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## LEARNER AUTONOMY AND MOTIVATION IN ENGLISH LANGUAGE LEARNING PROCESSES

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**Abstract:** This article explores the relationship between learner autonomy and motivation in English language learning processes. It examines different types of motivation, the role of teachers in promoting autonomy, and the impact of autonomous learning on language proficiency. The article also discusses strategies for developing learner independence through technology, collaborative learning, and self-assessment. The study concludes that autonomous and motivated learners are more likely to achieve higher levels of English language competence and lifelong learning skills.

**Keywords:** self-assessment, learner autonomy, motivation, self-directed learning, intrinsic motivation, extrinsic motivation, language proficiency, language education.

### Introduction

Although learner autonomy emphasizes independence, teachers still play a significant role in guiding and supporting students. Teachers act as facilitators, mentors, and motivators rather than only providers of knowledge.

- Teachers can promote learner autonomy by:
- Encouraging goal-setting activities;
- Teaching learning strategies;
- Providing opportunities for self-assessment;
- Allowing students to make choices in learning tasks;
- Creating collaborative and interactive classrooms.

Teachers also enhance motivation by giving constructive feedback, recognizing students' achievements, and creating supportive learning environments.

**Technology and Autonomous Learning:** Modern technology has greatly expanded opportunities for autonomous English learning. Online platforms, mobile applications, podcasts, videos, and digital dictionaries allow learners to practice English independently outside the classroom. Digital tools support personalized learning because students can choose materials based on their interests and proficiency levels. Technology also increases motivation through interactive and multimedia content. Examples of autonomous learning tools include language learning applications, online courses, educational videos, and virtual communication platforms.

**Self-Assessment and Reflection:** Self-assessment is an important aspect of learner autonomy. Through reflection, students evaluate their progress, identify difficulties, and set new goals. Activities such as learning journals, portfolios, and progress checklists help learners become more aware of their strengths and

weaknesses. Self-assessment encourages responsibility and helps students develop critical thinking skills.

**Collaborative Learning and Motivation:** Collaborative learning activities such as group discussions, peer teaching, and project work also support autonomy and motivation. Working with classmates allows students to exchange ideas, practice communication skills, and learn cooperatively.

Group activities create social interaction, which increases learners' confidence and willingness to participate in English communication.

**Challenges in Developing Learner Autonomy:** Despite its advantages, promoting learner autonomy may present challenges. Some students are accustomed to teacher-centered education and may struggle with independent learning. Others may lack self-discipline, confidence, or effective learning strategies.

Teachers should gradually introduce autonomous practices and provide clear guidance to help students adapt to learner-centered approaches.

### **Conclusion**

Teachers and educational institutions should encourage learner-centered environments that support independence, creativity, and self-reflection. By integrating technology, collaborative learning, and self-assessment into language education, educators can help students become motivated and autonomous English learners prepared for global communication.

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