

SPECIFIC CHARACTERISTICS OF VOLUNTARY REGULATION IN STUDENTS

Dildora Mamurjonovna Nuralieva

FarDU Doctor of Philosophy in Psychology, (PhD).

e - mail: Bonu_dilya84@mail.ru

Peculiarities of volitional regulation in students of exact sciences

Abstract: *This article provides information on research on volition and volitional regulation. Also, according to the results of the conducted research, specific aspects of the volitional regulatory sphere of students of exact sciences and gender differences were shown.*

Key words: *will, volitional regulation, subjective control, personality maturity, internality.*

Аннотация: *В данной статье представлена информация об исследованиях воли и волевой регуляции. Также по результатам проведенного исследования показаны особенности волевой регулятивной сферы студентов точных наук и гендерные различия.*

Ключевые слова: *воля, волевая регуляция, субъективный контроль, зрелость личности, интерналитет.*

INTRODUCTION

Will and its power are manifested in volitional actions (human actions). Volitional actions, like all mental activities, I.P.Pavlov is concerned with the functioning of the brain[1]. The frontal lobes of the brain play an important role in the execution of voluntary actions, where research shows that each time the result is achieved, it is compared to a predetermined goal program. The will provides two interrelated functions - stimulating and inhibiting, in which it manifests itself in the form of voluntary action [2]. In this regard, the will is divided into activator (motivator, warning) and inhibitor. The motivational function helps the human activity not in reality (as a reaction), but based on the specific characteristics of the internal states that are manifested in the action itself. The inhibitory function of the will is manifested in the restriction of undesirable manifestations of activity [3]. Stimulating and inhibiting functions form the "substantial" basis of the voluntary regulatory process. Volitional regulation is a voluntary regulation of human behavior, that is, in its most developed form, one's thoughts, feelings, is the conscious management of desires and behavior[4]. Therefore, by studying the specific aspects of volitional regulation in students, it is possible to develop psychological ways of developing volitional control in them. For this purpose, the will characteristics of students of exact sciences were studied, and their special aspects and gender differences were emphasized.

Research methodology. Many researchers have paid more attention to the motivational field during the study of will. Among Western and Russian psychologists, there are two approaches to will, which are: motivational and regulatory approaches [5]. According to the motivational approach (L.S. Vygotsky, S.L. Rubinstein, L.I. Bojovich, D.N. Uznadze, A.V. Petrovsky, R. Descartes, T. Hobbs, W. Wundt, K. Levin, N. Geckhausen, E. Tolman, etc.), the motivational function of the will and attention is paid to its motivational component [6].

In the regulatory approach (A. Ben, T. Ribot, V. James, C. Sherrington, I.M. Sechenov, V.K. Kalin, V.I. Selivanov, etc.), along with the content of the will, it also takes into account the dynamic side realized through voluntary action [7].

I.M. Sechinov was one of the first Russian scientists who understood the will as a special form of mental conditioning. According to him, the self-regulation associated with the human mind is carried out with the help of certain nerve centers associated with conscious reflection [8].

One of the indicators of a person's maturity, level of moral development and success is internality and motivation. They determine a person's level of responsibility for events in his life. Internality means a person's tendency to see himself as the cause of events in his life: his abilities, efforts, character traits, etc. The problem of internality itself is variously presented in many philosophical, psychological and sociological concepts. In philosophy, the problem of internality is considered in connection with the issues of fate and free will, for example, in the theories of free will (A. Schopenhauer, E. Hartmann, etc.) confirm the independence of human will.

In psychology, in connection with the study of various aspects of individual successful behavior and effective collective behavior, it touches on the category of locus control; in social impact studies; it is explained in connection with issues of moral behavior of individuals and social groups.

The purpose of the research conducted by us is to study the specific aspects of volitional regulation in students of a higher education institution studying in the field of specific sciences, the existence of differences according to gender characteristics. .

The following results were observed when analyzing gender differences according to the Mann-Whitney criterion of Dj. Rotter's "Subjective control level" method. According to the index of general internality, the average color index of boys was lower than the average color index of girls, and no significant differences were observed between them ($U=4216.500$; $p \leq 0.551$). From the analysis of the obtained results, girls, like boys, have a strong sense of understanding that the most important events in their lives are the result of their actions and that they can control them. Girls feel responsible for events and the development of their lives in general. There is almost no difference in boys and girls from the point of view of the uniformity of the direction they study, the existence of responsibility, responsibility, normal response to various events.

According to the indicator of internality in success, the average color index of boys was higher than the average color index of girls, and significant differences were observed between them ($U=3693.500$; $p\leq 0.05$). Young men have high subjective control over emotionally positive events and situations, and they believe that they have achieved everything they have and have in their lives and that they can successfully achieve their goals in the future. The lower level of internality in success in girls is also characterized by the fact that, in terms of our mental characteristics, aspects such as being under the control of parents, not feeling alone, are the keys to their success.

REFERENCES LIST:

1. Рибо Т. Воля в ее нормальном и болезненном состоянии. Пер. с 8-годоп. фр. издания под ред. В. Аболенского. - СПб., 1894. – 190с.
2. Nuralieva, D. (2023). SOCIAL PSYCHOLOGICAL CHARACTERISTICS OF ETHNIC IDENTITY IN PERSONS BORN IN HETERO-ETHNIC FAMILIES. *International Bulletin of Medical Sciences and Clinical Research*, 3(9), 79-82.
3. Mamurjonovna, N.D. (2023). EMPIRICAL STUDY OF ETHNIC IDENTITY IN PERSONS BORN IN HETERO-NATIONAL FAMILIES. *Horizon: Journal of Humanity and Artificial Intelligence*, 2(5), 555-558.
4. Mamurjonovna, N. D., & Ergashova, Z. (2022). SOCIAL PSYCHOLOGICAL CHARACTERISTICS OF THE CRIMINAL PERSONALITY. *World Bulletin of Social Sciences*, 16, 140-143.
5. Mamurjonovna, N. D. (2023). THEORETICAL AND METHODOLOGICAL BASIS OF PSYCHOLOGICAL ANALYSIS OF INTERNATIONAL MARRIAGES. SCIENTIFIC APPROACH TO THE MODERN EDUCATION SYSTEM, 2(16), 76-81.
6. Ma, N. D. M. M. M. (2023). TEACHING INFORMATION ANALYSIS BY DEVELOPING CREATIVE THINKING IN CHILDREN. *Confrencea*, 6(6), 213-222.
7. Mamurjonovna, N. D., & Ma'murovna, M. M. (2023). PSYCHOLOGICAL CHARACTERISTICS OF STUDENTS OF YOUNGER SCHOOL AGE AND ADAPTABILITY TO SCHOOL EDUCATION. *Uzbek Scholar Journal*, 14, 21-25.
8. Mamuroonovna, N. D., & Abdulloh, X. (2022). PSYCHOLOGICAL FOUNDATIONS OF CRIME IN ADOLESCENCE. *Uzbek Scholar Journal*, 10, 550-554.
9. Axrorov, P. Q., & Nuraliyeva, D.M. (2022). AMERIKA PSIXOLOGIYA MAKTABI NAMOYONDALARINING ZAMONAVIY TADQIQOTLARINING OZIGA XOS JIHATLARI. Педагогика и психология в современном мире: теоретические и практические исследования, 1(10), 59-61.
10. Mamurjonovna, N. D. (2022). O'SPIRINLARDA MA'NAVIY QADRIYATLARNI SHAKLLANISHIDA OILA MUXITINI TUTGAN O'RNI: Nuraliyeva Dildora Mamurjonovna FarDU psixologiya fanlari bo'yicha falsafa doktori,(PhD) Kenjayeva Dilnozaxon Sadirdinovna

Psixologiya (faoliyat turlari bo'yicha) 2-kurs magistranti. Образование и инновационные исследования международный научно-методический журнал, (12), 293-298.

11. Нуралиева, Д. М. (2022). OILALARGA PSIXOLOGIK XIZMAT KO'RSATISHNING IJTIMOY PSIXOLOGIK XUSUSIYATLARI: Нуралиева Дилдора Мамуржоновна ФарДУ психология фанлари бўйича фалсафа доктори,(PhD). Образование и инновационные исследования международный научно-методический журнал, (11), 370-377.

12. Mamurjonovna, N. D. (2022). NIKOH OLDI OMILLARI VA OILA QURISH MOTIVLARINING IJTIMOY PSIXOLOGIK XUSUSIYALARI: Nuralieva Dildora Mamurjonovna Farg'ona davlat universiteti psixologiya kafedrasida psixologiya fanlari bo'yicha falsafa dokori (PhD). Asqarova Odinaxon Mamatxonovna Psixologiya magistratura yo'nalishi 2-kurs talabasi. Образование и инновационные исследования международный научно-методический журнал, (12), 312-316.

13. Nuraliyeva, D. M. (2021). PSYCHOLOGICAL ASSISTANCE TO FAMILIES ON THE VERGE OF DIVORCE. Экономика и социум, (10 (89)), 186-189.

14. Mamurjonovna, N. D. SOCIO-PSYCHOLOGICAL MECHANISM OF PSYCHOLOGICAL SERVICES TO THE FAMILY.

15. НУРАЛИЕВА, Д. THE IMPORTANCE OF FAMILY RELATIONS IN THE FORMATION OF CHILD PERSONALITY. UNIVERSITETI XABARLARI, 2019,[1/1] ISSN 2181-7324.

16. НУРАЛИЕВА, Д. O 'ZBEKISTON MILLIY UNIVERSITETI XABARLARI, 2019,[1/1] ISSN 2181-7324.

17. Dildora, N., & Social, A. K. psychological characteristics of families on the verge of divorce 2021. Special Issue on Engineering Technologies and Management C-3889-3897.

18. Mamurjonovna, N. D. (2020, June). The concept of psychological service and its controversial issues in family. In Archive of Conferences (Vol. 2, No. 2, pp. 34-36).

19. Nuraliyeva, D. M. (2020). Examining the orientation of women in the field of psychosocial service for the family and the empirical analysis of psychological qualities. In International scientific and practical conference Cutting Edge-science Primedia E-launch page115-116. USA Conference Proceedings (Vol. 6).

20. Mamurjonovna, N. D., & Nurislom Ulug'bek o'gli, K. (2022). A STUDY OF THE SOCIAL PERCEPTIONS OF CHILDREN OF HAPPY AND CONFLICTED FAMILIES ABOUT THE FUTURE. In Conference Zone (pp. 9-11).

21. Nuraliyeva, D. M. (2020). THE PROBLEMS OF DEVELOPING SOCIAL PSYCHOLOGICAL MECHANISMS IN THE FAMILY. Theoretical & Applied Science, (1), 711-713.

22. Nuralieva, D. M. (2020). THE CONCEPT OF PSYCHOLOGICAL ASSISTANCE TO THE FAMILY. In Психологическое здоровье населения как важный фактор обеспечения процветания общества (pp. 405-410).

23. Nuraliyeva, D. M. (2020). Empirical analysis of the family responsibilities for psychological services in Uzbekistan. Journal of Critical Reviews page-278-282.

24. Nuraliyeva, D. M. (2018). STUDYING SUSCEPTIBILITY TO THE BEHAVIOIR OF THE PAIR IN THE RELATIONSHIP BETWEEN MAN AND WOMAN AND GIVING A SOCIAL-PSYCOLOGICAL HELP. Теория и практика современной науки, (5 (35)), 32-34.
25. Нуралиева, Д., & Абдусаматов, Х. (2021). Ajralish arafasidagi oilalarga psixologik xizmat ko 'rsatishning ijtimoiy psixologik xususiyatlari. Общество и инновации, 2(10/S), 493-498.
26. Mamurjonovna, N. D., & Abdugarimova, M. R. (2021, July). ON THE PSYCHOLOGICAL CRITERIA AND ORIGINAL FACTORS OF DISPUTES BETWEEN YOUNG PEOPLE. In Archive of Conferences (pp. 50-55).
27. Нуралиева, Д. М. (2022). ОСОБЕННОСТИ ОБЩЕНИЯ ДЕТЕЙ И РОДИТЕЛЕЙ В СЕМЕЙНЫХ ОТНОШЕНИЯХ. Uzbek Scholar Journal, 6, 39-43.
28. Abduraxmonova, Z. E., & Nuraliyeva, D. M. (2021). Formation of the concept of intelligence in foreign psychology. ACADEMICIA: An International Multidisciplinary Research Journal, 11(3), 852-857.
29. Mamurjonovna, N. D. (2022). PSYCHOLOGICAL SERVICE AND ITS ROLE IN FAMILY RELATIONSHIPS.
30. Nuraliyeva, D. M. (2020). CHARACTERISTICS OF MARRIAGE RELATIONS IN PROVIDING PSYCHOLOGICAL AID TO THE FAMILY AND IT INFLUENCE ON THE STRENGTH OF MARRIAGE. In Психологическое здоровье населения как важный фактор обеспечения процветания общества (pp. 411-414).
31. Mamurjonovna, N. D., & Moydinova, Z. (2022). FAMILY STABILITY THE INFLUENCE OF PREMARITAL FACTORS.
32. Nuraliyeva, D. M., & Abduraxmonova, Z. E. (2021). THE ROLE OF SPIRITUALITY IN SOCIETY AND HUMAN LIFE. Теория и практика современной науки, (5 (71)), 14-17.
33. Нуралиева, Д. М., Джалолова, М. А., & Абдурахманов, Х. Х. (2022). РОЛЬ ЖЕНЩИНЫ В СЕМЕЙНЫХ ОТНОШЕНИЯХ. Uzbek Scholar Journal, 6, 34-38.
34. Mamurjonovna, N. D., & Nurislom Ulug'bek o'gli, K. (2021). A STUDY OF THE SOCIAL PERCEPTIONS OF CHILDREN OF HAPPY AND CONFLICTED FAMILIES ABOUT THE FUTURE. Conference Zone, 9–11.
35. Nuraliyeva, D. M. (2019). Development of socio-psychological mechanisms of psychological services to families and children.