

## CHARACTERISTICS OF FORMING VOLUNTARY QUALITIES IN STUDENTS

**L.Bektursinova**

Karakalpak State University, Pedagogy and Psychology  
associate professor of the department, (Phd.)

**M. O`rinboyeva**

Faculty of Arts, Karakalpak State University  
4th year student of applied psychology

<https://doi.org/10.5281/zenodo.11611348>

**Abstract.** *This article highlights the problems of forming voluntary qualities in the activities of students.*

**Key words:** *will, need, person, risk, volitional qualities.*

## ОСОБЕННОСТИ ФОРМИРОВАНИЯ ПРОИЗВОЛЬНЫХ КАЧЕСТВ У СТУДЕНТОВ

**Аннотация.** *В данной статье освещаются проблемы формирования произвольных качеств в деятельности учащихся.*

**Ключевые слова:** *воля, потребность, личность, риск, волевые качества.*

Motives (motivation) of human activity reflect his living conditions, as well as create an opportunity to understand the needs expressed by a person. Due to the change in the importance of needs, a struggle of motives arises in certain psychological situations, in which one desire is opposed to another desire, which has been perfectly discussed in the previous pages.

Volitional actions are usually of two types: physical and mental. Physical activities include various labor operations, games and sports activities, etc. Mental activities include solving problems, writing works, preparing lessons, conducting scientific research. Actions that have become mastered over a long period of time and have become skills and abilities are complex volitional actions.

Execution of the decision is usually related to a certain time and period. If the decision is executed without delay and within the specified period, this indicates the positive quality of the will.

But the decision is not always implemented, and in some cases it is not implemented on time. Decisions whose execution is suspended or not executed at all are said to be intentions. In a number of cases, decision-making has been associated with the necessary overcoming of the influence of other powerful needs will be related to internal violence of a serious nature. Such a process associated with overcoming resistance is called voluntary effort.

Volitional effort is expressed in the special tension of the mind, first of all, of the neuromuscular apparatus and is manifested in the external changes of the organism.

In addition, it is necessary to spend more effort to give it.

Volitional effort and volitional action are manifested in overcoming obstacles on the way to achieving the goal. There are two types of barriers: internal and external there may be external obstacles. The next stage of the will is to evaluate the performance. Evaluation consists of approving, justifying or condemning the work done. This assessment is

expressed in special emotional experiences caused by satisfaction or dissatisfaction with the decision made or actions performed.

There are various forms of personality activity, which differ from each other in terms of functionality, but the will is distinguished by the fact that it is a special form of human activity. The will requires a person to control his actions (behavior) by himself, to curb one or another specific aspirations and desires, therefore, it implies the embodiment of a system of various actions that is understood.

Volitional activity is characterized by the fact that a person controls himself, controls himself, controls his own involuntary impulsive aspects, even if necessary, completely loses them. . The main factor of the emergence of will is the systematic implementation of voluntary actions of various components of activity by a person, and the activity of a person who embodies consciousness in such actions. Volitional activity requires mental actions that are widely understood by a person and require a willful effort due to the nature of the implementation of mental processes. Such mental actions include assessing the emergency situation, choosing tools and operations for future actions, setting a goal and selecting ways to achieve it, and making certain decisions for their implementation. All these actions are considered as the operational aspect of voluntary activity. It is worth noting that in some psychological situations and situations, voluntary activity determines the entire life path of a person, manifests his social psychological image (image) and helps to realize his spiritual and moral value. harmonize.

Therefore, in the process of performing such volitional actions, a person participates as a conscious acting subject, both as their discoverer and at the same time as an executor (performer).

In this case, a person takes a conscious path based on the system of his views (dynamic stereotype), faith, trust and worldview, value, complex of life relationships, intelligence, and spirituality. The sense of responsibility, which acquires a valuable feature in the path of life (life) of a person, is embodied in his brain in the implementation of voluntary actions. (high emotion) is emotionally activated, strengthened, and affects the processes of evaluation, decision-making, selection, execution (fulfillment), leaving its mark on the general system of cooperation. The feeling of responsibility acts as a controller, a conscious pusher, and an increaser of the quality of a person's spirituality, psyche, and values.

The information related to the creative activity of the major representatives of the socio-historical development of humanity, the examples of decision-making have the ability to reflect their social and psychological features. For example, the great general Amir Temur Korogoni's wisdom that "Strength is in justice", Alisher Navoi's slogan "A chained lion - I will win", Cholpon's call "The people are the sea, the people are the waves, the people are the power" with a high sense of responsibility. expressed the will of their people and carried out strong voluntary actions, at the same time they had the opportunity to reveal their spiritual, valuable, and spiritual features in a deep and multifaceted way. On the pages of our social history, in the recent past and in the period of independence, many of our compatriots have shown exemplary manifestations of voluntary behavior, which are widely covered in official sources and fiction.

In addition to the above considerations, there are also specific psychological characteristics of volitional activity, and they are based on certain descriptions is interpreted. Volitional activity or a separate act of will (Latin, act

means) one of the characteristics of implementation is the realization by a person that the actions being performed are free (whether he does this or does that). In this process, it is known that there are people who tend to understand the reasons for their behavior as external factors.

In psychology, localization of control refers to the attribution of responsibility for the results of an individual's activity to external forces and conditions.

is understood as a set of qualities that determine their tendency to do, as well as their energy and ability. Localization of control is divided into external (external) and internal types. Here are some examples of external localization of control. The employee is late for work, the student is late for class

otherwise, he tries to explain this phenomenon with various excuses:

1) the bus did not arrive on time; 2) I could not get on the bus because there were many passengers; 3) the bus moves very slowly; 4) transport breaks down; 5) we got caught due to a traffic accident on the street, etc.

According to the results of psychological research, the manifestation of the type of external localization of control is directly related to certain defects and vices of a person, such as irresponsibility, lack of confidence in one's own abilities, hesitation, risk-taking, neglecting the realization of personal intentions, etc. If a person takes responsibility for the consequences of his behavior and understands his actions as personal, this psychological reality means that there is an internal localization of control. People with internal localization of control feel responsibility or accountability for achieving the goal, have the ability to self-analyze. In the process of social education, both types of localization (external, internal) can be made into a strong personal quality. Specific manifestations of the will are realized in the behavior of a person in a risky situation. Risk-taking is a conscious and courageous action in the direction of achieving a desirable goal, even with the element of danger, fear of loss, and failure. The expectation of unpleasantness in the risk process is measured by the criterion of the combination of the level of unfavorable consequences with the probability of failure. Risk-taking involves the expectation of success and failure, success creates a good mood in a person, and failure is the main factor of unpleasantness. It is self-evident that success (victory) evokes joy, while failure brings punishment, material and spiritual loss.

But despite this, people have never given up on the act of taking risks, whether it is a reality related to the problems of daily life, difficult work, or military campaigns, therefore, risk-taking is a model of decision-making in the period of socio-historical development of the human world, as a product of the individual. has been participating in his life and activities until now.

According to psychological sources, it is noted that there are two mutually compatible reasons for taking risks.

The first reason to come to a decision is the hope of success is the belief that when achieved, the expected probability value will be higher than the loss outcome indicator. This reality called the situation risky is called, and is expressed in the fact that the motivation for success is more evident than the motivation for avoiding failure. That's why risk is considered a mental phenomenon that is important for a person to make a decision, he performs one or another action and demonstrates his behavior. If a farmer takes the risk of putting seeds in the ground late, there is a risk of the crop

ripening, but if he uses agrotechnical tools at a rapid pace, he worries about spending the main funds.[9:20]

In order to solve this psychological problem, V.K. Kalin decided to classify (classify) volitional qualities. According to his point of view, basic volitional qualities are created on the basis of volitional processes, but its intellectual and moral aspects are not involved. To determine the basic qualities, he chooses the manifestation of consciousness as follows:

- a) increase in the level of activity;
- b) support the required level of activity;
- c) decrease in activity level.

Based on these, the researcher considers the following qualities recommends for; enthusiasm, endurance, restraint. If the intellectual basis is not involved in this process, then it is impossible to understand, at the expense of which decision-making device the situation is evaluated and the command is given to strengthen, charge, reduce the action.

V.K. Kalin calls voluntary qualities that are not included in the basic system as secondary, because they embody the emergence of knowledge, skills, emotions and intellect. The author includes determination among the secondary ones, although in his opinion, it is self-indulgent, consists of overcoming emotions, as well as rejected options, blocking insecurity.

He also includes diligence as a secondary quality. Because in them the expression of the accumulation of the object is reflected, a clear vital value is embodied. In the description of endurance, there is a place for the expression of "additional impulses", "additional willpower", "willpower", "patience". There are cases where the characteristics of the drive to endurance correspond to the willpower quality. In Y.P. Ilin's color chart, the quality of perseverance is located after perseverance, and has the following definition: "Perseverance is the emergence of continuous striving to achieve a goal, despite difficulties and failures."

Will is a person's control over himself, over his feelings, thoughts, and actions, in other words, the will is a person's ability to consciously control his behavior, despite all difficulties. is the ability to achieve the goal he has set for himself. A person's ability to overcome internal obstacles makes it possible for him to successfully overcome external obstacles. For example, an employee must participate in running competitions, run a certain distance, cross water or other pits on the road, run on a bad road. Successfully overcoming difficulties, the employee manages to embody the necessary willpower to overcome these difficulties. Therefore, volitional actions are conscious actions that are inextricably linked with overcoming both internal and external obstacles in order to achieve the desired goal.

Voluntary actions of a person and the ability to do such actions arose in the process of work and social activities, education. Social living conditions, increasingly diverse needs require people to learn, master and re-create existence in order to satisfy these needs.

required construction-oriented actions. In cooperative collective work, a person's nervous system, in particular, its higher part - the brain, develops and improves, therefore, the mental life of a person is a product or property of the brain, therefore, changes in the psyche also occur due to the disruption of brain activity. The harmonious functioning of all parts of the cerebral cortex ensures the normal mental activity of a person.

The analysis of scientific results shows that the will is only in external behavior

not being manifested, but excessive, wrong actions of a person

it is clearly visible even when he does not. So also volitional actions

It is connected with the processes of both excitation and inhibition, both of which continuously affect each other. According to I.P. Pavlov, we, normal people, constantly refrain from certain actions and words, and this is not sending braking impulses to certain points of the large hemispheres.

Therefore, the physiological basis of any voluntary action lies in the complex dynamic relationship of excitation and inhibition processes in the cerebral cortex. If the arousal processes are weak, weak, then voluntary activity in a person decreases, sometimes even a state of apathy arises.

Weakening of the braking processes leads to such a mental state that the person is unable to control himself, bear the weight, restrain himself, regulate his behavior. Therefore, the healthy condition and normal functioning of the shell of the large hemispheres, which regulates and controls the activity of the organs (organism) and its interaction with the external environment, is important for a person, himself, his behavior. The ability to consciously control one's actions is unique to the human race.

It is known that the more people move away from animals, the more their influence on nature becomes premeditated, planned, pre-determined, goal-oriented. Therefore, in the process of working as a team, people need to understand the goal and set a goal for themselves, make a plan before doing the work, actively start work and refrain from unnecessary behavior, and overcome the difficulties encountered on the way to achieving the goal. , the ability to consciously control one's behavior, learning, intelligence grows. Due to the influence of external influences on the existence of the environment, the will qualities of people are improved, which means that the will is formed. According to the great scholars, the impressions of the outside world are expressed in the brain, where they are reflected in the form of feelings, thoughts, inclinations, volitional actions, and "ideal aspirations". According to another sage, a person's aspirations and desires, the goals he sets for himself, are created by the objective world. Voluntary actions are determined by the socio-historical conditions in which a person lives, lifestyle. With the change of social relations and interpersonal behavior in the society, the goals set by the individual and the motivations that encourage the person to act also change. The will of the citizens of our country is aimed at building a great state in the future. The youth of our republic have clear and promising goals related to the ideas of legal democratic, strong civil society, strengthening of independence.

When citizens set goals for themselves, they also think about the ways and means by which these goals can be achieved. factorial methods are chosen by them.

It is worth noting that the will is formed and improved in social life, in the individual life of a person, due to the organic relationship with psychological categories such as knowledge, feelings, and thinking.

## **REFERENCES**

1. Аникеева Н. В. Роль волевой регуляции в профессиональной деятельности сотрудника ОВД //Вестник Московского университета МВД России. – 2012. – №. 2. – С. 105-107.

2. Божович Л.И. Избранные психологические труды / Л.И. Божович Психология формирования личности. - М.: Педагогика, 2004. – С.84.
3. Гоноболин Ф.Н. Психология: учебник для педагогически училищ. - М.: «ВЛАДОС», 2007.
4. Высоцкий А.И. Возрастная динамика волевой активности школьников и методы ее изучения. / Автореф. дис. ... д-ра псих. наук. – Л., 1982. –С. 41.
5. Ғозиев Э. Умумий психология. – Т., 2010. -270-279-б.
6. Ильин Е. П. Психология воли. 2-е изд. — СПб.: «Питер», 2009. -С. 403.
7. Лазурский А.Ф. Волевые процессы. / Избранные труды по общей психологии. Психология общая и экспериментальная. - СПб., 2001. -С. 217.