WHY IS IT SIGNIFICANT TO UNDERSTAND THE THINGS YOU’VE HEARD

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Communication is a process in which two parties are exchanging information and ideas. There must be a connection between the sender and the receiver. However, the response isn't necessary at all times because of what we call "listening". Listening may seem simple but it is the most complicated skill a person can attain.

Do you ever engage yourself in a conversation in which someone is expressing their sentiments? Do you ever feel the urge to take control of the situation to make it light? In that case, you failed to listen. You neglected the fact that your purpose is to pay attention to his/her emotions.

People are terrible at critical listening. Oftentimes, we disregard practicing excellent listening skills. We just talk about what and how we feel without actually knowing that it is not only about ourselves but also about someone else's feelings. To summarize, the difficulty of listening effectively is due to the reason that people focus solely on the information just to respond and not to comprehend.

In reality, argument rises because of building walls in our ears that appear to block other people's judgment or impressions. In that case, lower our guard and try to exercise empathetic listening. If you will try to stay silent for a moment you will see the major difference between listening to respond and listening to understand.

References: