

Praise and its Relation to Other Phenomena

Gulrukh Shokirjonovna Usmanova

Senior lecturer, Oriental University

Umida Farkhadovna Maxmudova

Lecturer, Tashkent State University of Oriental Studies

Abstract: This article analyzes the phenomenon of praise, its role in various social, psychological and cultural contexts and its relationship with other relationships. Praise plays an important role in human relations, in particular, in the formation of social interactions, motivation, and psychological states. The article also examines the importance of praise in various fields, including teaching, workplace leadership, cultural and artistic fields, and how it affects social and cultural attitudes.

Keywords: Praise, psychological consequences, self-confidence, self-esteem, excessive praise and inappropriate praise.

Introduction: Praise is an important social phenomenon that shapes human interactions, motivation, and psychological states. Praise is often manifested as recognition, respect and appreciation of the positive aspects of a person or his activity. Praise usually leads to the improvement of mutual relations and the strengthening of social bonds between people. However, there are not only positive effects of praise, but also negative aspects, such as social and psychological consequences of excessive or inappropriate praise.

Praise is an important tool that increases people's motivation. Positive praise from a teacher or supervisor increases an employee's or student's motivation to work and learn. Also, praise motivates people to achieve better results. In translation, for example, the following sentence can be cited:

In Uzbek: "Appreciating his work encouraged him to do more" (O'zbekcha: "Uning mehnatini qadrlash, unga yanada ko'proq ish qilishga undadi.")

In English: "Appreciating his efforts motivated him to work even harder."

This example shows the role of praise in encouraging and motivating a person. The translation clearly reflects the positive effect of praise and its use as a motivation for activity. The role of praise and its relationship to other social phenomena, such as motivation, self-awareness, social influence, and cooperation, should be explored separately in each social system. In artistic and scientific literature, this phenomenon is considered as a means of social motivation. However, in some cases, excessive praise can distort a person's real work or characteristics and create a false impression. In this context, the article analyzes the relationship of praise with other social phenomena, including social relations, success at work, and personal motivation.

Main part: Praise has a great psychological and social value. Many studies show that positive praise boosts a person's self-confidence, self-esteem, and helps them to join a team. These social and psychological aspects of praise certainly determine how it is used in relationships.

➤ **Motivation and encouragement:** One of the first and most important tasks of praise is to motivate people. Thanks to its positive influence, praise motivates a person to new achievements. For

example, praise given by teachers and leaders to students or employees increases their motivation and encourages them to work more efficiently. This condition, in turn, increases success in studying or working.

- **Social interaction:** Praise also plays an important role in strengthening social bonds between people. In social relationships, praise mainly helps to build trust, respect and team spirit. Valuing a person or his work increases the trust of other people in him and causes more social relations to be established.
- **Self-awareness and self-worth:** Praise also helps a person's self-awareness. A person who feels valued and important to himself can have a positive effect on other people. Self-worth is also an important component of self-awareness. Praise supports this process, as positive feedback and affirmation help a person realize their worth.

However, there is a downside to praise. Too much or the wrong kind of praise can lead a person to engage in behaviors that are comforting. This, in turn, can cause a person's social and psychological problems. For example, excessive praise can diminish the value of one's original work or work and negate the work of showing off. As a result, such people may have a false sense of self-confidence and may have difficulty achieving success in the future.

Praise is a powerful tool of social, psychological and motivational influence. It increases people's self-confidence, strengthens self-awareness and strengthens social ties. Through praise, people feel that their achievements and work are appreciated, which motivates them to work more actively and creatively. However, too much praise or the wrong kind of praise can have negative consequences. Genuine and fair praise between people is important because it builds mutual respect and trust.

Social and psychological importance of praise is great. Praise, in particular, serves as a force that increases motivation and strengthens social bonds. Through praise, a person appreciates his work, achievements and qualities, which increases his self-confidence. Also, when a system of constant praise is established in social relations, good morale and mutual support appear in the team. The positive effects of praise affect many social and psychological processes, but there are also negative consequences of excessive or inappropriate praise. The association of praise with various social phenomena, such as personal motivation, self-awareness, and social interactions, further confirms its important role. However, it should be used with caution in changing social contexts.

Result and discussion: Praise increases a person's self-confidence and self-awareness. A person whose work and qualities are appreciated has self-respect, which in turn helps him to understand himself. For example:

Uzbek: "His work is always recognized, which boosts his self-confidence." (O'zbekcha: "Uning ishi doimo e'tirof etiladi, bu uning o'ziga bo'lgan ishonchini oshiradi.")

In this example, you can see the psychological aspects of praise - its role in increasing self-confidence and self-awareness.

Praise also plays an important role in strengthening social relations between people. Appreciating and praising the work of a person helps to build good relations between him and other people. For example, by praising a friend, you can express trust and respect for him. Example:

Uzbek: "Appreciating the achievements of a friend strengthened their friendship."

English translation: "Appreciating his friend's achievements strengthened their friendship."

This example shows the role of praise in the development of social relations, because positive thoughts and acknowledgments between people strengthen the relationship.

Excessive praise can sometimes be done in the form of falsehood and over-praise instead of uplifting and showing a person's true abilities. This situation can damage a person's self-confidence, as well as reduce his motivation. For example:

Uzbek: "Excessive praise has led to the creation of a false image without understanding its true nature." This example shows the negative effects of excessive praise because it fakes a person's true work or qualities.

Conclusion: Praise is of great importance in strengthening social relations, motivation and self-esteem. However, praise for any individual, employee, or student should be handled with care. Excessive praise and inappropriate praise can have negative psychological and social consequences. Therefore, it is important to give praise in a correct and fair way, with appreciation of the real work of the person. The role and influence of praise becomes an integral part of social and psychological processes, strengthens its role in society. Praise plays a special role in social and psychological processes. Positive praise helps to motivate people and strengthen social relationships with them. However, this should be done with caution. Too much or the wrong kind of praise can have negative consequences. The correct use of praise strengthens its social and psychological impact and leads to the strengthening of mutual relations.

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