



Dynamics of Formation of Personal Will

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Abstract: The article describes the psychology of will, the level of study of will by Uzbek scientists, the content of the work being carried out in this regard, the conducted research and results. Cultivating the will.

Keywords: personality quality, Will, human qualities, psychology, psychology of will, risk, abulia, act of will, modern, society, person, existence, activity.

The activity characteristic of a person as a person is that the actions that help to satisfy his needs are not instinctive actions, but mainly rational, conscious actions. This consciousness consists in the fact that a person acts in advance with a goal in mind, searches in advance for means and methods that can help to achieve this goal, and can consciously use his energy to overcome obstacles and difficulties.

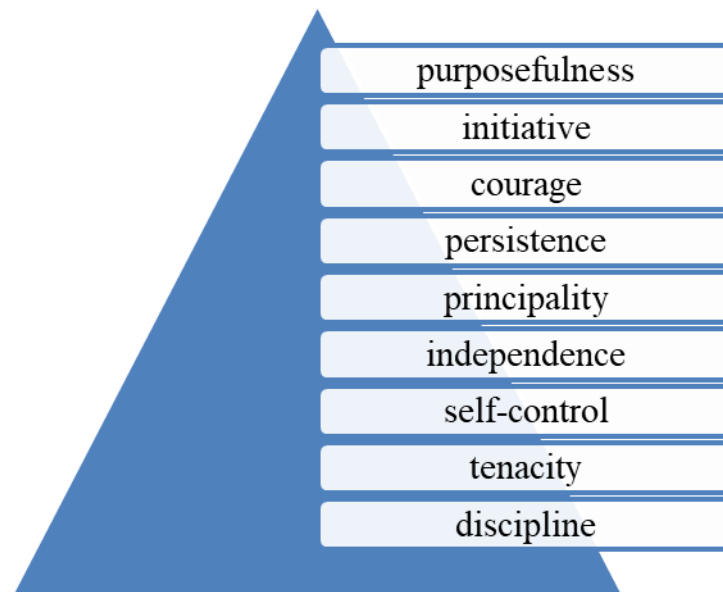
A person changes and adapts the things around him, creates something new, creates, adds this new thing to the reality around him, changes and fills the reality. In general, a person cannot stand without action all the time. From this point of view, all human actions can be divided into two 250 categories. The first of them are involuntary actions, and the second are voluntary actions. Involuntary actions of a person occur without a definite goal, often impulsively, that is, reflexively.

It should be noted that every effort to overcome an obstacle is not voluntary. For example, a person running away from a dog can overcome very difficult obstacles and even climb a tall tree, but these actions are not voluntary, because they are primarily aimed at overcoming obstacles, rather than the internal relations of a person. The most important feature of voluntary actions is the realization of the importance of the goal to be fought for, the realization of the need to achieve it. The more important the goal is for a person, the more obstacles he overcomes. Therefore, voluntary actions can differ not only in the level of complexity, but also in the level of awareness.

Usually we know more or less clearly why we do other actions; we know the goal we are trying to achieve. There are cases when a person is aware of what he is doing, but cannot explain why he is doing it. Often this happens when a person is exposed to strong emotions, when he experiences an emotional arousal. Such actions are called impulsive. The level of awareness of such actions is significantly reduced. A person who acts hastily often regrets what he has done. But the will of the times is such that a person can refrain from rash actions during emotional outbursts. Therefore, mental activity and emotions are related to the will.

Willpower qualities of a person, i.e., will power, independence, are manifested differently in some cases. The classification of voluntary qualities is expressed as follows.

Volitional adjectives:



In each person, certain qualities of the will can be strengthened throughout life and become the special qualities (that is, permanent characteristics) of this person. These unique characteristics of a person are called character traits. Any manifestation of any volitional qualities in any person is not a characteristic of that person's character.

In some cases, even by chance, a person can show a strong will, in some cases, the will of this person, in general, does not indicate that the strong will is a characteristic of this person's character. In order to say that this person has a strong will, it is necessary to know that he has shown his will power not once, but several times.

When we describe a person's character, we do not say that such and such a person acted boldly and spoke the truth, but rather that this person is bold, honest, and truthful. The meaning of this is that courage, honesty, truthfulness are the characteristics of this person, character traits. After learning about a person's character and traits, we can clearly know how he will behave in any activity, and we can predict it in advance.

Willpower and determination of character. The will appears with a certain force: in some cases, a person's will is manifested in a strong pace, in other cases, it is manifested weakly. Willpower is an important quality of the will.

Willpower is primarily seen in feeling needs and striving, we distinguish between strong and weak aspirations, strong and weak wants. Willpower is manifested in setting a clear and precise goal, as well as in clearly imagining the way, means and methods that will help to achieve this goal. This level of open clarity depends on a person's life experience, knowledge and general level. The characteristics of the development of human thinking and especially realistic imagination (fantasy) play a big role in setting a clear goal.

Willpower is seen in the ability to quickly come to a decision and in the strength of the decision, stability. Reasonable determination and perseverance based on high ideological principles are signs of a strong will. Indecisiveness, hesitance, doubting the execution of the decision and lack of patience are signs of a weak will. Willpower is especially evident in the boldness called courage. Courage is the state of a person in which a person quickly makes a decision and is determined to carry it out. It doesn't even occur to him that he can put his health and life in danger.



Courage is a command that a person gives to himself, not to other people. When a person chooses between life and death in an instant to achieve a great goal, according to the demands of moral duty, such courage shows the power of will.

Courage is a decision that turns into action. This action requires a strong effort. Boldness, which is a character trait, takes on a special color, depending on how carefully a person thinks about it. Thinking carefully is considered a positive trait if it is based on high idealism and moral principles of a person. We call thoughtful people who think and come to a decision without haste.

In the textbook "General Psychology" of Professor E. G. Gaziev, it is stated that will is the conscious management of actions and actions by a person that require overcoming external and internal difficulties. In general, will is a manifestation of individual activity. Therefore, its occurrence is explained by the implementation of a number of actions. The goal and striving to achieve it. Finding opportunities to achieve the goal. Emergence of motives and strengthening of opportunities.

By purposefulness, it is usual to understand the conscious and active direction of a person to achieve a certain result of activity. Often, when they talk about purposefulness, they use the concept of persistence. This concept is almost the same as the concept of purposefulness, which describes a person's desire to achieve a goal even in the most difficult conditions.

It is customary to distinguish stubbornness from persistence. Often stubbornness is a negative quality of a person. A stubborn person always tries to stand up for himself, despite the inappropriateness of this action. As a rule, a stubborn person is guided in his activities not by the arguments of reason, but by his personal desires, despite his failure. In fact, a stubborn person does not control his will because he does not know how to control himself and his ego.

Negativity should be separated from independence. Negativism is manifested in an unreasonable, unreasonable tendency to act against other people, to oppose them, although rational considerations do not justify such actions. Negativism is evaluated by most psychologists as a weakness of the will expressed in the inability to subordinate one's actions to the evidence of reason, the conscious motives of behavior, the inability to resist one's desires, leading to idleness, etc. Mostly idle. associated with laziness. It is laziness that is the comprehensive characteristic of qualities that are semantically opposite to the positive qualities of the will.

Academician I.P. Pavlov wrote about this: "It seems to me that the mind has a certain level of optimal (in any case, average) arousal under the same conditions. consists of nerve activity in certain areas of the large hemispheres of the brain". In addition, volitional actions are related to the activity of the second signal system as conscious actions.

It should be noted that the initiative shown by a person, in addition to independence, is always associated with another quality of the will - determination. Consistency is in the struggle of motives, timely and quick decision-making in the absence of unnecessary hesitation and doubts. First of all, perseverance is manifested in choosing a dominant motive, as well as in choosing adequate means to achieve the goal. Determination is also reflected in the implementation of the decision. Decisive people are characterized by a quick and energetic transition from the selection of actions and means to the implementation of the action.

It is necessary to distinguish impulsivity, which is characterized by determination, a positive quality of will, haste in making decisions, thoughtlessness of actions. An impulsive person does not think before starting to act, does not consider the consequences of what he has done, so he often regrets what he has done. The haste of such a person to make a decision is explained, as a rule, by his



indecisiveness, the fact that making a decision is a very difficult and painful process for him, so he tries to get rid of it as soon as possible.

The development of voluntary qualities of behavior in a person is carried out in several directions.

1. turning involuntary mental processes into voluntary processes;
2. a person's control over his behavior;
3. Development of voluntary qualities of a person.

All these processes begin consciously, from the moment a person acquires speech and learns to use it as an effective means of mental and behavioral self-regulation.

Another direction of the development of the will is that a person consciously sets more and more difficult tasks for himself and achieves long-term goals that require the use of significant willpower for a sufficiently long time.

For example, a student may set himself the task of developing such abilities, for the formation of which he does not have natural inclinations. At the same time, he may set himself the goal of engaging in complex and prestigious activities in the future, for the successful implementation of which such an ability is necessary.

Improving the voluntary regulation of behavior in people is related to their general intellectual development, the emergence of motivational and personal reflection. Therefore, it is practically impossible to educate the human will in isolation from its general psychological development. Otherwise, instead of willpower and determination as undoubtedly positive and valuable personal qualities, their antipodes may appear and find their place: for example, overcoming the obstacles encountered on the way to the goal stubbornness, fierceness, or willpower consisting of ability.

In the concept of will, we distinguish endurance and determination of will, which are characterized by the fact that energetic activity covers long periods of a person's life, striving to achieve a goal. Consistency of principle and constancy of will must be distinguished from disorder and inconsistency. This basic sequence is such that all human actions proceed from the one main principle of his life, to which man subordinates everything secondary and secondary.

Distinguishing the criticality of the will against its tendency to be easily suggested and act without thinking. This feature is in their deep thinking and self-critical evaluation of all their actions. Such a person can be convinced to change the line of behavior adopted by him only with reasonable arguments. To highlight the lack of unnecessary hesitation in the struggle of motives, quick decision-making and their bold implementation.

The will is characterized by the ability to subordinate one's personal, individual aspirations to the will of the community, to the will of the class to which the individual belongs.

The development of will in a person is associated with the following actions:

1. turning involuntary mental processes into voluntary processes;
2. gaining control over one's actions;
3. development of willpower of a person;
4. Also as a person consciously sets more and more difficult tasks and strives for more and more distant goals that require considerable voluntary effort over a long period of time.



Will is a person's ability to overcome obstacles and achieve a goal. In particular, it is manifested in such qualities as character, purposefulness, perseverance, perseverance, courage. These character traits can help achieve both pro-social and anti-social goals.

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