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## **THE IMPACT OF MINDFULNESS BRIEF TRAINING ON LEXICAL VARIETY AND ACCURACY RATES OF THE EFL SPEECH**

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Recently, a considerable literature has grown up around the theme of meditation practices, one of them is mindfulness training. More and more studies on health psychology are focusing their attention on mindfulness training, especially on long-term meditations. Mindfulness meditation has a pivotal role in affecting human's state of health. Moreover, it influences the ability to concentrate and even may lead to greater cognitive flexibility.

*Relevance of the topic.* While much attention has been paid to meditation practices that influence these criteria, less is known about the impact of mindfulness on purely linguistic nature of words. Correspondingly, the current research examined the effect of mindfulness brief training on lexical variety and accuracy rates of EFL speech. The goal of this work is to study the impact of mindfulness meditation on lexical diversity and error rate in the speech by using scientific methods and programs of the Western tradition.

*Research methods and techniques.* We analyzed whether brief meditation training affects verbal fluency in one experiment that consisted of three phases and two groups of Lesya Ukrainka Eastern European National University students majoring in English and applied linguistics were involved. The 1st and the 3rd stages included writing a half an hour essay, the 2nd – sessions of brief meditation training before the EFL classes. After twelve sessions of meditation training (two-three times a week), participants with no prior meditation experience were assessed. The control and the experimental group have written an essay on the same topic. The evaluation and analysis were done by the Linguistic Inquiry and Word Count – LIWC (Pennebaker et al., 2015). This computerized text analysis software tool is an appropriate program for studying the word constructions of a narrative. What is more, we have analyzed all the errors manually.

Our findings suggest that brief meditation training can enhance the ability to concentrate and to think carefully of every detail. Benefits of this practice were crucial: first and foremost, all of the participants from the experimental group have shown progress in writing more accurately. The number of their mistakes in essay

decreased by 15 per cent. Moreover, the indicator of lexical diversity has risen too. For instance, the average number of prepositions in written speech decreased from 5 to 2 per cent. As for the control group, its rates of lexical variety and accuracy of the EFL speech have remained almost the same (1.5 per cent and 2.3 per cent accordingly).

These data suggest that practicing brief meditation may develop student's ability to concentrate and retain attention, although future studies are required to determine whether individuals who are involved in brief meditation practices are more likely to sustain high lexical variety and accuracy rates in studying EFL.

### **References**

Pennebaker, J.W., Boyd, R.L., Jordan, K., & Blackburn, K. (2015). *The Development and Psychometric Properties of LIWC2015*. Austin, TX: University of Texas at Austin.