the ideas in the text. There are so many teaching reading methods that teachers have applied for different reading purposes. Meanwhile, Suggestopedia is a teaching approach focusing on the teacher-learner relationship while teaching and learning in the classroom. It could be used to motivate students, particularly to read.*

INTRODUCTION

Reading is one of the four important competencies, and it is the most important if no one of the readers can comprehend the main point of what they have read. Reading involves the use of words, fluency in reading a text, and comprehension of the printed word. Furthermore, it is a way of extracting information from written language words and a means of interacting with the text and the reader. The reader can gain benefits from reading, including obtaining a lot of information, improving their knowledge, solving problems, and gaining new ideas by comprehending a reading passage. In other words, reading is not only a precision for uttering words or phrases, but also identifying and understanding the intent of the author in a reading passage.

Reading should be taught well by the teacher to ensure students master the important skill of reading. It includes how teachers develop the right strategies in the reading activity and how students feel comfortable receiving and understanding the topic (Patel & Praveen, 2008) stated that reading is crucial, as it is one of the skills that are required, and correction is necessary, whereas in the modern era, information comes from different sources and to obtain the information, people need to know how to read. Reading is a means to gain knowledge from various fields, allowing you to see knowledge from different fields in a more accessible way. It will be able to increase their knowledge. This will help them to improve their knowledge.

Reading is an important process for getting information from a text, where readers must link the information in the text, they read into one unit. (Grabe & Fredricall, 2011) stated that reading is the ability to extract meaning from printed material and interpret it appropriately. This means that reading is an activity conducted to obtain information also in reading is not only reading but also meaning entry.

Furthermore, reading and comprehension are not separate, as they are interconnected. comprehension is the basis of reading as stated by (Kruidenier, 2002) who

stated that comprehension is the reason. when reading a text, they must comprehend its content. Reading and comprehension are related because the outcome of the reading activity is to understand what was read. While reading, the reader constructs the significance of the written text.

Reading is all about comprehending the content, and this requires understanding the material and this is the key to effective reading. The meaning of reading is understood through reading through various processes that involve reading words, knowledge, and fluency, as stated by (Klinger, K, & Alison, 2007). It can be said that understanding reading is an understanding by reading words, the more the reader reads, the more knowledge or information he gains, and fluidity in reading each word of the text.

There are so many methods that have been applied by the teacher one of them is the Suggestopedia method. It helps students to understand the text. Based on (Harmer, 2001), Suggestopedia is a strategy that has both a physical environment and a classroom atmosphere. The students can be calm, have fun, and feel at ease during the teaching-learning process. Georgi Lozanov, a Bulgarian doctor and psychotherapist, created the teaching approach known as Suggestopedia.

REVIEW LITERATURE

Reading

Reading is a language skill that requires students as readers to interact with the text to gain information from the texts. Some experts share their definitions of what is meant by reading said that reading is an important activity in life with which one can update his or her knowledge. Similarly, (Smith, 2014) said that reading is a complex process in which readers must interpret information in the text and it constantly involves guessing, predicting, checking, and asking oneself questions. From these definitions, it can be concluded reading is one way to develop someone's knowledge and make it progress for his/her self-related to language activities including new vocabulary also it involves the reader's thinking, and the readers must guess what the writer's to convey.

(Nunan, 2003) stated that reading is the fluent process of readers, combining information from a text and their background knowledge to build meaning. Similarly, (Grimes, 2006) stated that reading is an active process of constructing meaning. From this definition, it can be concluded that reading is a process of thinking where the readers relate the information from the text and their background knowledge of the text to build their understanding of the meaning of the text.

According to Peregoy & Boyle in (Suryanto, 2007)stated that reading is a set of skills that involves making sense and deriving meaning from printed words. It means that, the students must cultivate their minds to gain comprehension. Then, the goal of the students is to be able to analyze information in their minds to find meaning. In addition, students must also be able to find the necessary information in the text.

In additional (Grellet, 2001) stated that there are two main reasons for reading. The first is reading ability that people do get information and pleasure. It means that we can understand reading to increase our knowledge because we can obtain a great deal of information such as developments in all regions of the world, the progress of business and education. Second, reading can amuse the reader because many kinds of text can give

satisfaction to the reader.

Furthermore, (Moreillon, 2007) said that reading is making meaning from printed and visual information. From the above definition, reading is an active process in which students can come up with an idea of what they have read. Then, for getting information students do a set activity. The activities start with rapid eye movement to follow the composition, then send it to the brain and the reader will analyze the information in the brain. Lastly the reader gets the meaning from the text. Besides, the statement above also indicates that reading is not a simple task, as it necessitates a great deal of effort to derive meaning or information from the text. In this case, readers are expected to have a capability or strategy that may help them understand the content of the text.

Based on the opinion above, it can be concluded that reading is a process in that engages prior knowledge with current knowledge and interprets how the readers watch things in the world. Through what has been read, there will be a new thought to achieve what readers previously knew.

Reading Comprehension

In reading comprehension becomes an important factor. This idea is supported by (Ostrov, 2003) who stated that in reading “comprehension is one of the important factors that indicate how well people read.” He then explains when we read a text extremely quickly but we cannot understand what we have read, it means that we do not read it comprehensively. Thus, comprehension is an indispensable part of reading activity.

Based on (Khand, 2004) stated that reading comprehension is the activity of getting the content of the writer wants to explain. It is making meaning from the text. Furthermore, the readers can comprehend the text through a reading process that includes the readers’ background knowledge. Reading comprehension is crucial for students to be able to get the meaning out of their reading. Reading with comprehension means understanding what has been read. It is an active thinking process that depends not only on comprehension skills but also on the students’ experiences and prior knowledge. Comprehension involves understanding the vocabulary and seeing the relationship between words and concepts.

Similarly, (King & Stenley, 1999) explained that “reading comprehension has five aspects contained in reading text. They are; finding information, finding the main idea, finding the meaning of vocabulary in content, identifying reference, and making inference.” It means that factual information requires readers to scan specific details, and recognition of the main idea of a paragraph is very important because it helps the reader understand the paragraph and content of reading text when the students find the meaning of vocabulary in the content, it can develop his/her guessing ability to the word which is unfamiliar with him or her by relating the close meaning of unfamiliar words. In identifying of reference, the words or phrases, the students can identify the word which they refer to will help the students understand the reading passage. In making an inference, it is a skill where the students can read between the lines. It divides into main attention, drawing logical inferences, and making accurate predictions.

So, based on the experts above, the writer concludes that reading comprehension is one’s ability to comprehend the message of the English materials. It is an interactive process of transferring printed letters into meaning to communicate certain messages between the writer and the reader. It involves the process of identifying the text elements such as; finding the main idea, details, the meaning of vocabulary in context, identifying references, and

making inferences.

Suggestopedia Method

Suggestopedia is an old method that still positively impacts the teaching and learning process. It was invented by (Lazanov, 1982), a Bulgarian doctor, psychiatrist, and educator, who stated that suggestopedia assists learners in overcoming psychological hurdles to learning. The learning setting is comfortable and subdued, with low lighting and soft music in the background, where the students relax and listen to them being read and then joyfully practice the language during an "activation" phase. The classroom environment will be set humorously and entertainingly during the learning process, as suggested by Suggestopedia. (Harmer, 2001) emphasizes the learner's motivation to learn and believes music can boost the learner's desire to engage in learning by addressing emotions and allowing the brain to evaluate. The main point is that music plays a prominent role in changing the classroom atmosphere in the learning process, can establish a connection between relaxation and learning, and also make the students enjoy the learning process in the classroom.

Furthermore, (Venkanna & Glorry, 2015) stated that the effect of the physical surroundings and pleasant atmosphere of the classroom can make students relaxed, confident, and comfortable in reading the material since they do not feel pressured to study in class. The goal of this strategy is to help pupils relax and enjoy their learning experience. Music in the learning process helps students focus and concentrate on the content.

Based on the definition above, suggestopedia is a strategy that uses music as a background to enhance the teaching-learning process. Music can assist students in focusing and relaxing during their learning. Not only that, but one of the goals of Suggestopedia is to supply pupils with positive energy and enthusiasm before the teaching and learning process. Positive energy may alleviate students' concerns about studying by establishing the idea that learning English is not difficult, and motivation can take the form of stories of people who can travel the world for free simply because they speak English fluently.

Suggestopedia in Reading Comprehension

Using suggestopedia to teach reading comprehension can boost students' mental potential and provide a calm learning environment in the classroom. Students can readily grasp how to learn the lesson. Using music in the teaching and learning process can help pupils obtain knowledge.

There is some Suggestopedia based on Richards and Rodgers in (Suyadi, 2021); there are decorations and furniture. Arrangement and the use of music. Decoration related to putting the wall picture or poster related to the teaching materials. Next, furniture related to arranging tables, chairs, lamps, and many other interesting things in the classroom. Then, the arrangement of the classroom; perhaps students can arrange the chairs of the classroom and make the situation more interesting. The last, the use of music can help students to relax by listening to some Baroque music as therapy in the suggestopedia method.

Based on the experts above present some of the teachers' activities in the suggestopedia method of reading comprehension.

1. The teacher should arrange the classroom such as the students' chairs, desks, the classroom decoration, and the condition of the classroom.
2. Before coming to the class, all tools that will be used by the teacher should be prepared.

3. After the classroom has been arranged, the teacher should make sure the students that they are ready to study.
4. Before going to the material, the music was played by the teacher. Also, teacher asked students to relax, calm, and enjoy the music.
5. The teacher gives the material with some activities in the suggestopedia method such as role play, games, etc, related to the reading comprehension.
6. While doing role-play or games, the teacher may play the music with the lower sound.

CONCLUSION

Based on the experts' above has been explained that reading is one of the important skills that the students should have also it should be support by their comprehension moreover, reading without comprehension is really difficult to understand about something that has been appear in the magazines, newspapers, books or other the printed materials even though it was fiction or non -fiction.

There is one of way to understand or comprehend the text by using Suggestopedia Method. This method was presented by Lazanov in 1982 who stated that suggestopedia assists learners in overcoming psychological hurdles to learning. Actually this method was support by music as one of therapy for students in learning process in the classroom.

Here is the teachers' activity that applied suggestopedia method in reading comprehension. First, the teacher should arrange the classrooms such as the students' chairs, desks, the classroom decoration, and the condition of the classroom. Next, before coming to the class, all tools that will used by the teacher should be prepared. After, the classroom has been arranged, the teacher should make sure the students that they are ready to study. Before going to the material, the music was played by the teacher. Also, the teacher asked students to relax, calm, and enjoy the music. Then, the teacher gives the material with some activities in the suggestopedia method such as role play, games, etc, related to reading comprehension. Lastly, While doing role-play or games, the teacher may play the music with the lower sound.

REFERENCES

- [1] Grabe, W., & Fredricall, S. (2011). Teaching and Researching Reading 2nd Edition. New York: Pearson Education Limited.
- [2] Grellet, F. (2001). Developing Reading Skills & Education of Students with Learning Dissabilities. Journal of Learning Dissabilities, 542-453.
- [3] Grimes, S. (2006). Reading is our Business: How Librarians Foster Reading Comprehension. Chicago: ALA Editions.
- [4] Harmer, J. (2001). Practice of English Language Teaching (3rd Edition). Cambridge: Longman.
- [5] Khand, Z. (2004). Teaching Reading Skills: Problems and Suggestion. Journal of Research (Faculty of Language and Islamic Studies), 45-56.
- [6] King, C., & Stenley, N. (1999). Building Skill for TOEFL. London: Longman Press.
- [7] Klinger, J., K, S., & Alison. (2007). Teaching Reading Comprehension to Student with Difficulties. New York: The Guilford Press.
- [8] Kruidenier, J. (2002). Research-Based Peinciples for Adult Basic Education Reading

- Instruction. Boston: National Institute for Literacy.
- [9] Lazanov, G. (1982). Suggestopedia-Sophorology and the Traditional Foreign Language Class. *Annals (ACTFL)*, 373-379.
- [10] Moreillon, J. (2007). *Collaborative Strategies in Teaching Reading Comprehension*. Chicago: American Library Association.
- [11] Nunan, D. (2003). *Second Language Teaching and Learning*. Boston: Heinle & Heinle Publisher.
- [12] Ostrov. (2003). *Power Reading*. San Fransisco: Education Press.
- [13] Patel, M., & Praveen, M. (2008). *English Language Teaching, Methods, Tool and Techniques*. Vaishali Nagar: Sunrise Publisher.
- [14] Suryanto. (2007). *For Young Learners English*. Jakarta: Sinar Grafika Officer.
- [15] Suyadi. (2021). Suggestopedia Method Effect on Reading Descriptive Text at a Senior High School. *Jurnal Ilmiah Universitas Batanghari Jambi*, 485-496.
- [16] Venkanna, K., & Glorry, N. (2015). Use of Suggestopedia as an Innovative Strategy for Promoting Effective Reading Comprehension Abilities in English at the ESL Level. *International Journal of English Language Literature and Humanities*, 128-149.