



CRITICAL THINKING IN EVERYDAY PROBLEM-SOLVING .

Sultonova Maftuna Baxtiyorovna

Xayrullaeva Jasmina Otabekovna

Uzbekistan State University of World Languages

Abstract: *This article examines the importance of critical thinking in daily problem-solving, highlighting its function in facilitating informed and successful decision-making. It characterizes critical thinking as the capacity to analyze, assess, and reason through knowledge to confront issues logically and impartially. The article delineates how critical thinking enables individuals to recognize difficulties, collect pertinent information, assess alternatives, make educated choices, and reflect on results to enhance future decision-making. It underscores the advantages of critical thinking, including enhanced decision-making, more confidence, improved creativity, less stress, and superior communication. The essay also offers pragmatic advice for cultivating critical thinking abilities, such as posing inquiries, refraining from preconceptions, evaluating diverse viewpoints, and contemplating prior experiences. Ultimately, it posits that critical thinking is an essential competency for addressing both personal and professional obstacles, enabling individuals to confront problems with lucidity and assurance.*

Keywords: *Critical thinking, Problem-solving, Decision-making, Daily challenges. Logical reasoning, information analysis, decision-making abilities. Assessment of alternatives, Innovative cognition, Reflection. Self-improvement, Knowledgeable choices, Cognitive abilities, Cognitive analysis.*

Annotatsiya: *Ushbu maqola kundalik muammolarni hal qilishda tanqidiy fikrlashning ahamiyatini ko'rib chiqadi, uning bilimli va muvaffaqiyatli qarorlar qabul qilishni osonlashtirishdagi funksiyasini ta'kidlaydi. U tanqidiy fikrlashni mantiqiy va xolisona muammolarni hal qilish uchun bilim orqali tahlil qilish, baholash va fikr yuritish qobiliyati sifatida tavsiflaydi. Maqolada tanqidiy fikrlash*

odamlarga qiyinchiliklarni tan olish, tegishli ma'lumotlarni to'plash, muqobil variantlarni baholash, bilimli tanlovlar qilish va kelajakda qaror qabul qilishni yaxshilash uchun natijalar haqida fikr yuritish imkonini beradi. Bu tanqidiy fikrlashning afzalliklarini ta'kidlaydi, jumladan, qarorlar qabul qilishni kuchaytirish, o'ziga ishonchni oshirish, ijodkorlikni oshirish, stressni kamaytirish va yuqori darajadagi muloqot. Insho, shuningdek, tanqidiy fikrlash qobiliyatlarini rivojlantirish bo'yicha pragmatik maslahatlarni taklif qiladi, masalan, so'rovlarni qo'yish, oldindan taxminlardan voz kechish, turli nuqtai nazarlarni baholash va oldingi tajribalar haqida o'ylash. Oxir oqibat, u tanqidiy fikrlash shaxsiy va professional to'siqlarni hal qilishda muhim kompetentsiya ekanligini ta'kidlaydi, bu odamlarga muammolarni aniqlik va ishonch bilan engish imkonini beradi.

Kalit so'zlar: Tanqidiy fikrlash, Muammolarni hal qilish, Qaror qabul qilish, Kundalik qiyinchiliklar. Mantiqiy fikrlash, axborotni tahlil qilish, qaror qabul qilish qobiliyatlari. Variantlarni baholash, Innovatsion bilish, Refleksiya. O'z-o'zini takomillashtirish, Bilimli tanlovlar, Kognitiv qobiliyatlar, Kognitiv tahlil.

Аннотация: В этой статье рассматривается важность критического мышления в решении повседневных проблем, подчеркивая его функцию в содействии осознанному и успешному принятию решений. Она характеризует критическое мышление как способность анализировать, оценивать и рассуждать посредством знаний, чтобы противостоять проблемам логически и беспристрастно. Статья описывает, как критическое мышление позволяет людям распознавать трудности, собирать соответствующую информацию, оценивать альтернативы, делать обоснованный выбор и размышлять о результатах для улучшения будущего принятия решений. Она подчеркивает преимущества критического мышления, включая улучшенное принятие решений, большую уверенность, улучшенную креативность, меньший стресс и превосходную коммуникацию. В эссе также предлагаются прагматичные советы по развитию

способностей критического мышления, такие как постановка вопросов, воздержание от предубеждений, оценка различных точек зрения и размышление о предыдущем опыте. В конечном счете, она утверждает, что критическое мышление является важнейшей компетенцией для решения как личных, так и профессиональных препятствий, позволяя людям сталкиваться с проблемами с ясностью и уверенностью.

Ключевые слова: Критическое мышление, Решение проблем, Принятие решений, Повседневные задачи. Логическое рассуждение, Анализ информации, Способности к принятию решений. Оценка альтернатив, Инновационное познание, Рефлексия. Самосовершенствование, Осознанный выбор, Когнитивные способности, Когнитивный анализ

Introduction: The Significance of Critical Thinking in Daily Problem-Solving Problem-solving constitutes a quotidian endeavor. From determining how to address an unforeseen obstacle at work to managing budgetary constraints, we consistently face issues that necessitate effective resolutions. Critical thinking is essential for deconstructing these issues into manageable components and addressing them with clarity.

Main part

1. Problem Identification: Frequently, we hastily attempt to resolve an issue without fully comprehending it. Critical thinking enables you to decelerate and evaluate the circumstance meticulously, guaranteeing that you are confronting the correct issue. By interrogating the essence of the issue, one might circumvent hasty conclusions or addressing a symptom instead of the fundamental reason.

2. Information Acquisition: In quotidian circumstances, we may be readily swayed by presumptions or insufficient data. Critical thinkers diligently pursue credible and pertinent information to formulate comprehensive decisions. For instance, while undertaking a significant acquisition, critical thinking prompts you

to investigate the goods, evaluate alternatives, and assess long-term expenses instead of succumbing to impulse.

3. Assessing Alternatives: After comprehending the issue and gathering pertinent facts, it is essential to analyze possible remedies. Critical thinking allows for the evaluation of the advantages and disadvantages of each alternative, taking into account both the immediate effects and the long-term ramifications. For example, when determining whether to accept additional employment or allocate more time to family, one can evaluate the advantages and disadvantages of each option before reaching a conclusive decision.

4. Making an Informed Decision: A comprehensive perspective and study of available possibilities enable critical thinking, resulting in more assured and informed decision-making. Critical thinkers make decisions based on reason and logic rather than emotions, biases, or external influences. This may result in improved outcomes in personal, professional, and financial domains.

5. contemplation and Learning from Decisions: Critical thinking encompasses contemplation. Upon reaching a choice, it is essential to assess the outcome and derive insights from the experience. By identifying effective and ineffective strategies, you can enhance your decision-making abilities over time and be more equipped for future situations.

Advantages of Critical Thinking in Problem Resolution

Critical thinking is not merely a valuable talent for problem-solving; it also offers numerous personal and professional advantages.

- Enhanced Decision-Making: Through the assessment of all pertinent information and the consideration of alternatives, critical thinkers arrive to superior conclusions that are more likely to yield favorable results.
- Enhanced Confidence: Understanding that your decisions stem from meticulous study elevates your assurance in addressing issues.

- **Augmented Creativity:** Critical thinking promotes unconventional thought and diverse problem-solving approaches, frequently resulting in innovative solutions.

- **Alleviated tension:** A structured decision-making framework enhances critical thinking, hence diminishing worry and tension, as it increases the likelihood of making informed and judicious choices.

- **Enhanced Communication:** The capacity for clear and logical reasoning facilitates more effective expression of your opinions, whether in dispute resolution or in making recommendations.

Methods for Cultivating Critical Thinking Abilities

Although certain individuals possess an innate predisposition for critical thinking, this skill can be cultivated and enhanced over time. Here are few strategies to enhance your critical thinking skills:

1. **Inquire:** Consistently pose questions to elucidate information and explore the matter further. Contemplate the "why" and "how" while analyzing the issue.

2. **Refrain from Making Assumptions:** Question your preconceptions and biases. Embrace novel viewpoints and refrain from accepting appearances as reality.

3. **Evaluate Diverse Perspectives:** Examine the issue from various perspectives and remain receptive to answers that may initially appear unusual.

4. **Reflective Practice:** Allocate time to contemplate previous judgments and their consequences. Evaluate the successes and areas for enhancement.

5. **Maintain Curiosity:** Foster a practice of perpetual education. Increased exposure to diverse topics and ideas enhances your capacity for critical thinking.

Conclusion: Critical thinking is an essential instrument that enables individuals to confront life's issues with enhanced clarity, assurance, and efficacy. Utilizing critical thinking in daily problem-solving enhances decision-making, reduces errors, and leads to superior outcomes in both personal and professional spheres. Critical thinking allows you to address both simple issues and difficult

decisions logically and rationally, so maximizing your likelihood of success. Integrating critical thinking into your everyday regimen need not be complex. With experience, you can enhance your proficiency in understanding circumstances, collecting information, and making judgments that correspond with your beliefs and objectives. Increased use of critical thinking enhances your proficiency in problem-solving with assurance and acumen.

REFERENCES:

1. Ennis, R. H. (2011). Critical thinking: A streamlined conception. In The Critical Thinking Community. Retrieved from <https://www.criticalthinking.org>.
2. Facione, P. A. (2015). Critical Thinking: A Statement of Expert Consensus for Purposes of Educational Assessment and Instruction. The Delphi Report. Insight Assessment.
3. Halpern, D. F. (2014). Thought and Knowledge: An Introduction to Critical Thinking (5th ed.). Psychology Press
4. Lipman, M. (2003). Thinking in education (2nd ed.). Cambridge University Press.
5. Mamatkulova, F., Azamov, A., & Eshquvvatov, B. (2024). The features in foreign languages and learning processes. O 'zbekiston davlat jahon tillari universiteti konferensiyalari, 130-134.
6. Nasirova, G., Soatova, G., Tilovova, G., & Makhim, A. (2023). A Review of Individual Level Knowledge Sharing in the Workplace. *International Journal of Innovation and Economic Development*, 9(4), 22-28.
7. Paul, R., & Elder, L. (2014). The Miniature Guide to Critical Thinking Concepts and Tools (7th ed.). Foundation for Critical Thinking.
8. Rashidova, G., & Komilova, R. (2025). THE IMPORTANCE OF PRONUNCIATION IN SECOND LANGUAGE LEARNING. *Modern Scientific Research International Scientific Journal*, 3(1), 53-58.

9. Sultanova, D. S. (2019). Typology of foreign language lessons. Молодой ученый, (46), 407-409.
10. Sultonova, M. (2024). The significance of critical thinking in learning languages. O 'zbekiston davlatjahon tillari universiteti konferensiyalari, 443-446.
11. Xo'shboqova, G., Narzullayeva, D., & Mamatkulova, F. (2024). The Role of Attention in Learning Languages. O 'zbekiston davlat jahon tillari universiteti konferensiyalari, 112-118.
12. Zarqarayeva, N., Zaripbayeva, S., & Mamatkulova F., (2024). Ta'lim va ta'limda ta'lim texnologiyalari. Ko'p tillilik muhitida xorijiy tillarni rivojlantirishning innovatsion va integrativ muammolari, 1(01), 207–213.