

HOW TO USE NONVERBAL COMMUNICATION IN CLASSROOM

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Annotatsiya: Sinfda og'zaki bo'lmagan muloqotdan foydalanish ta'lim jarayonining samaradorligini oshirishda juda muhim ahamiyatga ega. Og'zaki bo'lmagan muloqot deganda so'zsiz ifoda vositalari orqali amalga oshiriladigan muloqot tushuniladi. Bu turdagi muloqot o'qituvchi va o'quvchilar o'rtasida, shuningdek, o'quvchilar o'rtasida yuzaga keladigan turli holatlarda qo'llaniladi. Og'zaki bo'lmagan muloqotning asosiy vositalari orasida tana tili, yuz ifodalari, imo-ishoralar, ko'z bilan aloqa, tana holati, kiyim-kechak va boshqa tashqi ko'rinish elementlari kiradi. Ushbu vositalar yordamida muloqot so'zsiz amalga oshiriladi, ammo uning ta'siri so'zli muloqot kabi yoki undan ham kuchliroq bo'lishi mumkin.

Kalit so'zlar: og'zaki bo'lmagan muloqot, dars, diqqatni jamlash, yuz ifodalari, imo-ishoralar, ta'lim, signal.

Аннотация: Использование невербальной коммуникации в классе имеет большое значение для повышения эффективности образовательного процесса. Под невербальной коммуникацией понимается общение, осуществляемое посредством невербальных средств выражения. Этот вид коммуникации используется между преподавателями и учащимися, а также между самими учащимися в различных ситуациях. К основным средствам невербальной коммуникации относятся язык тела, мимика, жесты, зрительный контакт, поза тела, одежда и другие элементы внешнего вида. С помощью этих средств коммуникация осуществляется без слов, но её воздействие может быть таким же сильным или даже сильнее вербального общения.

Ключевые слова: невербальная коммуникация, урок, концентрация, мимика, жесты, обучение, сигнал.

Abstract: The use of nonverbal communication in the classroom is very important in increasing the effectiveness of the educational process. Nonverbal communication is understood as communication that is carried out through nonverbal means of expression. This type of communication is used between teachers and students, as well as between students in various situations. The main means of nonverbal communication include body language, facial expressions, gestures, eye contact, body posture, clothing and other elements of appearance. With the help of these means, communication is carried out without words, but its effect can be as strong as or even stronger than verbal communication.

Keywords: nonverbal communication, lesson, concentration, facial expressions, gestures, education, signal.

INTRODUCTION

The effective use of non-verbal communication in the classroom will greatly help to concentrate students, increase their activity, eliminate misunderstandings and create a positive environment. The teacher can use body language throughout the lesson to convey various signals and messages to students. For example, expressing consent or dissatisfaction with head movements, calling for concentration using hand movements, or expressing one's emotions through facial expressions make communication more effective in a class environment. In this way, the teacher manages the students' attitude towards the lesson using non-verbal means.

MATERIALS AND METHODS

Nonverbal communication also allows students to express their thoughts unconditionally. This is especially important for children who have difficulty speaking or cannot express their opinion clearly. Through gestures, facial expressions, movements, they can convey their state, feelings and thoughts to others. Also, this type of communication also increases mutual understanding among students, helps to effectively organize teamwork. Through non-verbal communication, students can understand each other's moods and provide the necessary support. In order to effectively use non-verbal communication in the classroom, it is necessary for the

teacher to consciously control his body language. This allows not only to express one's own emotions, but also to monitor the behavior of students. For example, among students, who is concentrating, who is distracted, or is being disturbed can be identified through body language. Thus, the teacher can organize the course of the lesson by influencing it in time. Proper use of body language is an important tool in managing the classroom environment.

RESULTS AND DISCUSSIONS

Another important aspect of nonverbal communication is its dependence on cultural context. In each culture, body language and gestures have their own specific meaning. Therefore, the teacher should take into account cultural aspects when applying non-verbal communication in the classroom. This increases the mutual respect of students and prevents misunderstandings. Taking into account cultural differences allows the teacher to communicate effectively even in classes with students from different backgrounds. There are various ways to use non-verbal communication in the classroom. For example, the teacher can assess students' understanding of the subject through facial expressions during the lesson. If students show signs of ambiguity or misunderstanding on their faces, the teacher switches to re-explaining the subject. It is also possible to stimulate activity in the lesson with the help of hand movements. Students can answer questions hand in hand, or shake their heads for approval. These methods make the course process interactive and fun.[1]

The use of nonverbal communication is also important in managing the emotional state of students. For example, a teacher can show support, stimulation to students through facial expressions and body posture. This will help students feel confident and increase interest in the lesson. At the same time, with the help of non-verbal communication, the teacher can identify situations of tension or restlessness in the classroom and alleviate them. In order to effectively use non-verbal communication in the classroom, it is necessary for the teacher to develop his communication culture. This is done by working on oneself regularly, learning body language, and carefully observing the behavior of students.[2]

The teacher's harmonious use of both verbal and non-verbal means of communication increases the quality of the course process. In this way, the teacher can take into account the individual characteristics of each student and apply an approach tailored to their needs. It is also important to teach non-verbal communication to students. This improves their interaction, helps to effectively organize teamwork. Students should be taught the correct use of gestures, facial expressions and body language, encouraging them to express their thoughts without words. Such skills also have a positive effect on the social and emotional development of students. Another advantage of non-verbal communication is that it helps to avoid noise and distractions during the lesson. For example, a teacher can instruct students to remain silent or concentrate with hand movements. This unspoken signal serves to make the lesson more organized and effective. At the same time, with the help of non-verbal communication, the teacher can convey his demands in a subtle and sincere way. In addition, non-verbal communication plays an important role in the development of social skills among students.[3]

Students learn to understand each other's body language, increasing mutual respect and cooperation. This creates a positive environment in the classroom and serves to make the educational process successful. Students can also be successful in social life in the future by learning to use nonverbal means in their interactions. In the process of using non-verbal communication, it is necessary that the teacher also develops his emotional intelligence. This helps to understand, manage, and adapt to students' emotions. A teacher can give positive energy to students through their facial expressions, body posture, and gestures. This makes the atmosphere in the classroom warmer and more intimate.[4]

CONCLUSION

In conclusion, the use of non-verbal communication in the classroom is an integral part of the educational process. This type of communication improves the relationship between the teacher and the students, increases the effectiveness of the lesson and helps to control the emotional state of the students. When the teacher consciously applies

non-verbal communication, it prevents many problems that arise in the course of the lesson and makes the learning process of students more interesting and effective. Therefore, the study of non-verbal communication and its use in practice is an important task for every educator. This has a huge impact not only on the effective conduct of classes, but also on the personal and social development of students. Through the correct and purposeful use of nonverbal communication tools, the teacher can implement an appropriate approach to the needs and abilities of each student in the classroom. As a result, the educational process becomes more productive, interesting and meaningful, while students develop their social skills by strengthening their knowledge.

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