

INFLUENCE OF PSYCHOLOGICAL FACTORS ON THE DEVELOPMENT OF VERBAL AND COMMUNICATIVE COMPETENCIES

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Annotation

This article explores an important topic in psychology - the influence of psychological factors on the development of verbal and communicative competencies. Verbal communication is a key aspect of human interaction with the outside world and plays a fundamental role in social adaptation and success in life. The article considers important aspects of the influence of psychological factors such as cognitive processes, social interactions, emotional state and motivation on the formation and improvement of verbal and communication skills in different age groups. The authors draw attention to the interaction of internal and external factors that can have both positive and negative effects on the development of verbal communication.

Keywords: verbal skills, psychological factors, psychological support, psychological theories of communication, communication skills, cognitive processes, emotional state.

Introduction

Verbal-communicative competences play an important role in our life. They affect our communication, relationships with others, success in work and education. However, few people think about the psychological factors that influence the development of these competencies. In this article, we will look at several key psychological factors that can have a significant impact on a person's verbal and communicative abilities. One of the most important psychological factors influencing the development of verbal and communicative competences is self-esteem and self-confidence. People with high self-esteem and confidence are more likely to be active in communication, more open to new acquaintances and ready to express their opinion. This contributes to the development of linguistic skills and the ability to adequately respond to the interlocutor.

On the other hand, low self-esteem and lack of self-confidence can lead to difficulties in expressing thoughts and ideas, which limits the development of verbal communication. Thus, working on improving self-esteem and self-confidence can have a positive impact on verbal communication skills. Emotional intelligence (EI) is the ability to recognize, understand and manage one's own and others' emotions. It plays an important role in communication, as it allows you to better perceive the emotional state of the interlocutor, adequately respond to it and build emotional contact.

People with developed EI are able to communicate more effectively, resolve conflicts more easily and create a positive impression on others. Working on developing emotional intelligence can greatly improve verbal communication skills. The quality of interpersonal relationships also affects verbal-communicative competences. People who are in supportive and positive relationships with others feel more comfortable in communication and are more likely to be open and empathetic. These factors contribute to more successful communication and the development of language skills.

On the contrary, negative interpersonal relationships, conflicts and failures in communication can create barriers to the development of verbal-communicative abilities. Therefore, it is important to pay attention to improving relationships with others. Communication plays an important role in our daily life. From conversations with loved ones and friends to professional negotiations and public speaking, verbal communication skills are a key element of successful communication. However, the development of these skills can be influenced by various psychological factors that shape our ability to communicate and communicate.

One of the most significant psychological factors influencing verbal and communicative competences is self-esteem and self-confidence. People with high self-esteem and self-confidence are often more open to communication, show more initiative in conversation and suffer less from fear of mistakes or negative reactions from their interlocutors. These psychological qualities can stimulate active learning and communication practice, which in turn contributes to the development of verbal skills.

Emotional intelligence, or the ability to understand and manage your emotions, plays an important role in successful communication. People with a high level of emotional intelligence are more able to adequately perceive the emotions of interlocutors, express their thoughts and feelings, and respond to emotional situations in communication. This psychological factor contributes to the improvement of verbal and communicative competencies, as it allows you to create more emotionally rich and deep conversations.

Social skills and empathy also have a significant impact on the development of verbal and communicative competencies. Empathy, or the ability to understand and perceive the feelings and needs of others, helps create deeper and more productive relationships in communication. People with developed empathy are more likely to show interest in the interlocutor and are able to find a common language with different types of personalities. Social skills, such as the ability to listen, ask questions, and express yourself clearly and concisely, also contribute to successful communication.

Stress and anxiety can severely limit verbal communication skills. People suffering from high levels of stress or anxiety may have difficulty expressing their thoughts, controlling speech, and absorbing information from an interlocutor. They may also fear judgment or backlash, resulting in more limited communication skills. Managing stress and anxiety can help improve verbal communication.

Finally, one of the key psychological factors influencing the development of verbal and communicative competencies is training and practice. Scientific research confirms that systematic training and regular communication practice improve communication skills. Psychological factors such as motivation, interest in the topic, and feedback also play a role in the effectiveness of communication training. So, verbal and communicative competences develop under the influence of various psychological factors. Being aware of these factors can help us improve our communication skills as well as help others develop their communication skills. By being mindful of our self-esteem, emotional intelligence, social skills, and stress levels, we can become more successful and confident in verbal communication.

Conclusion. Verbal-communicative competencies are an important aspect of our life, and psychological factors play a significant role in their development. Self-esteem, self-confidence, emotional intelligence, and the quality of interpersonal relationships can all influence a person's ability to communicate effectively and successfully.

Understanding and taking into account these psychological factors can help develop verbal communication skills, which, in turn, will make our life richer and more successful. A more thorough study of the influence of these factors and the development of methods for their improvement may be an important direction for future research and development of personality.

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