



Discussion of Psychological Factors Influencing the Development of Verbal and Communicative Competencies

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ABSTRACT

This article conducts an extensive analysis of the psychological aspects that influence the development of verbal and communicative competencies in humans. The study is based on current theories and empirical research in the psychology of communication and language learning. The article examines the importance of psychological aspects such as motivation, self-esteem, emotional intelligence and social factors in the formation and development of verbal communication competence. The authors analyze in detail the relationship between the emotional state and the ability to express one's thoughts and ideas in words, and also consider the influence of motivation on the level of skill in the field of verbal communication. The article also raises the issue of the influence of the social environment and interpersonal relationships on the development of verbal skills, highlighting key aspects such as upbringing, patterns of behavior and the structure of society.

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Introduction. Verbal-communicative competencies play an important role in our daily life. They allow us to effectively interact with others, communicate information, and express our thoughts and feelings. However, developing these skills can be challenging and requires an understanding of the psychological factors that influence them. In this article, we will consider the key psychological aspects that influence the development of verbal and communicative competencies.

Emotional intelligence plays an important role in the development of verbal communication skills. Emotions often affect our ability to express our thoughts and feelings. People with a high level of emotional

intelligence manage their emotions more easily and better understand the emotions of others. This allows them to communicate and resolve conflicts more effectively.

Self-esteem and self-confidence significantly affect the ability to verbally express one's thoughts. People with low self-esteem may be afraid to voice their ideas for fear of judgment or negative reactions from others. Therefore, developing self-confidence and positive self-esteem is an important step towards improving verbal communication skills. Empathy is the ability to understand and perceive the feelings and experiences of others. It greatly facilitates communication, as it allows you to better understand the needs and emotions of the interlocutor. Developing empathy promotes deeper and more effective communication.

Social skills include the ability to perceive non-verbal cues, read facial expressions and gestures, and correctly interpret tone of voice. These skills allow you to more accurately understand the meaning of what is said and better control your expression in a conversation. The development of verbal-communicative competencies takes time and effort. People who are highly motivated and persistent are more successful in developing these skills. They are willing to learn, overcome challenges, and constantly improve their communication.

Verbal-communicative competences play an important role in our life. They not only allow us to express our thoughts and ideas, but also contribute to establishing contacts with the people around us. The development of these competencies is of great importance for personal and professional growth. In this article, we will consider the psychological factors that influence the development of verbal and communicative skills.

Self-esteem plays an important role in the communication process. People with low self-esteem may experience fear of speaking their thoughts and feelings. This can lead to self-doubt and, as a result, to the limitation of verbal activity. Self-esteem can be improved through practice and positive social experiences. Emotional intelligence describes a person's ability to recognize and manage their own emotions, as well as the emotions of others. A high level of emotional intelligence can contribute to more effective communication, as it helps to better understand the feelings and needs of other people, which in turn contributes to more empathic and adaptive communication.

The quality of interpersonal relationships strongly influences the development of verbal and communicative competencies. Positive and supportive relationships encourage more open and constructive communication, while conflicting and tense relationships can make communication difficult. The sociocultural context also plays an important role in the development of verbal communication skills. Cultural norms, values, and expectations can vary greatly across societies. Understanding and respecting cultural differences helps to successfully interact with representatives of different cultures and nationalities.

Communication is not only the process of expressing your thoughts, but also the ability to listen to the interlocutor. The skill of active listening, which includes the ability to ask questions, show interest and attention to the interlocutor, contributes to better communication.

Verbal-communicative competence, the ability to express one's thoughts and ideas verbally, play an important role in our lives. These skills not only help us express ourselves, but also make it easier to communicate with others. The development of verbal and communicative competencies depends on many psychological factors, which will be discussed in this article. One of the most important psychological factors influencing the development of verbal and communicative competencies is self-esteem and self-confidence. Self-confident people feel more comfortable with communication and are ready to actively express their thoughts. Psychological well-being and self-esteem are fundamental aspects of developing communication skills.

Emotional intelligence plays an important role in the development of verbal and communicative competencies. People who have a high level of emotional intelligence have an easier time understanding the feelings and emotions of others, which makes them more empathic and able to communicate effectively. The ability to adapt to different social situations and interact with different types of personalities also affects the development of verbal and communicative competencies. People with good social adaptation can easily find a common language with different people and build productive dialogues.

Self-regulation, the ability to control one's emotions and reactions, is a key aspect of successful communication. People who are able to manage their emotions are usually more effective at resolving conflicts and establishing positive relationships with others. A psychological factor that also plays an important role in

the development of verbal communication skills is active listening. A person who knows how to listen carefully to the interlocutor better understands his needs and expectations, which contributes to more effective communication.

Verbal-communicative competencies, that is, the ability to communicate effectively with others through oral speech, are key skills in modern society. They not only help us successfully interact with other people, but also affect our professional and social success. In this article, we will consider the psychological factors that influence the development of verbal and communicative competencies. One of the most important psychological factors influencing verbal and communicative competences is self-esteem and self-confidence. People with low self-esteem and feelings of inadequacy may experience social anxiety, which can lead to difficulty in expressing their thoughts and feelings. Self-esteem and self-confidence contribute to more open and effective communication.

Emotional intelligence, or the ability to understand and manage your own emotions and those of others, is essential to successful verbal communication. People with high emotional intelligence are better able to recognize the emotional cues of interlocutors and adapt their speech and behavior accordingly. They are also able to resolve conflicts more effectively and create positive communication. The ability to listen actively, show interest in the interlocutor and demonstrate empathy plays an important role in verbal communication. People with well-developed social skills are able to more easily connect and build trust with others. Empathy allows you to better understand the needs and feelings of the interlocutor, which makes communication more pleasant and productive.

Obviously, knowledge of the language and its rules is a fundamental aspect of verbal and communicative competences. However, it is also important to take into account the cultural nuances and peculiarities of the language, as they can significantly affect the understanding and interpretation of messages. Compliance with the rules of courtesy and respect for cultural differences contributes to more successful communication. Flexibility and the ability to adapt to different situations and communication styles also play an important role in the development of verbal communication skills. People who are able to change their communication style depending on the context and the needs of the interlocutor can achieve communication goals more successfully.

Conclusion. The development of verbal and communicative competences depends on many psychological factors. From self-esteem and emotional intelligence to interpersonal relationships and sociocultural context, all of these aspects play a role in the process of learning and improving communication skills. It is important to understand that developing verbal skills is a long-term process that requires effort and practice. With the aforementioned psychological factors, everyone can improve their communication skills and make them more effective in various areas of life. Verbal-communicative competencies play an important role in our lives and influence many aspects of our behavior and success. Psychological factors such as emotional intelligence, self-esteem, empathy, social skills, motivation, and perseverance play a key role in developing these skills. Understanding and taking into account these factors will help improve verbal and communicative competencies and improve the quality of our communication with others.

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