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INFLUENCE ON THE HUMAN MIND IN THE PROCESS OF COMMUNICATION

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ABSTRACT

This article discusses how the communication process affects the human mind. As well as the article gives several ideas about forms of communication: verbal and nonverbal communication. It also mentions some of the tools that play an important role in communication.

Keywords: communication, physical or mental state, cognitive and active communication; facial expressions, gestures, pantomime, sensory or body communication; speech intensity, volume modulation, tone of voice, speech weight, sound quality, accuracy; formal, professional, private, public, pedagogical communication, auto communication (self-communication)

INTRODUCTION

Communication is man's need as a social, conscious being, as a carrier of consciousness. We observe the separation of different higher animal and human lifestyles into two aspects: relationships with nature and relationships with living things. The first type of relationship is called acting as a special type of human activity. The second type of relationship is defined by the fact that the parties interacting with each other are living beings that exchange information. This type of intra-species and inter-species relationship is called communication.

METHODOLOGY

There are different definitions of "communication". Communication is defined as the interaction between two or more people in the exchange of cognitive or affective-evaluative information. Or: communication is a complex, comprehensive process of establishing and developing relationships that arise from the need for collaborative activities between people and consist of the exchange of information, the development of a single path of interaction, and the perception and understanding of another person. This is the most complete and accurate definition of "communication".

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In material communication, subjects engage in personal activities and exchange their products, which in turn serve as a means of meeting current needs. In conditioned communication, people interact with each other to bring themselves into a certain physical or mental state. For example, raising the mood or, conversely, lowering it; to arouse or calm each other, and, consequently, to have a definite effect on each other's mood. The essence of motivational communication is to convey to each other certain desires, inclinations, or readiness to move in a certain direction. Such communication includes situations in which a person has a goal, another person has an aspiration or disappearance, someone has a certain desire to act, a strong desire to achieve a need. Cognitive and active communication can be related to cognitive or learning activities. It provides information from subject to subject that expands the worldview, develops and improves skills.

The most important types of communication between people are verbal and nonverbal. Nonverbal communication is not based on the use of language, sound speech, but communication through facial expressions, gestures, pantomime, sensory, or body communication. These tactile, visual, auditory, olfactory, and other sensations and perceptions are received from another person. Many of the nonverbal forms and means of human communication are innate, not only with their counterparts but also with other living beings on the level of emotion and behavior, and this interaction allows you to display.

RESULTS

Verbal communication is unique to human beings and determines language acquisition as a necessary condition. Speech is seen as a means of communication, both as a source of information and as a means of interaction with the interlocutor. It is important to remember the words of the great poet Saadi: "Whether you are smart or not, big or small, we do not know, until you say a word." Verbal communication includes the meaning and significance of words and phrases. The focus is on the accuracy of the word, its expression and universality, the sounds, the pronunciation of the words, the tone, and the meaning. Sound phenomena in speech include speech intensity, volume modulation, tone of voice, speech weight, sound quality, tone, accuracy. Expression of sound quality: specific sounds: laughter, sobbing, crying, whispering, sighing, etc. .; the distinguishing sounds are coughing; insignificant sounds - pauses, as well as nasal sounds - “xm, xm”, “e-e-e”, “o-o-o” and so on.

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According to research, in the daily act of human communication, words - 7%, sounds and expressions - 38%, non-verbal interactions - 53%. As the public puts it: "We speak through the voice, we speak through our whole body."

Facial expressions, glances, and gestures are more informative means of nonverbal communication. The forehead, eyebrows, mouth, eyes, nose, and chin - these are the parts of the face that represent the basic human emotions: anger, joy, surprise, fear, hatred, happiness, curiosity, sorrow, and more.

In addition to the types of communication, there are some forms of communication: formal, professional, private, public, pedagogical communication, auto communication (self-communication).

Dialogue has its own set of specific issues. The most responsible period is the preparation period - it is necessary to plan the communication, to determine the tendencies for the results of the communication. The first step in communication is to get in touch. It is important to get into the situation, to feel the partner's situation, mood, to allow himself to get involved and set the direction for the other. This period ends with a spiritual connection. Then begins a period of focus on the problem, the role of the parties, and the development of the topic. The next stage is motivational sounding. Its purpose is to understand the motives and interests of the interlocutor. Then comes the emphasis phase, followed by the argumentation and persuasion phase. Finally, the phase of recording the results begins. If the topic is discussed or the partner shows signs of restlessness, the conversation should end. The dialogue should end with the prospect of always continuing. The last minutes, the final words, the views, the handshakes are very important, and sometimes they can completely change the outcome of a long conversation.

DISCUSSION

From the day of birth, everyone lives in a circle of people, in a certain community - in the family. A person who develops in society interacts with other people through language, becomes a person - a subject who knows the reality and changes it. A human child is called an individual. We include all people - normal people, newborns, the mentally retarded - as individuals. But we cannot call them all individuals. We call a person a person who does some useful work in society. A person's surroundings as a person - his relationships with the people and things around him - are reflected in their productive activities, in the relationships that occur between people. A person begins to form as a person only in relations with other people. This means that a person is a perfect person who lives in human society, is

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engaged in some kind of activity, can communicate normally with others through language, and has a highly developed consciousness.

CONCLUSION

That is, communication is a process of communication, interaction, understanding, communication, and development that stems from the need for interaction. Communication is a form of living. The interaction of communication and its perceptual aspect outside of communication arises from the mutual understanding of the participants of the relationship, which takes place in its process. Well-known psychologist S. L. Gubinstein wrote: “When we interact with people in everyday life, we focus on their behavior. Because we read the essence of their information to their critical information, that is, we dig into its essence, and in this way, we determine the content of the text, which is embedded in the context, which has an internal psychological aspect. This kind of reading happens quickly from a distance because in the process of interacting with others, a psychological inner meaning is formed, which is automatically applied.

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