

## PSYCHOLOGY PSYCHOLOGICAL ASPECTS OF LIE READING SKILLS DEVELOPMENT IN STUDENTS

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**Annotation .** The article talks about lying, one of the most common situations in our lives, and its condemnation in Islam. Also, the development program for the formation of the skills of reading lies for psychology students and the results of empirical research proving its effectiveness are presented.

Key words: lie, deception, hadith, developmental program, emotion, identification, cognitive component, conative component, emotional component.

## INTRODUCTION

According to the statistics of the International Academy of Lie Research, "65% of people prefer to lie than to hurt someone, 44% of people prefer to exaggerate to make their story more interesting, and 2% of people consider it necessary to lie " [1] shows that it is necessary to research the issue of human perception and use.

## MATERIALS AND METHODS

Although lying is considered a sin in Islam, lying is permitted in three exceptional cases. 1. Reforming people. 2. Winning the war. 3. To maintain family harmony.

Imam Bukhari's examples of hadiths about morality also condemn lying as a negative trait and a bad habit: "There are three signs of hypocrisy: telling lies, breaking promises, and betraying trust" [2; p. 13]. In this hadith, it is pointed out that lying is a sign of hypocrisy, which is one of the basic personality traits.

Eight categories of people will be considered the worst among God's creatures on the Day of Judgment:

1. Liars.
2. Arrogants.
3. Those who harbor enmity in their hearts towards their fellow believers and treat them when they see them..." [2; p. 17].

We conducted a research on students in the field of psychology of Tashkent State Pedagogical University named after Nizami. We divided the students who can't distinguish emotions and have difficulty detecting lies in the interlocutor's words as an experimental group and students who can distinguish emotions well and can detect lies into the control group. In the experimental group, we conducted the developmental program "Lie: spotting, understanding, reacting" twice a week for 2 months. The duration of each session was 1.5-2 hours. The program includes the following activities.

Contents of the program "Lies: Spotting, Understanding, Responding".

### **Exercise 1. Measuring understanding**

Objective: To predict lie detection performance.

Lesson progress: Introducing. Predicting lie detection performance. Participants rate their understanding. Making a presentation of plots on false and true information about depicting. Setting the lie detection problem. Making a presentation on the identity of lies and deception. Analyzing the behavior of a cheating person.

### **Exercise 2. Stress and its manifestation in behavior**

Objective: to analyze signs of stress in behavior.

"Putting words" exercise. Remember the tension in your body when you lied.

### **Exercise 3. Signs of a lie in social networks**

Objective: to detect lies in correspondence and speech on the phone.

Training progress.

Exercise 1. Understanding lies in written speech

Training progress.

Participants are asked: How to detect lies in correspondence on social networks?

The most common methods used by liars [3]

- long sentences (often containing general answers);
- avoiding a clear answer (the deceiver avoids promises);
- repeating information in different forms to convince of his sincerity;
- long answers;
- avoiding the topic of communication (distracting your attention);
- long text writing;

- acts as if you are offended (you feel guilty);
- transfers the feeling of guilt to the interlocutor;
- answers the question with a question;
- feels like he understands what's going on
- shows that he is busy and struggling during the conversation.

#### Exercise 2. Notes on Telegram and SMS

Training progress. Practical application of the knowledge gained on methods of detection of lies in written speech.

Participants write messages to each other via telegram and SMS and try to determine the truth and lies in the text.

#### Exercise 3. Understanding lies in oral speech

Training progress. The leader asks the participants of the training the following question: How to know if the interviewer is telling the truth or lying when talking on the phone? It is more difficult to determine, because we do not see facial expressions and gestures of the interlocutor. It is necessary to pay attention to the interlocutor's tone, intonation changes, and how he answers questions.

Liars often behave like this when talking on the phone:

They ask again, then change the subject;

Starts the conversation with open flattery to the recipient;

He tries to take the upper hand by asking counter-questions;

Avoids answering, moves away from accuracy;

In the conversation, pauses for a long time to lie or tell the truth;

Speaks too quickly or too slowly in conversation (indicates that the inducer is excited).

Coughing, stuttering, or increased swallowing words[3].

In addition, you can find out if the interlocutor is cheating on the phone by asking many direct questions. In this way, you will have a lot of information about the subject of the conversation and the interlocutor. You can find out how true the words are by asking similar questions. A person who constantly confuses the details of the topic of conversation is lying. It is important to remember that the above methods are not always correct when detecting a lie over the phone or in writing. The interlocutor may be too busy, or someone may be distracted while writing a message [3].

Determining whether the participants are telling the truth or lying to each other on the phone.

#### Exercise 4. Understanding a lie in a the telephone conversation

Participants are divided into groups as dyads and they take turns calling each other false and true messages. The task is to determine how true or false the information of the inducer is.

#### Exercise 4. Hidden emotions

Objective: to learn to identify a liar by being able to distinguish emotions

##### Exercise 1. Emotions and their signs.

In his research, Ekman points out that a person needs to be able to distinguish between emotions in order to detect lies. These are: *fear, anger, happy, hate, surprised, disgust, sadness emotions* (Figure 1).



**Figure 1. Human emotions**

All emotions have a meaning .

#### Sadness

In science, emotions are expressed in two ways: these are *micro* and *macro* expressions. Micro- expressions appear within 0.5 seconds and are replaced by another emotion. We pay attention to micro facial expressions , because it is micro expressions that show what is being felt in the human psyche. Pay attention to the picture of sadness micro expression, you have seen this emotion all the time, let 's say if someone needs help , or you have seen this emotion when someone is in a difficult situation, misses a loved one, and similar situations .

And now we want to teach you how to see this emotion and identify it [4].

**Part of Forehead.** There is neutral emotion , that is , the person does not show any emotion on his face. In the neutral part of the forehead , nothing appears by itself, and in the case of any emotion, there is a narrowing of the muscles in the middle of the part of the forehead. This is not the case with other emotions, there may be a narrowing of the forehead muscles , but the narrowing in between is formed only in certain emotion of sadness .

***The muscle that moves the eye*** . This muscle is involved in any emotion. But it is precisely in the movement of these muscles that the eyebrows come closer to each other and the two junctions on the forehead rise up. and the back part of the eyebrows goes down (it should be said that there is another sign, but this sign is not directly related to the muscles, but indirectly . The muscle that moves the eyebrow and the circular muscles of the eye, when the two emotions are reflected on the face between the muscles, the skin is swollen and shows a characteristic triangular shape).

***Circular muscles of the eye***. We often hear the saying that the eyes are the light of the soul, and sometimes we say , " You are just lying , *look into* my eyes and speak . " Such words are not in vain, they really reflect any emotion. It is precisely in this emotion that the circular muscle around a person's eyes contracts, expands and narrows, so we always look into the eyes of our interlocutor. All emotions are reflected in it, and it is *the upper eyelid part of the eye, the lower eyelid part of the eye, the pupil of the eye , that is , the muscles inside it , expand and contract depending on the emotion*.

For this reason, in the emotion of sadness , the circle of the eye narrows a little at the top , and its lower part, the middle eyelid, shrinks at the top.

***Orbicularis oris muscle*** . In fact, these muscles have different fascias , but they also have the status of orbicularis oris muscles. In this emotion, the following changes occur in the muscles around the mouth :

1. . *On the edge of the mouth (madiolus) the muscle contracts.*
2. *The muscle that lowers the mouth is narrowed*
3. *The muscle that lifts the lower lip to the top expands and the lip falls slightly to the side .*

We learned that muscle contractions and expansions produce different emotions. Micro facial expressions are always changing, that is, after a certain emotion is reflected, it can be replaced by an emotion of fear , joy, anger, or disgust . It depends on the situation, that is , a person always lives with 3 factors: subject , object and situation. You can tell what his emotion is showing .

### **Exercise 5. Incongruence as a sign of deception**

Inconsistency of signals within behavior (contradictions in speech, inconsistency between speech and non-verbal behavior, inconsistency of body signs, gestures-expressions, inconsistency of subtle nonverbal signs, asymmetry of the left and right halves of the body). Interpreting false and true messages. Debate.

### **Exercise 6. Lies in various communicative situations**

Communicative game "Contra". The participants are divided into groups according to their interests and the content of the activity ( For example, the use of lies by borrowers to lenders, lies in employment ( lies in business). Working in groups. Developing myths and countermeasures.



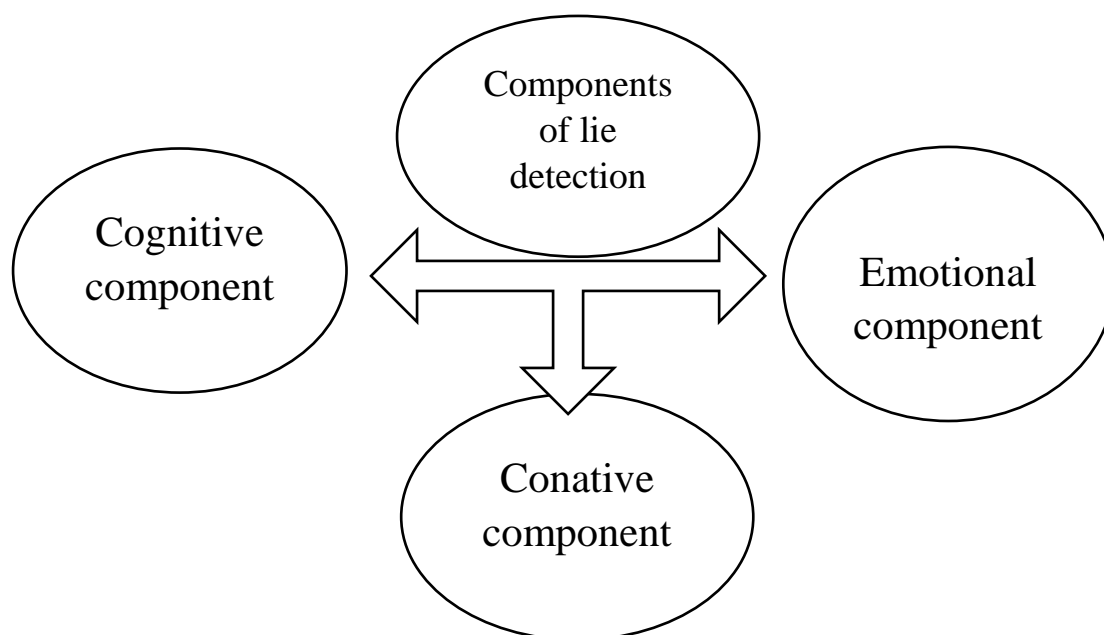
- Preparation for negotiations. Work in the "Aquarium": training legends - actions against other members of the small group. An adaptation of acquired knowledge to common situations of lies in business relations. To form a deep idea about the peculiarities of the communication of the liar's personality.) the psychological context of lies and deception). Develop lie detection skills and confident communication skills.

- Management of the communicative situation. General discussion. Analysis of interlocutor observation points (when to sit next to the partner and when to move away?). Characteristics of familiar and unfamiliar communicators. Forming an idea about managing communication through the situation.

### **Exercise 7. Special methods and provocations to spot a lie**

Reflection of the activity: working in small groups with interviews and questionnaires to increase awareness. Preparing to apply the acquired knowledge and skills in the activity.

The components of lie identification consist of the following components: cognitive component – understanding lies; emotional component - noticing the inducer's emotions, facial microexpressions; conative component - observing the interlocutor's behavior, posture, legs, hands.



**Figure 2. Components of lie detection.**

This development program was conducted on experimental group testers. The experimental group was made up of applicants who had lower results in the method of detecting lies and truth. The control group was made up of test takers who obtained high results in the method of detecting lies and truth.

## **RESULTS**

In order to determine the effectiveness of the development program, the methodology "Being able to see a lie and the truth" was conducted in the

experimental group and the control group, and we summarized the results in Table 1 below.

**Table 1**

**The results of diagnostic and control experiments on the method of "Being able to see the lie and the truth" in the subjects of the experimental group and the control group**

Testers Group	See the lie get	t	To be honest get	t
Experimental group (defining experience)	15.3	4,871***	16.2	2,891**
Experimental group (control experiment)	21,6		21,1 _	
Control group (defining experience)	20.4	0.967	21.6	0.967
Control group (control experiment)	20.5		21.7	

Note: \*  $p \leq 0.05$ ; \*\*  $p \leq 0.01$ ; \*\*\*  $r \leq 0.001$

As can be seen in Table 1 above, the arithmetic mean of lie detection in the detection experiment was equal to 15.3 in the experimental group subjects, while in the control experiments this indicator increased to 21.6 ( $t=4.871$ ;  $r<0.001$ ). Similarly, in the experimental group, the mean arithmetic value of the ability to see the truth was 16.2, while in the control experiments, this indicator increased to 21.1 ( $t=2.891$ ;  $r<0.01$ ). The arithmetic mean value of lie detection in the control experiment was 20.4, while in the control experiments this value changed to 20.5 ( $t=0.967$ ;  $r$  - non-significant). In control group test subjects, the average arithmetic value of truth-seeing was equal to 21.6, while in control experiments, this indicator changed to 21.7 ( $t=0.967$ ;  $r$  - insignificant). Significant changes in the experimental group testify to the effectiveness of our program called "Lying: Detecting, Understanding, and Responding."

### Conclusions

Based on the results of the research, we came to the following conclusions. Lying is interpreted as a negative personality trait in the Qur'anic verses and hadiths, which are the main sources of our holy religion, in proverbs and sayings of all nations, and by Eastern thinkers. There are one hundred and sixty-seven verses about lies in the Holy Qur'an. Lying has a lot of damage to both society and the individual. A lie makes a person who told it shameful among people, there is not element of truth in his words, a lie is a mirage that makes the far away near and the

near far away. Developmental program "Detecting, Understanding, Responding to Lies", which includes improvement of cognitive, emotional and conative components of personality, is effective in teaching future psychologists to detect lies.

We recommend the following to future psychologists to identify and detect lies:

Since lying is usually done in the process of communication, we recommend future psychologists to carefully observe the interlocutor's posture, all their organs, and develop high observational skills.

Since the fact that a person is lying is usually reflected in his facial expressions, gestures, and emotions, we recommend learning to interpret the interlocutor's responses to stimuli.

Taking into account the importance of detecting a lie to future psychologists in their further activities, namely in the process of consultation, in the selection of personnel, in the psychological experiment, in the investigation process, it is necessary to include the science of "Psychology of Lying" as an optional subject in the curriculum of psychology and pedagogy-psychology.

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