

# **Effects of App-Assisted Echo Method on English Listening Anxiety of Elementary Students**

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## **Abstract**

Listening comprehension plays a pivotal role in language acquisition. Plenty of research had indicated that low proficient listening comprehension could increase learners' anxiety level during the process of receiving auditory input. Therefore, a listening self-training method, the Echo Method, was propounded in 2012 for the use of promoting learner's listening skills. Also, previous studies have noted that mobile-assisted language learning (MALL) has a positive impact on second language acquisition. It is thus significant to apply mobile technologies, namely, mobile applications with Echo Method into the course structures for the purpose of helping learners to reduce their foreign language listening anxiety and prompt their listening comprehension efficiently. This study aims to explore the effect of the Echo Method, App-assisted Echo Method on reducing elementary school sixth graders' Foreign Language Listening Anxiety (FLLA) and enhancing their listening comprehension. In this current study, the subjects applied pure Echo Method and Echo Method App, a self-developed application on the portable devices to examine its effect on the anxiety level after different treatments conducted.

The current research invited 71 sixth graders in central Taiwan to join the quasi-experiments, survey, and questionnaires. The research results revealed that FLLA and English listening comprehension are negatively correlated. Only the Echo Method app had a significant effect on decreasing EFL sixth graders' FLLA. Also, both Echo Method and Echo Method app can improve English listening comprehension. Besides, Echo Method had a greater effect on improving sixth graders' English listening comprehension. In addition, the participants in this study have generally reported a positive attitude towards both pure Echo Method and Echo Method App instructions.

To conclude, this study shows of importance in explaining the effect of the Echo Method and the App-assisted Echo Method on FLLA and listening comprehension, as well as in providing EFL teachers with a pedagogical suggestion for further teaching practices.

**Key words: Echo Method, Foreign Language Anxiety, Listening Anxiety, Mobile Assisted Language Learning**