

TOP 7 LISTENING TACTICS FOR EFFECTIVE COMMUNICATION

Okhunjonov Akmaljon Shukhratovich,

Shermukhammedova Adolatkhon Akhadjon qizi.

Assistant-teacher Kokand State Pedagogical Institute,

Kokand city Uzbekistan

Student of Kokand State Pedagogical Institute,

ANNOTATION: Listening is an essential skill in effective communication. It involves more than just hearing words. It requires actively engaging with the speaker to understand their thoughts, emotions, and perspectives. By utilizing various listening tactics, individuals can enhance their communication skills, build stronger relationships, and foster a more profound understanding of others. In this article, we will explore the top seven listening tactics that can help improve communication and promote meaningful connections.

АННОТАЦИЯ: Умение слушать – важный навык эффективного общения. Это предполагает нечто большее, чем просто слушание слов. Требуется активное взаимодействие с говорящим, чтобы понять его мысли, эмоции и точку зрения. Используя различные тактики слушания, люди могут улучшить свои коммуникативные навыки, построить более прочные отношения и способствовать более глубокому пониманию других. В этой статье мы рассмотрим семь лучших тактик слушания, которые могут помочь улучшить общение и способствовать развитию значимых связей.

ANNOTATSIYA: Tinglash muloqotda muhim mahoratdir. Bu nafaqat soʻzlarni eshitishni oʻz ichiga oladi. Bu soʻzlovchining fikrlari, his-tuygʻulari va istiqbollari tushunish uchun faol ishtirok etishni talab qiladi. Turli xil tinglash taktikalaridan foydalangan holda, odamlar oʻzlarining muloqot qobiliyatlarini oshirishlari, mustahkam munosabatlar oʻrnatishlari va boshqalarni chuqurroq tushunishlarini rivojlantirishlari mumkin. Ushbu maqolada biz muloqotni yaxshilash va mazmunli aloqalarni rivojlantirishga yordam beradigan eng yaxshi etti tinglash taktikasini oʻrganamiz.

KEY WORDS: Skills, communicate, speaker, non-verbal cues, genuine, interests, accuracy, interactive, empathetic listening.

Ko'nikmalar, muloqot qilish, ma'ruzachi, og'zaki bo'lmagan belgilar, haqiqiy, qiziqishlar, aniqlik, interaktiv, empatik tinglash.

Навыки, общение, оратор, невербальные сигналы, искренность, интересы, точность, интерактивность, чуткое слушание.

Active listening is the foundation of effective communication. It requires giving undivided attention to the speaker, maintaining eye contact, and responding appropriately. By actively participating in the conversation, you show genuine interest and make the speaker feel valued and heard. Nodding, using verbal and non-verbal cues, and avoiding distractions are essential elements of active listening. It involves fully concentrating, understanding, responding, and remembering what is being said. To be an active listener, maintain eye contact, nod to show engagement, and provide verbal affirmations. By demonstrating your attentiveness, you create an environment where the speaker feels valued and understood. Active listening is a fundamental skill that plays a pivotal role in fostering meaningful and productive communication. Unlike passive hearing, active listening involves a conscious effort to fully understand, interpret, and respond to the speaker. By engaging in this process, individuals can build stronger connections, prevent misunderstandings, and contribute to a more harmonious and effective exchange of ideas. Here are the key components and benefits of active listening:

1. Full Engagement

Active listening requires giving undivided attention to the speaker. This means putting away distractions, maintaining eye contact, and showing genuine interest in what is being said. By being fully engaged, listeners signal their respect for the speaker and create an environment conducive to open communication.

2. Verbal and Non-Verbal Acknowledgment

Providing verbal affirmations, nodding, and using appropriate facial expressions are essential elements of active listening. These cues convey to the speaker that

their message is being received and understood. Non-verbal acknowledgment adds depth to the communication, fostering a sense of connection between the listener and speaker.

3. Empathetic Understanding

Active listening goes beyond hearing words; it involves understanding the speaker's emotions and perspectives. Empathetic listening requires the listener to step into the shoes of the speaker, acknowledging their feelings and demonstrating a genuine interest in their experience. This emotional connection builds trust and strengthens the bond between individuals.

4. Avoiding Interruptions

Patience is a virtue in active listening. Avoiding interruptions allows the speaker to express themselves fully without feeling rushed or disregarded. By patiently allowing the speaker to articulate their thoughts, the listener demonstrates respect and creates a conducive atmosphere for effective communication.

5. Asking Clarifying Questions

To ensure a complete understanding, active listeners ask clarifying questions. These questions seek additional information or confirmation, helping to eliminate potential misunderstandings. Asking questions also demonstrates a commitment to grasping the nuances of the speaker's message.

6. Paraphrasing and Summarizing

Repeating or paraphrasing what the speaker has said is a powerful active listening technique. It not only confirms understanding but also provides an opportunity for the speaker to clarify or expand on their points. Summarizing key ideas at intervals reinforces the main points of the conversation.

7. Feedback and Response

Active listening involves providing thoughtful responses to the speaker's message. Whether through verbal feedback or non-verbal cues, the listener communicates their understanding and perspective. Constructive feedback contributes to a more interactive and collaborative communication process.

Apart from this, Empathetic listening is not just about hearing words; it's about connecting with the emotions behind those words. When we engage in empathetic listening, we make a conscious effort to understand the speaker's perspective, stepping into their shoes without judgment. This goes beyond sympathy; it's about sharing in the emotional experience and validating the other person's feelings.

Empathetic listening is a communication skill that involves fully understanding, interpreting, and responding to another person's thoughts and feelings. This type of listening involves giving your full attention, avoiding interruptions, and providing feedback to show understanding. Empathetic listeners aim to comprehend the speaker's perspective, fostering a deeper connection and promoting effective communication. Here, you can learn the Components of Empathetic Listening:

a) Full Attention:

Empathetic listening requires us to be fully present in the moment. This means putting away distractions, such as phones or other devices, and focusing on the speaker. By giving undivided attention, we signal to the other person that their thoughts and feelings are valued.

b) Avoiding Interruptions:

Interrupting can disrupt the flow of conversation and convey a lack of respect. Empathetic listeners practice patience, allowing the speaker to express themselves fully before responding. This cultivates an environment where individuals feel heard and understood.

c) Nonverbal Cues:

Body language, facial expressions, and gestures play a significant role in empathetic listening. Maintaining eye contact, nodding in agreement, and mirroring emotions convey that you are attuned to the speaker's message on a deeper level.

d) Reflective Responses:

Offering reflective responses, such as paraphrasing or summarizing, demonstrates that you are actively processing the information. This not only clarifies any potential misunderstandings but also reassures the speaker that their message is being accurately received.

e)The Impact on Relationships:

Empathetic listening is a cornerstone of building strong, meaningful relationships. By acknowledging and validating others' emotions, we create a foundation of trust and openness. This, in turn, fosters a sense of connection and mutual understanding. Whether in personal relationships or professional settings, empathetic listening strengthens the fabric of human interaction.

References:

1. Shukhratovich, O. A. (2022). LINGUOCULTUROLOGICAL PROPERTIES OF STABLE COMPOUNDS OF THE ANTHROPONYMIC COMPONENT IN LITERARY TRANSLATIONS OF TEXTS. *Galaxy International Interdisciplinary Research Journal*, 10(11), 1168-1171.
2. Okhunjonov, A. S. (2022). THE IMPORTANCE OF METAPHOR AS A LINGUISTIC PHENOMENON. *Galaxy International Interdisciplinary Research Journal*, 10(12), 1502-1507.
3. Okhunjonov Akmaljon Shukhratovich 2023. LINGUISTIC SCHOOLS: UNLOCKING THE MYSTERIES OF LANGUAGE. *International Journal on Integrated Education*. 6, 11 (Nov. 2023), 31-34.
4. www.masteringielts.com
5. Nurbek Akhmadjonov Signs of a precedent name (example of the name “Berliner Mauer”) "Science and Education" *Scientific Journal / Impact Factor 3.848 (SJIF) January 2023 / Volume 4 Issue 1*
6. Axmadjonov Nurbek, Islomjonova Jasmina. Badiiy matnda allyuziv antroponimlarning xususiyatlari. *Journal of advanced research and stability* volume: 03 issue: 01 | jan - 2023 issn: 2181-2186