

complex grammar, reduce stress, increase comfort and make them feel at ease, helps teachers speed up the lessons, increase their understanding of cultural concepts and ideas and helps them understand instructions of teachers.

Based on the results obtained for the study the following interventions are recommended to address the issues and constraints identified by the study.

- i. First, the study found that the use of L1 in English classrooms comes with various benefits to both teachers and study. For this reason, the study recommends that government and policymakers must consider the development of policies that can allow the use of L1 in the teaching and learning of all subjects in schools. This will give teachers various opportunities to influence students to understand various subjects better. Also, students may feel comfortable in asking questions by expressing themselves better.
- ii. Again, the result from the study revealed that the use of L1 in teaching and learning helps teachers to speed up lessons. Based on this finding, the study recommends that various school authorities must take advantage of the use of L1 in teaching and learning to help gain excess time for extra learning activities. The relevance of this is to broaden the knowledge and understanding of students.
- iii. Moreover, the study found that the use of L1 by teachers helps students to understand the instructions of teachers better and also makes students feel at ease, comfortable and less stressed. The study, however, recommends that management of various schools can put up an initiative to make the use of L1 in teaching and learning more practical and also avoid the prohibitions of L1 in schools. This will help students to enjoy what they do in schools and also develop a positive attitude towards school activities as they can understand and express themselves easily.

- iv. Further, the study recommends that future studies must consider individuals who play a role in teaching and learning like parents of students to assess their opinions and experience in engaging their children in teaching and learning at home. This will help parents understand and develop the easiest means to support the children in learning.

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