

DEVELOPING LISTENING SKILLS FOR EVERYDAY COMMUNICATION

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Annotation: This article will show the role of communication and its development for English language development. In our fast-paced, interconnected world, effective communication is essential for fostering relationships, enhancing collaboration, and navigating daily interactions. Among the myriad of skills that contribute to successful communication, listening stands out as a fundamental yet often overlooked component. “Developing Listening Skills for Everyday Communication” emphasizes the importance of honing this skill to improve not only personal interactions but also professional engagements. Listening is more than merely hearing words; it involves actively engaging with the speaker, understanding their message, and responding thoughtfully. In everyday situations—whether at home, in the workplace, or within social settings—effective listening can lead to clearer understanding and stronger connections. It allows individuals to grasp not just the content of what is being said but also the emotions and intentions behind those words.

Key words: Communication, continuously speak, dialogues, improve communication, communication culture, academic performance, empathy

We live in a world of noise, where social networks and technology-mediated interpersonal communication encourage us to continuously speak, write, and give our opinions. However, although we engage in dialogues, we often hardly listen to each other carefully. Therefore, developing listening skills is crucial. Active listening brings enormous benefits. Although it is difficult to achieve listening skills, they can be taught. It is one of the skills that children and adolescents need to prosper in this 21st century. Moreover, strong listening skills can mitigate misunderstandings and conflicts while fostering an environment of trust and respect. By learning how to listen attentively and empathetically, individuals can create more meaningful dialogues that encourage openness and cooperation. This introduction sets the stage for exploring practical strategies and techniques that can be employed to cultivate better listening habits in daily life, ultimately enhancing overall communication effectiveness. In an age where distractions abound, prioritizing listening may well be one of the most valuable skills we can develop for both personal growth and professional success. Listening is not just about hearing what others say but understanding others' viewpoints, emotions, and needs. Active listening involves paying attention, showing interest, asking questions, and avoiding interrupting or judging. So here are the top benefits of listening and communication listening skills featured in Skills for Life:

- 1. Improve communication.** Active listening lets us understand what others think, feel, and want to convey. We can gain a much deeper understanding and avoid misunderstandings and miscommunications by paying attention to their words and gestures. By listening, we can also show

interest and respect for others, creating a climate of trust and collaboration. For example, research by Izchakov and Kluger (2018) found that building a listening-based communication culture makes workers feel more relaxed, more self-aware of their strengths and weaknesses, and more willing to reflect non-defensively, which results in an improvement in communication.

2. Increase learning. Listening helps us learn and assimilate knowledge from different sources. For example, listening skills can improve reading comprehension, learning, and academic performance early and later (Jalongo, 2010). The first three years of life are critical for developing auditory and neural connections in the brain, and early listening experiences are building blocks for literacy. Therefore, listening skills can improve reading comprehension, learning, and academic performance.

3. Strengthen bonds between people. We maintain our connections with others by listening. Therefore, it is a fundamental skill for any successful relationship. Furthermore, listening allows you to develop other skills, such as empathy, which leads to a better understanding and collaboration between peers. In addition, it shows respect, interest, and trust towards the other.

4. Improve mental health. Listening has a positive impact on our mental and emotional health. By listening to other people, we can feel accompanied, understood, and supported in difficult times. This helps us reduce stress, anxiety, and depression. Umphrey and Sherblom 's (2017) empirical research shows that listening “not only connects us and helps us negotiate our relational differences, but listening also facilitates self-reflection and helps us understand and develop our ways of thinking and feeling.”

Furthermore, To practice active listening, maintain eye contact, occasionally to show engagement, and avoid interrupting while the other person is speaking. Another important technique is to reflect on what you hear

by paraphrasing or summarizing the speaker's points. This not only demonstrates your attentiveness but also clarifies any misunderstandings. Additionally, managing distractions is crucial; in a world filled with constant notifications and noise, creating a conducive environment for conversation can significantly enhance your ability to listen. Asking open-ended questions encourages deeper dialogue and shows your interest in the speaker's thoughts and feelings. It's also beneficial to be aware of non-verbal cues—body language can convey emotions that words may not express. Lastly, practicing empathy by trying to understand the speaker's perspective fosters a more meaningful connection. By developing these listening skills, individuals can improve their communication effectiveness, leading to stronger personal and professional relationships.

Conclusion

Improving listening skills takes practice and commitment but can lead to more meaningful conversations and stronger connections with others. By actively engaging in conversations and employing these techniques, you'll enhance not only your own communication skills but also those of the people around you. Practicing techniques which are mentioned above such as maintaining eye contact, asking clarifying questions, and providing feedback can significantly improve our listening abilities. Moreover, being open-minded and empathetic enables us to appreciate diverse perspectives. As we refine these skills, we not only become better communicators but also demonstrate respect and value for those we interact with. Ultimately, strong listening skills pave the way for more meaningful conversations and a collaborative environment.

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