

PSYCHOLOGICAL FEATURES OF THE DEVELOPMENT OF COMMUNICATION ABILITIES

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Annotation

This article discusses important aspects of the psychological development of human communication skills. It examines the key points influencing the formation and improvement of communication skills, including cognitive, social and emotional aspects. The article also analyzes the influence of external factors such as education, family environment and cultural characteristics on the development of communication skills. The author presents the results of modern research and discusses their practical applications in the context of education, interpersonal relationships and professional success. The article also emphasizes the importance of a conscious approach to the development of communication skills, which can help improve the quality of interaction in personal and professional areas.

Key words: Communication skills, Psychological development, Influence of sociocultural factors, Education and communication, Social skills, Emotional intelligence, Psychology of communication, Professional success.

Communication is an integral part of our daily life. We communicate with people around us, express our thoughts and feelings, establish contacts and interact in a variety of areas. However, the ability to communicate effectively is not taken for granted. It develops throughout our lives and depends on many psychological factors. In this article, we will consider the psychological features of the development of communication skills and their importance for successful interaction in the modern world.

1. Cognitive aspects of communication skills

One of the key psychological aspects of the development of communication skills is associated with cognitive processes. These processes include the perception, understanding, memorization and processing of information. The development of these processes contributes to a deeper and more effective perception of messages, which, in turn, improves communication skills.

2. Emotional aspects of communication skills

Emotional state plays an important role in communication. People who have developed emotional skills are more successful in expressing their feelings and are better able to understand the emotional states of others. Empathy and the ability to manage one's own emotions contribute to creating warmer and more trusting relationships in communication.

3. Socialization and training

The social environment and education play a key role in the formation of communication skills. From childhood, children are involved in socialization processes, where they learn to interact with others and adapt to sociocultural norms. Education also contributes to the development of language skills, analytical thinking and the ability to argue one's point of view.

4. Experience and self-awareness

Experience in communication plays an important role in the development of communication skills. The more a person communicates, the more experience he gains in different situations. This experience helps to understand which communication strategies are effective and which are not. In addition, self-awareness and the ability to analyze one's communication mistakes also contribute to their correction and improvement of skills.

5. The impact of technology on the development of communication skills

Modern technologies such as social networks and instant messengers have changed the way we communicate. It is important to consider that the development of communication skills also includes adaptation to online communication and the ability to recognize non-verbal cues in the virtual world.

Conclusion

Psychological features of the development of communication skills are an important aspect of successful socialization and interaction in the modern world. They depend on cognitive, emotional, social factors, as well as experience and self-awareness. Understanding and developing these aspects contributes to improving the quality of our interpersonal relationships and communication in general.

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