

**THE ROLE OF INTERPERSONAL COMMUNICATION IN
PERSONALITY DEVELOPMENT.**

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Annotation. In fact, the social experience of each person, his human image, qualities, and even defects are the product of communication processes. A person separated from society, deprived of the opportunity to communicate, can retain the qualities of an individual, but he cannot be a person. Therefore, we analyze its functions in order to imagine the importance of communication in personal development.

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The most elementary function of any communication is to ensure mutual understanding between the interlocutors. This begins with a sincere greeting and an open welcome among the Uzbeks. One of the rarest and greatest qualities of the Uzbek people is that when someone enters their home, they certainly welcome them with an open welcome, see them, ask them how they are doing. It is characteristic that we feel such a sincere welcome even when we go to offer condolences.

Its second important function is to lay the foundation for social experience. A human child socializes only in a circle of people, forms the human qualities necessary for him. The facts of a human child being abducted by predatory animals, and then reappearing among people after a certain period of time show that "Mowglis" continue to develop as biological creatures, but lag behind in socialization. In addition, the fact that such a state also limits the child's cognitive abilities has been proven in numerous psychological experiments.

Another important function of communication is that it prepares and inspires a person for a particular activity. A person who is isolated from a group of people and out of their sight will not be able to do anything, and even if he does, he will do things that will benefit not society, but only himself. For example, many studies have studied the effect of isolation, that is, leaving a person alone, on his psyche. For example, a person who has been in a heat chamber for a long time has impaired perception, thinking, memory, and emotional states. However, scientists have also studied the fact

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that people who are condemned to loneliness not intentionally, but by the will of fate, do not engage in purposeful activities that lead to such significant negative changes. However, any loneliness and lack of communication cause a person to feel unbalanced, emotionally vulnerable, irritable, anxious, worried, insecure, sad, and anxious. Interestingly, after a certain period of time, those who are condemned to loneliness begin to speak out and talk. If at first it was about something he saw or felt, then later there was a need to talk about something. For example, a scientist named M. Sifr lived in a cave for 63 days to achieve his scientific goals. As he later wrote, after a few days, he caught a spider where he was and began a dialogue with it. "We," he wrote, "were the only living creatures in this lifeless cave. I began to talk to the spider, I began to worry about its fate..."

The full satisfaction of a person's need for communication also affects his work activity. People, their presence, the fact of the possibility of talking to each other in this environment often increases a person's working capacity, especially in cases where work is done while talking, and operations are performed together, standing side by side, people find strength and additional will to work more, faster, and more in relation to the colleague standing in front of them. True, if in this cooperation the person next to him likes him, if there is a feeling of mutual sympathy between them, then the person comes to work "as if he came to a holiday." That is why at the beginning of our century, the American sociologist and psychologist John Moreno, having studied the direct impact of this factor on productivity, laid the foundation for sociometric technology, that is, those who like and dislike each other on the basis of a questionnaire, and the sociometric methodology. Thus, communication forms the internal psychological mechanism of people's interaction in society. Moreover, given that in the current conditions of new democratic relations, there is a need to make various production decisions not individually, but collectively - together, the culture of communication and communication techniques of people are important factors in labor productivity and efficiency.

The process of communication is inherently complex, and there are three distinct stages. The initial stage is a person's communication with themselves. T. Shibutani correctly wrote in his textbook "Social Psychology": "If a person understands himself even a little, then he can give himself instructions." A person's communication with himself actually determines the nature and volume of his communication with others. If a person makes it a habit to communicate with himself, constantly withdrawing from society and being shy, then it can be said that he will experience serious difficulties in communicating with others, finding a common language. So, communication with others is the second stage of communication. A. N.

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Leontiev, in his book “Essays on the Development of the Psyche,” writes about the importance of the third form of communication—communication between generations: “If all the older generations died out, the human species would not disappear, but the development of society would not only be significantly delayed, but could even disappear.” Indeed, due to the existence of intergenerational communication, each society has its own culture, cultural wealth, and values, which the most advanced representatives of humanity, who understood its importance, always preserve for future generations and pass on from generation to generation in the process of education, upbringing, and everyday communication.

As for the forms and forms of communication in our lives, we can talk about its forms and types that correspond to the life situations of each person and arise from those situations. But in general, any communication is either formal or informal. If formal communication is based on the official duties and norms of behavior that people perform in society, for example, the communication of a leader with employees working under his authority, the communication of a professor with a student, and so on, then informal communication is based on the personal relationships of this person, and its content is determined by the thoughts, intentions, goals, and emotional relationships of those interlocutors. For example, friends' conversations, conversations of passengers on a long train journey, discussions of students during breaks about sports, fashion, personal relationships. Since it corresponds to the true nature of people, informal communication always takes up more time in people's lives, and they do not get tired of it. However, it should be noted that a person also needs abilities for such communication, that is, how much he is alert, open-minded, knows how to communicate, the ability to find a language, understand others and other personal qualities directly affect the effectiveness of everyday communication. That is why not everyone can be a leader, especially not everyone can do pedagogical work, because this requires him to be familiar with both formal and informal communication techniques.

Depending on the subject and direction of communication, it can be:

- socially oriented (communication aimed at the general public and arising from the interests of society);
- subject-oriented in a group (communication during the implementation of mutual cooperative activities - communication of group members in the process of labor, education or in the process of performing a specific task);

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- personal communication (relationships established by one person with another in order to solve their problems); pedagogical communication (a complex process of interaction between participants in the pedagogical process).

The types and forms of communication are different. For example, this activity can be directly "face to face" or carried out through one or another technical means (telephone, telegraph, etc.); practical or friendly in the process of some professional activity; it can be subject-subject type (dialogical, partnership) or subject-object (monological).

Each type of communication has its own laws, rules, methods of influence, and guidelines, which it is the duty of everyone to know, especially those who are constantly in contact with people.

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