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# STUDIES OF PSYCHOLOGISTS ON THE FORMATION OF WILL

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## Abstract

The article provides a theoretical analysis of the views of various psychologists about will. There is also a set of exercises for forming the will in students of junior school age.

**Keywords** Will, junior school age, exercises, volitional qualities, motivation, diligence, discipline, initiative.

## INTRODUCTION

Junior school age occupies a special place in the development of human personality. It is an important stage of human development, during this period psychological changes of great importance take place, positive qualities that leave a lasting impression are manifested under the influence of education and upbringing necessary for the child to mature in certain social conditions. Voluntary qualities should be included among these qualities.

In psychology, a fairly firm opinion has been established that will is the conscious activity of a person aimed at achieving a set goal. The essence of the concept of will includes the ability of a person to set goals, control his emotions, control his personal body and behavior. V.I. Based on the study of the will by Selivanov [4], he draws some conclusions:

A) will is a description of a person's activity and awareness of forms of self-control in the external world.

B) will is considered to be a part of the whole consciousness of a person, and it applies to all forms and stages of consciousness.

C) will is the conscious management of a person's SELF, a practical consciousness that is changing

and reconstructing the universe.

G) will is a characteristic associated with a person's emotions and intellect, but is not considered the motive of an action.

V.I.Selivanov, illuminating the psychological aspects of the will, puts forward the idea that the human mind can be imagined as a whole system embodying processes, states, and qualities. According to its structure, this or that conscious action of a person is considered mental, emotional, and volitional at the same time [4].

Researcher V.A.Ivannikov understands will as a voluntary form of motivation, and interprets it as an opportunity to inhibit or create additional motivation due to the change in the meaning of action, as an imaginary motive of a new situation that combines new real motives with action. Voluntary controlled movement is understood as "one of the manifestations of voluntary control", in which it is emphasized that control is carried out through a voluntary change of motivation [1].

It can be seen from the above points that the will is determined by the manifestation of the individual in overcoming the difficulties he has set for himself.

In the science of psychology, there is no commonality and set of common views on the analysis of the spiritual basis of volitional qualities, just as there is no uniform attitude towards the definition of the will. In particular, V. A. Krutetsky includes in his works determination, independence, determination, patience, discipline, courage, courage and perseverance as part of will qualities [2].

Z.T. Nishanova divides the important qualities of will into independence, determination, diligence, and self-mastery [3]. A.I.Shcherbakov includes the following among the voluntary qualities manifested in a person, that is, steadfastness and initiative, organization and discipline, diligence and perseverance, courage and determination, endurance and self-mastery, bravery and courage [5].

There are 2 one-sided views of the will that dominate the world. The purpose of the former is to subdue and tame, as if pacifying a wild beast. The latter sees the will as pushing forward by force, like pushing a stationary car. Because this analogy is so apt, we will use it again throughout the topic.

When we analyze the will, we see that it has several stages. But considering the practical purpose of education and development of the will, we will mainly consider the will in action, i.e. the completed effective and successful action of the will and its use.

Therefore, in the exercise of the will, it is not important to have a complete theoretical knowledge or idea about it, which stage of it is important.

The goal of training the will is very clear, because without it, decisions cannot be made and they cannot be carried out. Without the will, neither time nor effort can be allocated to use any technique, so the work of psychosynthesis cannot be solved. Another important task of training the will is the development of the will. Those of us who say that I have no will have at least a little will, because will is a direct function of the "I", only it is a latent state. For these people, it is necessary to use the small reserve of will to increase it to the level of a significant and important factor.

Procedure for exercising the will.

The first task in exercising the will is to enrich the subject's personal capital and ensure the active participation of his will. The first thing to do is to mobilize all the energy of the tested interests and direct them to the development of the will.

1. Movement of energy.

The first prerequisite for the training of the will is a serious decision about the use of time, energy and means. In order to achieve success, it is necessary to consider preparatory work in advance by creating primary stimulus and aspiration. This work should arouse a strong emotional desire in the patient. This interest in the development of the will then grows into a determined decision. Below are some exercises to help the patient master this position.

Exercise 1

Try to get comfortable and relax.

1) Try to imagine well all the inconveniences caused to you and your loved ones due to your poorly developed will. At the same time, imagine the inconvenience that may occur in the future. Explore each one in detail to find out what they consist of. Then make a list of these dislikes. Feel the feelings that these memories and expectations evoke in you: shame, dissatisfaction with yourself, the desire not to repeat the past, and the lack of a strong desire to change the current situation.

2) Try to visualize more vividly the benefits you will receive and the happiness you and your loved ones will experience through the development of willpower. Consider each option carefully. You have: "the joy of the opportunities that are opening up before you, give yourself completely to the feelings that make you think about realizing them as soon as possible.

3) Try to imagine yourself as having a strong and determined will. Imagine yourself taking a step forward and being determined in any situation. You can put your energy into action by focusing on what you think. You can manage your actions well, being very determined. Nothing can stop you. Imagine being successful in achieving what you set out to do. Imagine situations in which you could not express your will before. Imagine being willing in these situations.

Exercise 2.

To reinforce the exercises discussed above, read selected literature to develop indecisiveness and emotions. This literature should be encouraging, inspiring, a call to action, giving confidence in one's own power. When reading a book, read it slowly with concentration, copy down the passages you like and read them again and again. It is advisable to read biographies of famous people. But never tell anyone about your decision. Conversations often drain the accumulated energy. Because many people will discuss your decision after knowing it, which can have a negative effect and cause doubt and depression in you. Work by default. It won't hurt. The 2-part exercise shown above is one of the methods that focus on setting other desires into motion, and will strengthen the willpower you already have.

**Exercise 3. Doing useless exercises.**

This technique is the first "Interview with teachers". Build up your stamina by doing non-nonsense exercises every day. Try to be a hero in trivial matters. You learn to overcome obstacles by doing these fruitless, meaningless tasks. Then when the real tests come you will be fully prepared. It's just like home insurance. No one will reimburse us for the money spent, but we are guaranteed to restore our house in the event of a fire. I. Boyd Warst's book "Willpower" talked about the same practice.

**Exercise 4. Cultivating the will in everyday life.**

Exercises based on taking advantage of the infinite possibilities contained in our daily worries and tasks. For example, getting up every morning for 10-15 minutes or getting dressed quickly without rushing. It develops in us the quality of agility which is important in life. As suggested, it is not easy to rush without worry, but it is possible. It can be continued at work, at home, in the service. For example, "Capturing ourselves", "Feeling ourselves" despite how boring and exhausting the work is. Managing emotions when impatient in nervous situations, whether it's a crowded bus, a door that won't open, employees who don't understand, etc. Chances are especially high at the end of the day, so don't let yourself get into a bad mood because of the unpleasantness of the day. Be calm in every situation. For example, try to control your cravings and impulses

(thinking and doing things quickly), chewing your food to taste it like food, and then eat it. As soon as you feel tired during work, stop work and rest. It is better to take a short rest to prevent fatigue than to take a long rest when tired. Exercise while you are resting. Through such leisure, a person does not lose interest or desire for what he is doing. When exercising the will, you should try to sleep at a specific time without being distracted by interesting books and conversations. You can't do all these exercises at once, because it quickly depresses you. Therefore, it is necessary to act in an orderly manner. We increase the exercises slowly. Do the exercises with interest and record your wins and losses. Saying "no" is hard but very rewarding.

**Exercise 5. Physical exercises to train the will.**

As the French writer Jim said: "Gymnastics serves as a primary school for training the will and a model for the development of the mind. To perform physical activity, we command the body and our body obeys. It improves blood circulation and creates warmth in the feet and hands. But performing these actions would be more enjoyable if the higher goal was to develop the will. Exercises should be performed carefully and accurately. They should not be too fast or too slow. Every action must be concentrated and determined. Exercises are better if they require patience, calmness, agility and courage. They should be able to divide and contain an interesting variety. All kinds of outdoor sports are suitable for this. For example, golf, tennis, skating, hiking and mountaineering, etc. If this is not possible, you can come up with exercises that can be done at home in solitude.

**Commentary on exercises**

One of the most common difficulties is that people who have partially mastered the will give up after doing the exercises 1-2 times. It is very difficult not to extinguish the desire in them. In this regard, Baudouin used stimuli such as pride, pride, self-decision, praise, and objective reward. It is necessary to show it as a game to the person and ensure that he is addicted to it. If the subject takes it too seriously, he may face unconscious resistance and rebellion.

Summary. Thus, the exercises presented by us

above can be widely used in the development of will in students of junior school age.

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