

FACTORS OF FORMATION AND DEVELOPMENT OF PERSONAL VOCATIONAL QUALITIES

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Abstract: *This article analyzes the processes of formation of willful qualities of a person and their psychological basis.*

The will and its main features, pedagogical and practical methods and factors of their development are also discussed.

Key words: *person, individuality, will, volitional qualities, personality development, education, upbringing, discipline, perseverance, self-control, responsibility, perseverance, biological, physiological, psychological factors.*

ФАКТОРЫ ФОРМИРОВАНИЯ И РАЗВИТИЯ ВОЛЕВЫХ КАЧЕСТВ ЛИЧНОСТИ

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Аннотация: *В статье анализируются процессы формирования воли человека и их психологические основы.*

В статье также рассматриваются воля и ее основные характеристики, педагогические и практические методы и факторы их развития.

Ключевые слова: *личность, индивидуальность, воля, волевые качества, личностное развитие, образование, воспитание, дисциплина, целеустремленность, самообладание, ответственность, терпение, биологические, физиологические, психологические факторы.*

It is known that a person is a member of a certain society, he is psychologically developed and differs from others by his characteristics. This particularity means its individual characteristics. Among the individual characteristics of a person, his volitional qualities are also relevant, and they play an important role in the processes of decision-making, solving problems and achieving goals in his life. Volitional qualities mainly include skills such as discipline, perseverance, patience, and self-control. The development of these qualities not only helps a person to improve himself, but also ensures effective adaptation to the social

environment. This article analyzes the importance, stages and methods of forming voluntary qualities.

First of all, let's talk about the will and its essence. In psychology, will is manifested in the process of overcoming internal conflicts and overcoming external obstacles. Will is an important factor reflected in the behavior and decisions of a person [1]. Volitional qualities are important aspects that form a person's ability to make decisions and consciously perform actions. The following can be included in the main types of voluntary qualities:

1. Persistence. The ability of a person to stick to his chosen direction and strictly implement his decisions. Perseverance allows a person to maintain a desire for a goal and act despite external pressures.

2. Durability. This quality represents a person's resilience in overcoming difficulties and obstacles. Consistency ensures a person's mental stability and helps not to lose oneself in stressful situations.

3. Discipline. The ability to plan and execute actions and behaviors in accordance with the purpose. Discipline increases a person's self-demand and helps to achieve efficiency.

4. Self-management. This quality is the ability of a person to control his emotions and internal impulses, to be able to behave even in difficult situations. Self-control helps to keep a person in balance and make responsible decisions.

5. Patience. The ability of a person to endure difficulties for a long time and to persevere on the way to the goal. Patience is important when making long-term plans.

6. Self-confidence. A person's confidence in his own strength and abilities, which helps him make firm and strong decisions. Self-confidence is one of the main factors of success.

7. Responsibility. A person's sense of responsibility for the results of their actions and decisions. Responsibility helps a person to be reliable in a social environment.

Volitional qualities are inextricably linked, and their development affects the level of self-awareness of a person and his interaction with the environment. Volitional qualities (volitional qualities) are characteristics that form the will qualities of a person and express his ability to control his will [2].

A number of scientific studies devoted to the problems of will and its education have been carried out in world psychology. The study of the category of will has a long history, starting from the process of discovering the human mind and its essence, a scientific approach to understanding the nature of the individual's will was created due to the accumulation of certain

knowledge. As Hobbes and Spinoza emphasized in the 17th century, it is impossible to understand that the source of activity is the emergence of an unproductive field. Because it should be seen as a process of personal strength and emotional aspiration. According to Spinoza, the will and the mind are exactly the same thing. In it, the birth of this kind of affirmative attitude formed the understanding of will from a scientific point of view, on the other hand, it is also recognized as an independent substance. Therefore, the willful qualities of a person are formed and developed from childhood to adolescence and later adolescence.

In the current period, the will is not evaluated as a conscious control of one's behavior, educational activities and behavior by a person (regardless of whether he is a pupil or a student). Based on this situation, will is defined as a goal-oriented behavior (the activity of an early adolescent is meant), overcoming and eliminating external and internal difficulties in the implementation of behavior and behavior [3]. First of all, the will of adolescents is manifested in the activity of a person in social life, in his life experience, in interpersonal work, and in his interaction. Of course, the role of labor education in the formation and development of voluntary qualities is extremely important.

Factors that form willpower qualities include:

1. Biological and physiological factors:

- Hereditary characteristics. It depends on a person's temperament and affects the emergence of qualities such as speed and determination.
- Characteristics of the nervous system: A strong or weak nervous system plays an important role in the expression of will.

2. Social environment and upbringing:

- Family education. Family environment and forms of education have a direct impact on the development of voluntary qualities. For example, teaching a child responsibility will help him to be determined.
- The role of education and teachers, that is, the knowledge and education given in schools and universities, serves the development of voluntary qualities.

3. Personal experience and activities:

- Life experience. Difficulties and problems experienced by a person allow him to test and strengthen his will.
- Practical activity. A person's purposeful activities, for example, sports or art, form volitional qualities.

4. Psychological factors:

- Motivation. A strong goal and the desire to achieve it are the main factors that strengthen the will.
- Self-control. A person's ability to control his emotions and observe discipline develops willpower.

5. Cultural and spiritual factors:

- National values. Qualities that are valued in society, for example, courage and patriotism, serve to form the willpower of a person.
- Religious education. Some religions require patience and determination from a person, which strengthens the will.

6. Environmental conditions:

- External pressure. Certain challenges or stressful situations test and develop the will.
- Team and social position: position in the group, team requirements and responsibility influence the formation of voluntary qualities [4]. Therefore, the development of a person and its formation is a complex process, under the influence of the above-mentioned factors, the willful qualities of a person are formed and strengthened.

In conclusion, it should be said that the formation of willpower of a person is important for his success in life and finding his place in society. Will not only strengthens the inner strength of a person, but also helps him to establish effective relations with others. Therefore, joint efforts of the family, education and society are necessary in the formation of voluntary qualities.

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