Steps to login for oracle 11g:-

1) Go to Network.
2)) Make proxy server ip address "None".
3) Open terminal:- switch to root
4) run this commands

a) /etc/init.d/oracle-xe restart

b) cd /u01/app/oracle/product/11.2.0/xe/bin

c) . ./oracle_env.sh

d) sqlplus system

enter password:-

It will show you:-
SQL> prompt