

CRITICAL THINKING AND EVERYDAY PROBLEM-SOLVING

*N. Normurodova*¹, *R. Haydarova*²

Scientific Supervisor: Sultonova Maftuna Bakhtiyorovna, Teacher, Uzbekistan State World Languages University

Abstract:

Critical thinking is a fundamental cognitive ability for addressing daily challenges. It entails the analysis, evaluation, and reasoning of information to draw logical conclusions. This article examines the essence of critical thinking, its essential elements, and its practical application in everyday life. Furthermore, the tactics for cultivating this skill and its importance in social and professional contexts are examined. Critical thinking empowers individuals to make reasoned decisions, circumvent errors, and enhance their overall effectiveness in life.

Keywords: Critical thinking, problem-solving, decision-making, logical analysis, cognitive skills, analytical thinking.

In the contemporary, swiftly evolving landscape, the capacity to resolve issues efficiently is essential for both personal and professional achievement. Critical thinking involves the objective evaluation of information and the formulation of rational conclusions, relevant in both academic and professional contexts as well as in daily life. Critical thinking is essential for financial planning and managing interpersonal relationships. It consists of several crucial elements necessary for effective problem-solving, including analysis, evaluation, inference, explanation, and self-regulation. Analysis is deconstructing information into smaller components to comprehend its meaning and importance, whereas assessment examines the credibility of information prior to forming judgements. Inference enables humans to draw logical conclusions from available facts, whereas explanation facilitates the articulation of thoughts during decision-making. Ultimately, self-regulation entails introspection of one's cognitive processes to recognise and rectify errors. Critical thinking markedly improves decision-making across all facets of daily life, enabling individuals to make informed, rational, and well-reasoned choices. Critical thinking in personal decision-making allows individuals to meticulously assess their alternatives prior to making significant life decisions, such as acquiring a residence, choosing a professional trajectory, or strategising for the future. Instead of depending on emotions or spontaneous responses, individuals with robust analytical skills evaluate the merits and drawbacks of each option, contemplate long-term ramifications, and make judgements that correspond with their objectives and principles. Through a rigorous analysis of the available knowledge, individuals can mitigate risks and avert expensive errors. Critical thinking is an essential skill in the workplace that enhances professional performance by promoting efficiency, originality, and problem-solving abilities. Employees that use critical thinking may evaluate business difficulties from several viewpoints, recognise potential impediments, and formulate innovative solutions. Moreover, efficient cooperation and collaboration depend on objective reasoning, allowing professionals to resolve issues constructively and make decisions grounded in logic rather than personal biases. Managers and leaders employing critical thinking skills can effectively traverse intricate workplace dynamics, enhance productivity, and make judicious business decisions that advantage both employees and the organisation collectively. Financial management is a field where critical thinking is crucial. Individuals with robust analytical skills can evaluate investment risks, formulate sustainable financial plans, and devise successful budgeting procedures. By evaluating the credibility of financial counsel, confirming the authenticity of investment prospects, and differentiating between reputable sources and deceptive promotions, individuals can protect themselves from financial fraud and prevent detrimental financial choices. Furthermore, critical thinking empowers individuals to prioritise financial requirements, manage expenditures, and make informed decisions on savings, loans, and long-term investments. Interpersonal connections are enhanced by critical thinking, which prompts individuals to contemplate other perspectives and communicate more efficiently. Misunderstandings and confrontations frequently emerge from assumptions, emotional responses, or misinterpretations. Through the application of objective thinking and attentive listening, individuals can facilitate more substantive dialogues, avert superfluous conflicts, and address issues in a logical

¹ Normurodova Nozima, student of Uzbekistan State World Languages University

² Haydarova Ruxshona, student of Uzbekistan State World Languages University

fashion. Employing critical thinking in social interactions cultivates empathy, fortifies relationships, and improves mutual understanding, hence resulting in more pleasant and constructive exchanges. Media literacy and information analysis are essential elements of critical thinking, especially in a digital information-dominated world. The internet and mass media offer extensive content; yet, not all sources are reliable or precise. Critical thinkers assess the credibility of information by verifying facts, scrutinising sources, and recognising potential biases in news stories, social media content, and online publications. Individuals who cultivate robust media literacy abilities can differentiate between factual reporting and misinformation, thereby averting the dissemination of false narratives and manipulative content. Critical thinking is essential for cultivating an informed society, countering disinformation, ensuring responsible information consumption, and encouraging independent thought in a swiftly changing environment. Education is essential for cultivating critical thinking skills. Educational institutions must integrate critical thinking into their curricula to enable students to address challenges logically and analytically. Instructional strategies that prioritise inquiry-based learning, discussion, and problem-solving activities can markedly improve students' cognitive capacities. Furthermore, lifelong learning fosters ongoing advancement in critical thinking. Individuals who pursue knowledge, read extensively, and participate in intellectual discourse have enhanced reasoning abilities. Critical thinking enhances creativity, enabling individuals to transcend traditional solutions and tackle difficulties innovatively. Through critical discourse and the exploration of diverse viewpoints, individuals can enhance their comprehension of intricate topics and arrive at educated judgements. Furthermore, cultivating robust reasoning skills improves the capacity to differentiate between facts and views, hence aiding individuals in navigating social and professional contexts more efficiently. Various strategies can be employed to enhance critical thinking. Enquiring promotes profound understanding, whereas scrutinising assumptions facilitates critical assessment of one's convictions and viewpoints. Examining varied perspectives facilitates a more thorough examination of issues from several aspects, while engaging in logical reasoning through puzzles, debates, and analytical exercises enhances critical thinking abilities. Self-reflection is essential, as evaluating one's decisions and rectifying mistakes fosters ongoing enhancement of critical thinking skills. Participating in dialogues with those holding divergent viewpoints, soliciting constructive criticism, and persistently challenging assumptions are efficacious methods for enhancing critical thinking abilities. Technology and digital literacy are crucial components of contemporary critical thinking. The extensive information accessible on the internet necessitates the cultivation of robust analytical skills to distinguish genuine sources from unreliable ones. Individuals deficient in critical thinking abilities may become susceptible to misinformation, manipulation, and biased narratives. Consequently, imparting media literacy and promoting ethical information intake is essential for cultivating an informed society. Critical thinking is an essential foundation for personal and professional growth, enabling individuals to make informed decisions, assess situations rationally, and devise creative solutions to challenges. It functions as a protection against manipulation, deceit, and misinformation, guaranteeing that individuals depend on evidence-based reasoning in their decision-making processes. Societies that foster critical thinking typically advance more rapidly, as they create circumstances that promote intellectual curiosity, autonomous reasoning, and ongoing education. Governments, schools, and policymakers must proactively advocate for analytical reasoning, fostering independent thought in young individuals and prompting them to question assumptions instead of accepting information uncritically. This intellectual rigour enhances individual competency and promotes national progress, facilitating innovation and economic prosperity. Furthermore, in a time of swift technological progress and information saturation, critical thinking is a vital competency for sifting through extensive data, discerning credible sources, and evading the perils of misinformation. Individuals with advanced critical thinking abilities are more adept at navigating intricate social, political, and economic environments, enabling them to make educated decisions that foster personal achievement and society advancement. To cultivate a future that flourishes through knowledge, creativity, and rationality, communities must embed the tenets of critical thinking from a young age, enabling individuals to confront challenges with assurance, flexibility, and intellectual profundity. Ultimately, critical thinking increases personal development and acts as a catalyst for innovation, democratic government, and global progress.

References:

- [1]. Oripov, A. (2019). *"Tanqidiy fikrlash asoslari"* Tashkent: Uzbekistan National Publishing House.
- [2]. Shodmonov, A. (2020). *"Axborotni tahlil qilish va tanqidiy tafakkur rivojlantirish usullari"* Samarkand: Sharq Publishing House.
- [3]. Rashidov, T. (2022). *"Ijodiy tafakkur va tanqidiy yondashuvlar"* Tashkent: Yangi Asr Publishing House.

- [4]. Erdanova, Z., & Eshdavlatova, A. (2024, April). *Lexical classification of language units*. In *Conference Proceedings: Fostering Your Research Spirit* (pp. 43-47).
- [5]. Erdanova, Z. (2021). *The problem of the norms of phraseological units*. *Mental Enlightenment Scientific-Methodological Journal*, 2021(1), 74-81.
- [6]. Abulkasimovna, E. Z. (2021). *Activity of Professional Terms in Linguistics*. *European journal of innovation in nonformal education*, 1(2)
- [7]. Sultonova, M., Islomjonova, I., Mirzakeldiyeva, K., & Naimov, B. (2024). *Hemoglobinopathy*. *Science and innovation*, 3(D4), 474-476.
- [8]. Sultonova, M. (2024). *The significance of critical thinking in learning languages*. *O 'zbekiston davlat jahon tillari universiteti konferensiyalari*, 443-446
- [9]. Sultonova, M. (2024). *On the issue of critical thinking*.
- [10]. Sultonova, M., & Usmonaliyeva, M. (2024). *Pragmalinguistics: exploring the social dynamics of language use*. *O 'zbekiston davlat jahon tillari universiteti konferensiyalari*, 633-638
- [11]. Abulkasimovna, E. Z. (2021). *The Problem of the Norms of Phraseological Units* Erdanova Zebiniso Abulkasimovna. *Mental Enlightenment Scientific-Methodological Journal*, 74-81.
- [12]. Abulkasimovna, E. Z. (2021). *Activity of Professional Terms in Linguistics*. *European journal of innovation in nonformal education*, 1(2), 8-