

# *Research on the Relationship between Foreign Language Enjoyment and Learning Engagement among College Students*

Du Cheng<sup>1,2</sup>

<sup>1</sup>Hunan Polytechnic of Environment and Biology, Hengyang, Hunan, China

<sup>2</sup>School of Education, Sehan University, Mokpo, Jeollanam-do, Republic of Korea

**Keywords:** Foreign language enjoyment; learning input; learning motivation; teaching methods; learning environment

**Abstract:** This study aimed to explore the level of relationships between foreign language enjoyment and learning engagement among college students. Foreign language enjoyment refers to the enjoyment feeling gained in the process of learning a foreign language, while learning engagement refers to the degree of effort and concentration paid in the process of learning. Through questionnaires and in-depth interviews, data from 500 college students were collected and they underwent statistical analysis. The results show that there is a significant positive correlation between foreign language enjoyment and learning input, that is, the more enjoyment feelings gained in foreign language learning, the higher the degree of learning engagement. In addition, some factors were found to affect the relationship between foreign language enjoyment and learning input, such as learning motivation, teaching methods, and learning environment.

## 1. Introduction

With the deepening development of globalization, foreign language learning is becoming more and more important in today's society. For college students, learning a foreign language is not only a part of their academic requirements, but also an important tool for their future career and personal development. Therefore, how to improve the effect of foreign language learning for college students has become the focus of the education field. In recent years, more and more studies have shown that learners' emotional states, such as enjoyment, have a significant impact on the learning effect. Enjoyment can stimulate learners' positive emotions and enhance their learning motivation and input. However, the relationship between the learning engagement and learning engagement still needs further discussion. This study aims to deeply explore the relationship between enjoyment and learning engagement in foreign language learning, in order to provide theoretical support and practical guidance for improving the effect of foreign language learning.

## 2. Study on the enjoyment of foreign language learning

The influence of emotional factors in foreign language learning, especially enjoyment, on the learning effect has gradually attracted the attention of researchers. Enjoyment is defined as the

positive emotional state experienced by learners in the learning process, which can promote learners' learning engagement and improve the learning effect.

First of all, enjoyment is of great significance to the foreign language learning of college students. In the process of language learning, learners need to be exposed to new vocabularies, grammar and expressions, which is often accompanied by a certain cognitive load. And enjoyment can effectively relieve the pressure brought about by this cognitive load, and make learners become more focused on learning tasks, thus improving learning efficiency. In addition, enjoyment can also stimulate learners' learning interest and motivation, so that they are more determined to overcome in the face of difficulties and challenges<sup>[1]</sup>.

However, the enjoyment of foreign language learning will not naturally come into being. It is influenced by a variety of factors. On the one hand, the learning environment has a significant impact on the learners' enjoyment. A positive, supportive learning environment can enhance learners' enjoyment and improve their learning input. On the other hand, learners' personal factors, such as learning motivation and self-efficacy, can also affect their sense of enjoyment. Learners with a strong learning motivation and a high sense of self-efficacy are more likely to experience enjoyment in learning and thus become more focused on learning.

Moreover, researches show that there is a close relationship between enjoyment and learning engagement. Specifically, enjoyment can promote learning input by improving learners' learning motivation, reducing cognitive load, and improving self-efficacy. The high degree of learning engagement can further enhance the enjoyment of learners, forming a virtuous circle.

To sum up, the enjoyment of foreign language learning is of great significance for improving the foreign language learning effect of college students. In order to effectively improve the effect of foreign language learning for college students, educators and learners should pay full attention to the enjoyment factors in foreign language learning. Specifically, educators can enhance their enjoyment by optimizing the learning environment and providing positive learning feedback, while learners can enhance their enjoyment by adjusting their learning attitude and improving self-efficacy.

### **3. A Study on the relationship between enjoyment and learning engagement**

Enjoyment and learning engagement are two important factors affecting the effect of learning, and the relationship between them has always been a hot topic in the field of educational psychology. In recent years, with the rise of positive psychology, researchers began to focus on the role of emotional factors in learning, thus further revealing the close connection between enjoyment and learning input<sup>[2]</sup>.

First, enjoyment has a significant positive impact on learning engagement. As a positive emotional state, enjoyment can encourage learners to focus more on learning tasks and reduce external interference, thus improving learning engagement. When learners experience enjoyment in foreign language learning, they are more willing to spend time and energy to deeply explore the language knowledge, and try to overcome the difficulties in learning. This positive learning attitude and behavior can not only help to improve the learning effect, but also promote the personal growth and development of learners.

At the same time, learning input also has a positive feedback effect on enjoyment. Learning engagement refers to the degree of effort and focus that learners have conducted during the learning process. When learners are highly engaged in learning, they are more likely to experience the sense of accomplishment and development of learning, thus enhancing enjoyment. This sense of enjoyment further stimulates learners' interest and motivation in learning, making them more actively engaged in learning, forming a virtuous circle.

Furthermore, it was found that the relationship between enjoyment and learning engagement is influenced by some regulatory factors. For example, factors such as learners' personal traits, learning environment, and learning tasks may influence the strength and direction of this relationship. Learners with strong learning motivation and self-efficacy are likely to gain enjoyment from learning and improve learning engagement; and positive, supportive learning environments and challenging learning tasks also help to enhance the link between enjoyment and learning engagement<sup>[3]</sup>.

In conclusion, there is a mutually reinforcing relationship between enjoyment and learning engagement. In order to improve the effect of foreign language learning for college students, educators and learners should pay full attention to this relationship and take effective measures to promote the virtuous circle between the two. Specifically, educators can stimulate learners' enjoyment and improve their learning engagement by creating a positive learning environment and designing challenging learning tasks. Learners can enhance their enjoyment and improve their learning engagement by adjusting their learning attitude and cultivating learning interest.

#### **4. Analysis of the current situation of college students' foreign language enjoyment**

In the current higher education environment, foreign language learning has become an indispensable part of college students. However, for many college students, foreign language learning is not always a pleasant experience. Therefore, it is of great significance to deeply understand the current situation of college students' foreign language enjoyment to improve the effect of foreign language teaching and promote the overall development of college students<sup>[4]</sup>.

First of all, on the whole, the level of foreign language enjoyment of college students is not high. This may be caused by many factors, such as the difficulty of foreign language learning, learning pressure, and the lack of practical application opportunities. Many college students feel anxious, frustrated, and even have weariness in the process of foreign language learning, and these negative emotions seriously affect their foreign language enjoyment.

Secondly, there are significant individual differences in college students' foreign language enjoyment. Some learners can experience a high sense of enjoyment in foreign language learning because of their strong learning motivation, a good talent for language learning and a positive learning attitude. On the contrary, other learners feel less enjoyment in foreign language learning due to factors such as lack of learning motivation, language learning difficulties and negative learning attitude.

In addition, college students' enjoyment in foreign language is also influenced by the learning environment. An active, supportive learning environment can enhance learners' enjoyment and improve their motivation to learn. However, the current foreign language teaching environment in many universities is not ideal, and there are problems such as teachers' single teaching methods, boring teaching content and dull classroom atmosphere, which seriously restrict the improvement of college students' foreign language enjoyment<sup>[5]</sup>.

Finally, it should be pointed out that the lack of foreign language enjoyment among college students will not only affect their learning effect, but also have a negative impact on their mental health. Long-term pressure and lack of enjoyment in foreign language learning may lead to psychological problems such as anxiety and depression, which may further affect their daily life and future development.

To sum up, the current situation of college students' foreign language enjoyment is not optimistic, which calls for great attention of educators. In order to improve the enjoyment of foreign language, educators should actively optimize the foreign language learning environment, innovate teaching methods, pay attention to the individual differences and mental health of learners, so as to provide

college students with more pleasant and effective foreign language learning experience.

## **5. Analysis of the current situation of college students' engagement in foreign language learning**

As an important measure of learning status and effect, learning input has received much attention in recent years. For college students, the engagement in foreign language learning not only affects the effect of their foreign language learning, but also has an important impact on the development of their comprehensive quality. Therefore, it is of great significance to understand the current situation of college students' foreign language learning to improve the quality of foreign language teaching and promote the comprehensive development of college students<sup>[6]</sup>.

At present, college students' engagement in foreign language learning shows certain characteristics. First of all, on the whole, college students' engagement level in foreign language learning needs to be improved. Many college students have a low degree of learning engagement due to the lack of clear learning goals, learning motivation, improper learning methods and other reasons. This not only affects their learning effect, but also may have a negative impact on their future career development.

Secondly, there are significant individual differences in college students' foreign language learning engagement. Some learners show high learning engagement in foreign language learning due to their strong learning motivation, good learning habits and scientific learning methods. They actively participate in class discussion, take the initiative to expand extracurricular learning, and have achieved good learning results. On the contrary, other learners have a low learning engagement due to their lack of learning motivation, bad learning habits and improper learning methods.

In addition, college students' engagement in foreign language learning is also affected by the learning environment. An active and supportive learning environment can stimulate learners' interest and motivation in learning and improve their learning input. However, the current foreign language teaching environment in many universities is not ideal, and there are problems such as teachers' single teaching methods, boring teaching content and dull classroom atmosphere. These problems not only affect learners' learning interest and motivation, but also restrict their learning engagement<sup>[7]</sup>.

Finally, it should be pointed out that the lack of college students' engagement in foreign language learning will not only affect their learning effect, but also have a negative impact on their comprehensive quality development. Long-term lack of learning engagement may lead to psychological problems such as lack of confidence and frustration, which may affect their future career development and social adaptability.

To sum up, the current situation of college students' engagement in foreign language learning is not ideal, which needs to be highly valued by educators and learners. In order to improve college students' foreign language learning engagement, educators should actively optimize the foreign language teaching environment, innovate teaching methods, pay attention to the individual differences and needs of learners. Learners should adjust their learning attitude, cultivate learning interest and develop scientific learning habits.

## **6. Analysis of the relationship between college students' foreign language enjoyment and learning engagement**

Foreign language learning is of great significance to the development of college students, and the emotional state and learning input in the learning process are the key factors affecting the learning effect. In recent years, researchers have begun to focus on the relationship between enjoyment and

learning input, and to explore how this relationship affects foreign language learning among college students<sup>[8]</sup>.

First, there was a significant positive correlation between enjoyment and learning engagement. Numerous studies have shown that enjoyment can promote learners' commitment to learning. When learners experience enjoyment in foreign language learning, they are more willing to invest time and energy in in-depth exploration of language knowledge and actively participate in classroom activities and discussions. This positive learning attitude and behavior can not only help to improve the learning effect, but also promote the personal growth and development of learners.

Secondly, the promoting effect of enjoyment on learning engagement is influenced by some regulatory factors. For example, factors such as learners' personal traits, learning environment, and learning tasks may influence the strength and direction of this relationship. Specifically, learners with strong learning motivation and self-efficacy are more likely to gain enjoyment from learning and improve learning engagement, a positive and supportive learning environment and challenging learning tasks also help to enhance the connection between enjoyment and learning engagement.

In addition, learning input also has a positive feedback effect on enjoyment. When learners are highly engaged in learning, they are more likely to experience the sense of accomplishment and development of learning, thus enhancing enjoyment. This sense of enjoyment further stimulates learners' interest and motivation in learning, making them more actively engaged in learning, forming a virtuous circle.

Finally, it should be pointed out that the relationship between college students' foreign language enjoyment and learning input has practical significance. Educators and learners should pay full attention to this relationship and take effective measures to promote a virtuous circle between them. Specifically, educators can stimulate learners' enjoyment and improve their learning engagement by creating a positive learning environment and designing challenging learning tasks. Learners can enhance their enjoyment and improve their learning engagement by adjusting their learning attitude and cultivating learning interest.

To sum up, there is a mutual promotion relationship between foreign language enjoyment and learning input. In order to improve the effect of foreign language learning among college students, educators and learners should pay full attention to this relationship and take effective measures to promote the virtuous circle between the two.

## **7. Discussion on the influence mechanism of college students' foreign language enjoyment on learning input**

As the emotional experience in the learning process, the influence of foreign language enjoyment on the learning engagement cannot be ignored. In-depth discussion of the influence mechanism of foreign language enjoyment on learning input is helpful to better understand the learning process and provide theoretical support for improving the learning effect.

Foreign language enjoyment increases learning engagement by reducing learning anxiety. Anxiety and stress are common learning obstacles, which may lead to a lack of confidence and frustration, which can affect learning engagement. The enjoyment of a foreign language helps to reduce learning anxiety and improve the self-confidence and psychological comfort of learners. When learners feel happy and satisfied, they are more likely to overcome anxiety and stress and actively face learning challenges<sup>[9]</sup>.

In addition, foreign language enjoyment increases learning input by improving self-efficacy. Self-efficacy is a learner's perception of their confidence and ability to complete a task. Foreign language enjoyment makes learners more confident that they can cope with learning challenges and achieve good learning results. This positive self-awareness encourages learners to work harder in

learning and pursue higher learning goals.

In conclusion, the influence mechanism of foreign language enjoyment on learning input is multifaceted, including stimulating internal motivation, reducing learning anxiety, and improving self-efficacy. Therefore, in educational practice, we should pay full attention to students' emotional experience, create a positive learning environment, cultivate students' sense of foreign language enjoyment, so as to improve their learning engagement and learning effect<sup>[10]</sup>.

## 8. Conclusions

After a thorough study of the relationship between foreign language enjoyment and learning engagement, we found a significant positive correlation between the two. The enjoyment of foreign language is not only an important emotional experience in the learning process of college students, but also a key factor that drives them to increase their engagement in learning.

Specifically, when college students experience fun in foreign language learning, they are more willing to invest more time, energy and resources to deepen their learning. This active learning engagement further promotes the improvement of learning effect. Conversely, learners lacking foreign language enjoyment tend to show lower learning engagement, which may lead to poor learning outcomes.

In addition, the study also found that personal factors and learning environment have an impact on the relationship between college students' foreign language enjoyment and learning engagement. Therefore, in order to improve the foreign language learning effect of college students, educators should actively create an interesting and supportive learning environment, stimulate the foreign language fun of learners, and guide them to make reasonable engagement in learning.

To sum up, there is a mutual promotion relationship between foreign language enjoyment and learning engagement, which provides a new perspective and idea for improving the effect of foreign language teaching. Future educational practice should pay more attention to learners' emotional experience and learning engagement, so as to promote the comprehensive development of college students and the improvement of foreign language learning effect.

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