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## QAROR QABUL QILISH VA PSIXOLOGIK OMILLAR

Abdurahmon Shuhratovich Toymurodov

Osiyo xalqaro universiteti o'qituvchisi

**Annotatsiya:** Mazkur maqolada qaror qabul qilish jarayoni va unga ta'sir qiluvchi psixologik omillar yoritiladi. Shaxsiy va guruhli qaror qabul qilish jarayonlari, psixologik to'siqlar, stress, hissiyot va motivatsiyaning qarorlar sifatiga ta'siri tahlil qilinadi. Ushbu mavzuda zamonaviy yondashuvlar va samarali qaror qabul qilish usullari haqida ma'lumot beriladi.

**Kalit so'zlar:** qaror qabul qilish, psixologik omillar, motivatsiya, stress, hissiyot, muhokama, tahlil, strategiya.

**Kirish** Har qanday inson yoki tashkilot uchun samarali qaror qabul qilish jarayoni muhim ahamiyatga ega. Qaror qabul qilish shaxsiy tajriba, hissiyot, ijtimoiy ta'sirlar va kognitiv jarayonlarga bog'liq holda amalga oshiriladi. Ushbu maqolada qaror qabul qilish jarayonida psixologik omillarning roli va ularning ta'siri o'rganiladi.

**Asosiy qism** Qaror qabul qilish jarayoni turli bosqichlardan iborat bo'lib, bu bosqichlar davomida turli psixologik omillar ta'sir ko'rsatadi:

1. **Kognitiv jarayonlar va mantiqiy tahlil**

Qaror qabul qilish jarayonida insonning tahliliy qobiliyatlari va aqliy jarayonlari muhim rol o'ynaydi. Mantiqiy fikrlash, axborotni tahlil qilish va muqobil variantlarni baholash qarorning sifatini belgilaydi.

2. **Hissiyotlar va intuitiv qaror qabul qilish**

Ba'zan odamlar intuitiv qarorlar qabul qiladi. Hissiyotlar, tajriba va ichki sezgi ma'lum holatlarda mantiqiy tahlildan ham muhim bo'lishi mumkin. Biroq, haddan tashqari hissiy ta'sir noto'g'ri qaror qabul qilishga olib kelishi ehtimoli bor.

3. **Stress va bosim ostida qaror qabul qilish**

Stress holatida insonlarning qaror qabul qilish qobiliyati o'zgaradi. Yuqori bosim ostida tezkor va noaniq qarorlar qabul qilinishi mumkin. Bu esa xatolik xavfini oshiradi.

4. **Motivatsiya va shaxsiy maqsadlar**

Insonning shaxsiy motivatsiyasi va maqsadlari qaror qabul qilish jarayoniga bevosita ta'sir qiladi. Motivatsiya yuqori bo'lsa, qaror qabul qilish jarayoni aniq va ishonchli bo'ladi.

5. **Guruhli qaror qabul qilish va ijtimoiy ta'sirlar**

Jamoaviy muhokamalar jarayonida qarorlar turli fikrlar asosida qabul qilinadi. Ijtimoiy ta'sir va guruh bosimi ayrim hollarda noto'g'ri qaror qabul qilishga olib kelishi mumkin.

**Xulosa** Qaror qabul qilish jarayoni murakkab psixologik jarayondir. Hissiyot, stress, motivatsiya va guruh ta'siri kabi omillar ushbu jarayonga bevosita ta'sir ko'rsatadi. Samarali qaror qabul qilish uchun mantiqiy fikrlash, stressni boshqarish va ijobiy motivatsiyani shakllantirish muhim hisoblanadi. Shaxsiy va jamoaviy darajada to'g'ri qarorlar qabul qilish uchun ushbu omillarni hisobga olish lozim.



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