
MANAGING RELATIONSHIPS IN EVERYDAY PRACTICE: THE CASE OF STRONG DISAGREEMENT IN UZBEK

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Annotation

Relationships are crucial for any effective communication, particularly in the case of strong disagreements, where the potential for conflict is high. This article examines the management of relationships in the Uzbek context, where disagreement is a common feature of daily practice. The article draws on a literary review to explore strategies for dealing with disagreements and promoting positive relationships in Uzbek society. The key themes include the importance of listening and showing respect, building trust, and using cultural norms and traditions to resolve conflicts. The implications of this research for effective relationship management and cross-cultural communication are discussed in the conclusion.

Keywords

relationship management, strong disagreement, communication, Uzbek society, cultural norms, cross-cultural communication.

INTRODUCTION

Effective communication is an essential element of any successful social interaction. A key component of effective communication is the ability to manage relationships, particularly in situations where there is a strong disagreement. One such context is the Uzbek society, where disagreements and conflicts are a common feature of daily practice. This article explores some strategies for managing relationships in the Uzbek context, particularly in situations of strong disagreement, drawing on a range of literature on the topic. The article begins by examining the cultural context of communication in Uzbek society before focusing on specific strategies for managing relationships.

MAIN PART

Cultural Context of Communication in Uzbek Society

It is essential to recognize the cultural context of communication in Uzbek society to appreciate how relationship management works. For example, respect for age and hierarchy is crucial, and those younger should show greater respect to

those older than them. Uzbek society is also collectivistic, making relationships and group dynamics essential aspects of communication. Also, maintaining "face," avoiding direct confrontation, and saving honor are important to avoid conflicts. Respect for cultural and religious values is critical in Uzbek communication, with young people showing particular respect for their elders. Thus, showing respect is crucial to avoid conflict, and conflict resolution must involve the religious and societal leaders.

Strategies for Managing Relationships in Uzbek Society

Listening and showing respect: In Uzbek culture, active listening is key, and this involves an understanding of non-verbal cues. Also, maintaining physical proximity helps listen effectively. It is crucial that disagreements are shown in a respectful way, and the other person's opinion is always valued.

Building trust: Building trust is essential to enhancing relationships in Uzbek society. Trust can be established through a keen interest in other people's lives, showing respect for the other's opinion and by providing help when it's needed. However, overlooking cultural differences and being friends with someone outside your social status can hurt trust in Uzbek society.

Using cultural norms and traditions to resolve conflicts: Uzbek society has long-established traditions and customs that assist in solving disputes. Such traditions include seeking advice from religious and social leaders or consulting with family elders. The traditions of seeking mediation and involving family and friends in the resolution of conflicts are prevalent in Uzbek society.

RESULTS AND DISCUSSIONS

There are also a few general rules of relationships that apply to everyone.

1. Leave your phone outside the bedroom

It's important to unplug from your phone and really engage with what you are doing not only for your own mental health and wellbeing, but also for the sake of your relationship. During the day it can be hard not to check your phone, especially if you use your phone for work or essential communication. But constantly being on your phone, or having the temptation to scroll through your apps can really take a toll on the communication in your relationship. One simple way to improve your relationship communication is to make your bedroom a phone free zone. Unplugging together will encourage more communication between you and your partner in a distraction free setting. Plus, leaving your phone out of your bedroom is also proven to improve your sleep patterns.

2. Make eye contact during discussions

Eye contact is such a key part of communication. A part that is often overlooked or avoided when the conversation is difficult. Even if you aren't having a tense conversation, people sometimes forget to make eye contact. This is often because you are doing other things while talking to your partner, but other times it's just a lack of awareness about where you are focusing. Eye contact can be very intimate and some people tend to avoid it, even when communicating with their partner. Instead of actively/passively avoiding eye contact or multitasking while your partner is trying to communicate with you, focus on giving them your undivided attention and making eye contact. This will show your partner that you are really listening to them, which will make them feel heard and respected. Making eye contact during discussions is a simple way to improve your communication as a couple. The importance of eye contact really can't be overstated here. In addition to making eye contact during discussions, it's also important to make eye contact while you are being intimate with your partner. Eye contact communicates trust and vulnerability, so prioritizing eye contact in your intimate life will also make you closer to your partner.

3. Offer words of encouragement

At the end of the day, most people just want to be told that they are doing a good job. Or have their hard work acknowledged. Your partner is no different. Offering words of encouragement to your partner about their career, their personal goals, fitness goals or anything else will help them feel supported in the relationship. A lot of people don't realize how important it is to actually vocalize encouragement and support, thinking that their partner knows they support them and their endeavors. But it's super important to vocalize these things through verbal communication so that there is not doubt in your partner's mind that you are supportive of them. Creating a supportive environment in your relationship will create trust and admiration, which will improve verbal communication.

4. Ask open-ended questions

When you're communicating with your partner, it's important to ask open-ended questions to spark conversation. It can be easy to get in conversation ruts or to run out of new things to talk about. To avoid talking about the same things over and over again and to improve your relationship communication, it's important to ask your partner thought provoking questions. In addition to asking them how they are feeling and how their day went, ask open-ended questions. If you can't think of any thought-provoking questions to ask, you can turn to the internet where there are tons of conversation starters for couples. Engaging in conversations in this way will improve your relationship communication and make it more natural.

5. Listen

We can't overstate how important listening is. If you are looking for ways to improve your relationship communication, focus on being an active listener. Active listening requires you to focus all of your attention on the conversation at hand, make eye contact, and show your partner that you are following what they are saying by doing things like nodding and asking relevant questions. Focusing on your listening skills is an easy way to improve your communication. Even if you think you are a good listener, it's always a good thing to really work on. If you feel like your partner is not being a good listener, you should bring this to their attention by suggesting they put their phone away while they are talking to you, or requesting they may eye contact. Our modern lives are full of distractions that can really impede our listening skills, and oftentimes people don't even realize that they are tuning out. Cultivating an environment where you feel heard and seen in the relationship is critical to improving relationship communication.

Communication is the key to any successful relationship. And while communication in general might seem like a huge abstract thing, it's actually just the sum of small actions and habits. If you feel like you are having communication issues in your relationship, or if your communication could be better, consider making small, everyday changes in your communication patterns. Sometimes it's the little things that make the biggest difference. In some cases, communication problems are indicative of other bigger problems in your relationship, which can require professional help to address or a more concerted effort to fix. But other times, doing little things on a day to day basis can do wonders for improving your relationship communication. Prioritizing communication in your everyday life, and paying attention to small things that can improve your communication will help your relationship thrive.

CONCLUSION

Effective communication involves managing relationships, particularly in situations of strong disagreement. The Uzbek society is a collectivistic society with unique cultural communication features. Trust-building, use of cultural norms, and showing respect are critical to effective relationship management. Active listening, paying respect to the other person's opinion, and utilizing cultural traditions to resolve conflicts can lead to positive communication outcomes.

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