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**DIALOGLAR ORQALI MULOQOT KO'NIKMASINI RIVOJLANTIRISH**

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**Annotatsiya:** Maqolada, dialoglar orqali muloqot ko'nikmasini rivojlantirishning ahamiyati va bu jarayonning o'quvchilar yoki ishchi guruhlar orasida qanday ijobiy ta'sir ko'rsatishi tahlil qilinadi. Dialoglar yordamida muloqot ko'nikmalarini rivojlantirish, nafaqat individual kommunikatsiya qobiliyatini, balki guruhdagi muvofiqlikni va hamjihatlikni ham mustahkamlaydi. Ushbu maqola muloqotning asosiy jihatlari va samarali dialogni olib borish usullariga to'xtaladi.

**Kalit so'zlar:** muloqot ko'nikmalari, dialog, samarali muloqot, o'zaro tushunish, guruh ishlari, kommunikatsiya, didaktika

**Kirish**

Muloqot, har bir insonning ijtimoiy faoliyatida muhim o'rin tutadi. Fikr almashish, o'zaro tushunish va fikrlarni yetkazish - bularning barchasi muloqotning asosiy qismlaridir. Dialog, insonlar orasidagi muloqotni o'rnatishda muhim vosita bo'lib, samarali muloqot ko'nikmalarini rivojlantirishga yordam beradi. Bu esa o'z navbatida nafaqat individual muvaffaqiyatlarga, balki jamiyatda ham yaxshi munosabatlar o'rnatishga turtki bo'ladi. Dialog orqali o'rganish, nafaqat bilim olishni, balki boshqalar bilan yaxshi aloqalar o'rnatishni ham ta'minlaydi.

**Asosiy qism**

**Dialogning ahamiyati**

Dialoglar yordamida odamlar o'z fikrlarini ifodalaydi, boshqalarning fikrlarini tinglaydi va tushunishga harakat qiladi. Muloqot jarayonida ikki tomonlama fikr almashish va muammolarni birgalikda hal qilish imkoniyatlari yaratiladi. Bu usul o'quvchilar yoki ishlovchilar orasida ko'proq hamjihatlikni ta'minlaydi.

**Samarali dialogni tashkil etish usullari**

Samarali dialogni olib borish uchun bir necha asosiy qoidalar mavjud. Birinchi navbatda, tinglash muhimdir. Tinglash nafaqat boshqa odamning fikrini eshitish, balki uning so'zlaridan xulosa chiqarish va ehtiyojlarini tushunishdir. Ikkinchi jihat – ochiq va aniq fikr bildirish. O'z fikrlaringizni qisqa va to'g'ri yetkazish muloqotning samaradorligini oshiradi.

**O'quv jarayonida dialoglardan foydalanish**

Maktabda yoki boshqa o'quv muassasalarida, dialoglar yordamida talabalar o'z fikrlarini erkin ravishda bildiradilar. O'qituvchilar esa o'quvchilarni savollar berish, fikr almashish va o'zaro bahs-munozaralar orqali muloqot ko'nikmalarini rivojlantirishga o'rgatadilar. Bu jarayonni samarali tashkil etish uchun guruhlar bo'lib ishlash va doimiy feedback olish juda muhimdir.

**Dialoglarni professional hayotda qo'llash**



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Ish joylarida ham samarali muloqot muhim ahamiyatga ega. Hozirgi kunda ko'plab tashkilotlar va kompaniyalar o'z xodimlarini yaxshi muloqot ko'nikmalariga ega bo'lishga o'rgatishadi. Buning uchun treninglar, seminarlar va guruh muhokamalari o'tkaziladi. Ish joylarida samarali dialoglar boshqaruv va jamoa ishlari samaradorligini oshiradi, ish muhitini ijobiy qiladi.

### **Dialogda hissiy intellektning ro'li**

Dialogda faqatgina mantiqiy fikrlar emas, balki hissiy intellekt ham muhim rol o'ynaydi. Samarali muloqotda odamlarning hissiyotlari, fikrlari va niyatlari tushunilishi kerak. Hissiy intellekt orqali muloqotda moslashuvchanlik va empatiya rivojlanadi. Bu esa o'zaro hurmat va tushunishni kuchaytiradi.

### **Xulosa**

Samarali muloqot ko'nikmalarini rivojlantirishning eng samarali usullaridan biri – bu dialoglarni olib borishdir. Dialog orqali muloqot ko'nikmalarini rivojlantirish, insonlar o'rtasidagi munosabatlarni mustahkamlaydi, guruhdagi ishlash samaradorligini oshiradi va ijtimoiy aloqalarni yaxshilaydi. Muloqotning bu usuli nafaqat o'quv jarayonida, balki ish joylarida ham muvaffaqiyatga erishishning kalitidir. Shunday qilib, samarali dialoglar orqali muloqot ko'nikmalarini rivojlantirish jamiyatda ko'plab ijobiy o'zgarishlarga olib keladi.

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