



THE IMPACT OF REPRIMANDS ON PERSONAL AND PROFESSIONAL DEVELOPMENT: A COMPREHENSIVE ANALYSIS

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Abstract: This article delves into the multifaceted nature of reprimands and their role in shaping an individual's personal and professional growth. It explores the significance of reprimands as a tool for highlighting shortcomings and mistakes in various aspects of one's life, including work, lifestyle, and overall attitude. The study contends that encountering reprimands is an inevitable part of life, and understanding their constructive potential is crucial for harnessing personal and professional development. By examining the psychological, social, and behavioural aspects of reprimands, this article aims to provide insights into how individuals can navigate and leverage these experiences to foster resilience, self-improvement, and success. Through an interdisciplinary approach, the research offers practical strategies for turning reprimands into opportunities for learning, growth, and positive transformation.

Keywords: Positive, addressee, negative mood, behaviour.

Introduction

Rebuke is the brother of criticism, the brother of education. Is rebuke a gentle sabbath or a sharp wind? Deliberate discrimination of someone or a tool of education? It is natural that the answer to these questions will be different because a person evaluates it differently based on the current process, situation, behaviour and character. It's natural that everyone will encounter various forms of reprimand during their life. Some people take it as a support and a lesson, while others may take it as a humiliation, or even more rudely, as an insult. In what situations does reprimand occur?

What is the consensus among people about it? To what extent is it needed in society? We will try to find answers to these questions.

Reprimand can be said to be an assessment given to a person for the shortcomings and mistakes he makes in his work, lifestyle, and lifestyle.

In some cases, it is observed that it originates from the truth, that is, it is appropriate, or on the contrary, it is inappropriate, built based on slander and falsehoods. Sometimes it can be a scene of sharing the head of the family who is not in a good mood, or the leader's negative energy. In a positive spirit, unfairly given reprimand has a negative effect on the psyche of the addressee, and has a negative effect on the addressee, his work, and his mentality.



Methodology

A rebuke given in a negative mood, belittling the rebuke recipient, touches his personality and depresses his spirit. In this case, only the bad aspects of the addressee are discussed, and they dig deeper into the "shoot until they lie down" tribe, as if looking for dirt between the fingernails.

Psychologists say that people who have a lot of flaws try to look for flaws in the environment. Such people relieve the negative energy they have. Such people are typical of those who humiliate the interlocutor and look for flaws in him.

Reprimands given by such people are more harmful because such situations have a bad effect on a person's mood, arouse resentment and force the addressee to wrap himself in a protective shell. Such situations often lead to mutual conflicts.

Correctly directed rebuke acts as a mirror for any person. A rebuke given at the right time indicates the faults that a person is making without realizing it and serves to eliminate them. Such objective reprimands can be given only by people who have a clean heart, are intelligent, and can realistically look at the surroundings and the ongoing processes. These can be people of the category of parents, teachers and trainers, neighbourhood elders, and fair leaders. It is appropriate to take into account the words of such people and make the right conclusion.

Many do not know how to give rebuke, and some do not accept it correctly or do not want to accept it. The higher level of thinking is considered to be the ability to make a realistic assessment of the situation and be able to differentiate. Therefore, the broader the level of thinking of a person, the more he correctly assesses the situation and correctly accepts the criticism given to him. draws a conclusion, on the contrary, people with a narrow range of thoughts can never accept the rebuke given correctly. They have zero value in a realistic assessment of the processes around them.

Acceptance of rebuke depends not only on the frame of mind but also on the character of the person. It can be said that even some people with a high level of thinking are reprimanded, if they are obstinate and stubborn, they deliberately avoid the real situation and try to get out of the situation with determination.

There are also people who find themselves automatically activating reactions that prevent them from properly accepting reprimands. This does not allow them to properly consider the problem area. They reject criticism and refuse to take a critical view of life. If they are faced with a serious, negative accusation, they will turn a blind eye and a weak ear. In this case, there is no question of any analysis. Let's not forget that people do not like to admit their mistakes.

Being able to realistically see the surrounding reality, give them the correct assessment, and make a timely conclusion is one of the points of life management. How to achieve this? How to recognize the shortcomings that a person has made? How to determine the factor of positive and negative factors?

It only depends on a person's intelligence, outlook, knowledge, and ability to see differences, similarities, and peculiarities.



Today, we face reprimands and criticisms not only in newspapers, magazines, radio-television, and internet systems, but also in our daily life, education, training, work, and simple communication. If the criticism is constructive, it is considered a means of improvement, development and further improvement of human behaviour and situations.

Imagine that you watched someone's mistake from the outside and reprimanded him. He, in turn, accepted your reprimand in a friendly manner and drew a positive conclusion. The words you said, and the reprimand you gave correctly, can really change a person's life in the future. I think he will be forever grateful to you.

A person who does not take at least minimal responsibility will never admit his mistakes. There are people who do not even imagine that it is possible to correct errors and shortcomings, to solve mature problems. They simply do not know that there can be another way - a "bad reason" and blaming them becomes a way of life and they always have a negative attitude towards others. In my opinion, if you teach him to think differently, if you relieve him of such a heavy burden, such a person will experience great relief, and life will appear in his eyes in a new way.

Conclusions

How many times have you met people who, on the one hand, take criticism well, and on the other hand, can criticize themselves? Some people calmly reprimand without harsh accusations, restraining their emotions, shouting, dramatizing the situation or breaking some deep stereotypes, which is a definite art that requires good morale and practice.

A rebuke is like a stick with two ends, one end is negative for the person giving the rebuke, and the other end is positive for the person being reprimanded. , even his physical development will increase, because it is easy to push someone's perceived shortcomings out of himself. Appropriate rebuke prevents a person from getting stuck in place, motivates him and encourages him to move forward.

Learning the art of reprimanding whom, where and in what tone is formed over the years. The human heart is delicate, it can be lifted to the blue with one sweet word, and torn to shreds with one bitter, inappropriate rebuke. it's okay.

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