

THE IMPORTANCE OF SELF-CONFIDENCE IN COMMUNICATION

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Annotation: In this era, self-confidence is considered to be one of the key factors on almost every field, especially it is even more valued while communicating with people around you, regardless of the social context. Another key secret of believing in yourself is not to force yourself to do something, but be genuinely interested in what you are doing and you can see how confident you will be after trying to do something you love.

Annotatsiya: Xozirgi yashab turgan asrimizda shaxsning o'ziga bo'lgan ishonchi deyarli har bir sohada eng kerakli bo'lgan kalitdir, ayniqsa ijtimoiy muhitdan qat'iy nazar atrofdagi odamlar bilan muloqotda bu qobiliyat juda qadrlanadi. Inson o'ziga bo'lgan ishonchning yana bir siri o'zini biron ishni qilishga majbur qilmaslik kerakligi, aksincha qilayotgan ishiga qiziqish va sevgan ishini qilish orqali o'ziga bo'lgan ishonchni ko'ra olishdir.

Key words: Self-esteem, accomplishment, self- evaluation, confidence, politeness, communication, job interview, effective communication, one-on-one conversation, presentation setting.

Self-confidence, by definition, means how much people believe in their self, how they evaluate their skills and opinions. I think, self and self-evaluation are both connected closely with each other, because we often confess that the situations where people who are sure about their skills almost always take a lead. It is proven that if a person is confident at the workplace, he or she has a higher possibility of getting promoted and building a worthwhile reputation.

One of the most advantageous sides of being confident in the workplace is that the more you speak with your colleagues confidently and clearly, the higher they will respect you and take your ideas seriously even if you are a simple new-comer. More



confident people are more willing to do more than others, and get the tasks done even if it is outside of their working capacity and in turn, those people, who believe in themselves are considered to be goal-oriented and ambitious ones. There are several ways to boost your confidence. The first and foremost reason for lacking confidence is that people tend to concern about the ideas of others about their actions. If you ever want to be successful and confident, you should start that by changing your viewpoint and stop thinking of others more than yourself and your enjoyment. For example, most women in our local neighbourhood cannot even choose their favourite job, cannot wear their favourite clothes, eat their favourite food because their first question is always like, ‘what would he or she say if I do this?’, not ‘do I really like it?’. I think, if we want to build a successful society, we should start it by encouraging women to be more confident and to speak up, because they not only influence on themselves, but their children, their husband, and the whole family.

Another reason for lacking self-confidence can be being overly humble about your achievements. Of course, people should keep their modesty in public but there is a saying ‘everything in moderation is beautiful. I mean, people should learn to showcase their accomplishments while it is needed. However, people should keep balance at everything, because overly confident people are mostly regarded as an arrogant, and this title will serve them to lose respect in front of people. So be careful to be realistic about your achievements to ensure that you are not pushing your own barrow.

In today’s era of globalization, most people use different social media sites and try to compare themselves with their peers, which is one of the reasons for losing your self-esteem, the power of respecting and accepting your values without any complains along with their confidence. It is hard to meet of the same skills, values, interests and even appearances. So, what is the point of comparing yourself with a stranger, with completely different human being? People should just accept this simple truth and go on with their own life. It is also a well-known fact that comparing yourself with others may cause an impostor syndrome, which can result in losing your true self.

Another key secret of believing in yourself is not to force yourself to do something, but be genuinely interested in what you are doing and you can see how confident you will be after trying to do something you love. Again, this topic leads to choose the right job and doing the things that you enjoy only. Not everyone has the luxury of doing what they love for a living. Not everyone loves going to school or going to



the 9-5 job. We can manage our happiness and satisfaction by allocating an hour or so a day doing what we love. Watch a good movie, doing your make-up to feel good or even meeting a friend for a play-date or coffee. Remember, everything and anything bad does not last forever. Try to live in the present and enjoy life.

To sum up, I would like to say that unless people themselves take further steps to be confident, no one is going to make them so. It depends upon the choices you make every day: whether be shy and lose what you have or speak up and gain more than you are ever capable of.

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