

COMMUNICATION IS AN IMPORTANT FACTOR OF INTERPERSONAL RELATIONSHIPS

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Abstract: *In this article, communication is an important factor in interpersonal relationships topic is covered. In the process of communication, certain images and models of human behavior are formed, and then they are internalized. During communication, social and personal relations are realized, through which cooperative activities are realized. If our need for communication is not satisfied, our mind will not develop. A person always feels the need to communicate with others.*

Key word: *education, education, social education, higher education, student, knowledge, skill, qualification.*

In our developing society, great attention is paid to the issue of bringing up a healthy generation, perfect people. One of the important qualities of a perfect person is the culture of communication. Communication is an important condition in human life and activity. It is through communication that people can master nature and work together to meet their needs. In the process of communication, certain images and models of human behavior are formed, and then they are internalized. During communication, social and personal relations are realized, through which cooperative activities are realized. First of all, the "I" of each person is formed in the process of communication with others. The life paths of a person first develop in the family, kindergarten, school, university, workplace, among the elderly, that is, in groups and communities. If our need for communication is not satisfied, our mind will not develop. A person always feels the need to communicate with others.

In particular, in the textbook "General psychology" authored by F.I.Xaydarov and N.I.Xalilova, the following examples are given about the need for communication: "In history, the Japanese had a system of self-improvement called Moritao." However, a person does not suffer any physical pain. He only goes into the cave for a week and remains alone there. He couldn't even talk to himself there. Those who have passed the test will gladly welcome any meeting and conversation afterwards. It's interesting that they don't need to talk more, but the need to listen is growing."

Another example is "Once upon a time, the automation of all restaurants in America was booming. But soon their owners began to suffer. It turned out that people came here not only to make ends meet, but also to find someone to talk to.

It can be seen that people always feel the need for communication and try to satisfy it. Since communication is a very complex process, it is very difficult to give it a single and correct definition. Communication is defined differently by different scientists: in particular, in the short explanatory dictionary "Psychology" published under the leadership of M.G.Davletshin, it is defined as "communication is the mutual influence of two or more people". In the textbook "General Psychology" published under the editorship of A.V.Petrovskiy, it is recognized that "communication consists of information exchange, interaction and mutual understanding between two or more people."

Based on the above definitions, communication can be generally defined as follows: communication is a process of interaction between at least two people, during which information is exchanged, relations are established and developed. Communication takes a leading place among the activities performed by people, and it satisfies the most important human need - the need to live in society and consider oneself as an individual.

BFPParagin writes: Communication is such a multifaceted process that it simultaneously includes:

- a) the interaction process of an individual;
- b) the process of information exchange between individuals;
- c) process of attitude of one person to another person;
- d) the process of one person influencing others;
- e) opportunity to express sympathy to each other;
- f) the process of mutual understanding of individuals".

Communication prepares and inspires a person for this or that activity. A person who is far from the group of people, who is out of their sight, does not go to work. For example, the effect of isolation on the human psyche has been studied. Another example is that a person who has been in a thermal chamber for a long time has a violation of perception, thinking, memory and emotional states.

However, scientists have proven that the busyness of people who are condemned to loneliness, not on purpose, but by the decree of fate, does not lead to such great negative changes. However, any loneliness and lack of communication causes a person to feel imbalance, emotionality, self-doubt, sadness, anxiety. It is interesting to note that after a certain period of time, those condemned to loneliness begin to speak. If these are statements about

what he saw or felt before, then there will be a need to talk about something later. For example, a scientist named M. Sifer lived in a cave for 63 days to achieve scientific goals. He later wrote that a few days later, he caught a spider on the ground and started a dialogue with it. "We," he wrote, "were lonely living creatures in this lifeless cave." I began to talk to the spider, I began to worry about his fate...". Based on this, it can be said that a person feels the need for communication, just like physiological needs. When people interact, the most important mechanism in this process is mutual understanding.

People can perceive each other's current state based on their facial expressions, tone of voice, and gestures. As S.L. Rubinstein said, "We read a person by his external behavior." From this we can understand that the appearance of a person is an indication of what kind of person he is.

In the process of communication, people who perceive each other try to understand each other. The following mechanisms are used for this.

1. Identification
2. Reflection;
3. Stereotyping
4. Empathy.

Identification (Latin equalization) means equalizing, equalizing with a person, trying to understand the thoughts and imaginations of a person by putting himself in the place of his imaginary interlocutor.

Reflection (Latin reflection) is an attempt to understand how a person is perceived and understood by the interlocutor.

Stereotyping, from the Greek word meaning repetition, is the use of a certain template to try to understand the interlocutor.

Empathy is an attempt to understand the experiences and feelings of a person by placing oneself in the place of an imaginary interlocutor. This means the approach to emotional problems of a person. It is being able to empathize with other people's feelings and experiences.

Thus, communication constitutes the interaction of people in society. In addition, today communication is a joint work, people's behavior culture and communication techniques are important factors of labor productivity and efficiency.

In conclusion, I can say that in the process of communication, certain images and models of human behavior are formed, and then they are internalized. During communication, social and personal relations are realized, through which cooperative activities are realized. If our need for communication is not satisfied, our mind will not develop. A person always feels the need to communicate with others.

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