

TALABALARDA IRODAVIY SIFATLARNING SHAKLLANISHINING PSIXOLOGIK XUSUSIYATLARI

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Annotatsiya

Mazkur tezisdagi talabalarda irodaviy sifatlarning shakllanishining psixologik xususiyatlari, ularning shaxs kamolotidagi o'rni hamda zamonaviy ta'lim tizimida mazkur sifatlarni rivojlantirishning pedagogik-psixologik omillari tahlil etilgan. Shuningdek, talabalarning maqsadga yo'naltirilganligi, qat'iyatlilik, mustaqillik, mas'uliyat va o'zini boshqarish ko'nikmalarini shakllantirishda ta'lim muassasalari, pedagoglar va psixologlarning o'rni ilmiy jihatdan yoritib berilgan.

Kalit so'zlar: Iroda, irodaviy sifatlari, talaba shaxsi, psixologik rivojlanish, motivatsiya, mustaqillik, o'zini boshqarish, pedagogik jarayon, shaxs kamoloti, psixologik omillar.

Bugungi globallashtirish va axborot-kommunikatsiya texnologiyalari jadal rivojlanayotgan davrda yosh avlodni har tomonlama barkamol, mustaqil fikrlaydigan, raqobatbardosh va yuksak ma'naviy salohiyatga ega shaxs sifatida tarbiyalash davlat siyosatining ustuvor yo'nalishlaridan biri hisoblanadi. Shu nuqtayi nazardan qaraganda, talabalarda irodaviy sifatlarni shakllantirish va rivojlantirish masalasi pedagogika hamda psixologiya fanlarining dolzarb ilmiy-amaliy muammolaridan biri sifatida alohida ahamiyat kasb etmoqda.

Irodaviy sifatlari shaxsning maqsad sari ongli ravishda intilishi, yuzaga keladigan ichki va tashqi qiyinchiliklarni yenga olishi, o'z faoliyatini boshqara bilishi, mustaqil qaror qabul qilishi hamda o'z xatti-harakatlarini nazorat qilishi bilan tavsiflanadi. Psixologik nuqtayi nazardan, iroda inson shaxsining eng muhim individual-psixologik xususiyatlaridan biri bo'lib, uning faoliyati samaradorligi va hayotiy pozitsiyasini belgilovchi asosiy omillardan sanaladi.

Talabalik davri shaxsning ijtimoiy, intellektual va psixologik jihatdan faol rivojlanish bosqichi hisoblanadi. Aynan ushbu davrda yoshlar o'z oldiga aniq maqsad qo'yish, mustaqil hayotga tayyorlanish, kasbiy faoliyatni tanlash hamda jamiyatda o'z o'rnini topishga intiladilar. Shu sababli ham talabalarda qat'iyatlilik, tashabbuskorlik, sabr-toqat, mas'uliyatlilik, o'zini boshqarish va mustaqillik kabi irodaviy sifatlarni shakllantirish ta'lim-tarbiya jarayonining muhim tarkibiy qismi hisoblanadi.

Talabalarda irodaviy sifatlarning rivojlanishiga bir qator psixologik va ijtimoiy omillar ta'sir ko'rsatadi. Jumladan, oilaviy muhit, pedagogik yondashuv, motivatsiya

darajasi, ijtimoiy munosabatlar, ta'lim muhiti va shaxsning individual xususiyatlari ushbu jarayonda muhim rol o'ynaydi. Kuchli ichki motivatsiyaga ega bo'lgan talaba o'quv faoliyatidagi qiyinchiliklarni yengib o'tishga intiladi, o'z ustida muntazam ishlaydi va maqsadlariga erishishda qat'iyatlilik namoyon qiladi.

Zamonaviy ta'lim tizimida talabalarda irodaviy sifatlarni rivojlantirishda innovatsion pedagogik texnologiyalar, interaktiv metodlar, psixologik treninglar, motivatsion dasturlar va mustaqil ta'lim shakllaridan samarali foydalanish muhim ahamiyatga ega. Ayniqsa, muammoli vaziyatlar asosida tashkil etilgan mashg'ulotlar, jamoaviy loyihalar, liderlik faoliyatlari hamda kommunikativ treninglar yoshlarning irodaviy barqarorligini mustahkamlashga xizmat qiladi.

Bundan tashqari, oliy ta'lim muassasalarida psixologik xizmat faoliyatini takomillashtirish ham talabalar shaxsida irodaviy sifatlarni rivojlantirishning muhim omillaridan biri hisoblanadi. Psixologik diagnostika, individual suhbatlar, maslahat va trening mashg'ulotlari orqali talabalarning ichki imkoniyatlarini aniqlash, ularni qo'llab-quvvatlash hamda o'zini o'zi rivojlantirishga yo'naltirish mumkin. Tahlillar shuni ko'rsatadiki, irodaviy sifatlari rivojlangan talabalar ta'lim jarayonida faol, tashabbuskor, mas'uliyatli va mustaqil fikrlovchi shaxs sifatida namoyon bo'ladilar.

Bunday talabalar o'z oldiga qo'yilgan vazifalarni samarali bajaradi, murakkab vaziyatlarda to'g'ri qaror qabul qila oladi hamda kasbiy faoliyatda yuqori natijalarga erishish imkoniyatiga ega bo'ladi.

Xulosa qilib aytganda, talabalarda irodaviy sifatlarning shakllanishi murakkab psixologik jarayon bo'lib, u shaxsning individual imkoniyatlari, ijtimoiy muhiti va pedagogik ta'sirlar bilan uzviy bog'liqdir. Zamonaviy ta'lim tizimida yoshlarni nafaqat bilimli, balki qat'iyatli, mas'uliyatli, mustaqil va maqsadga intiluvchan shaxs sifatida tarbiyalash muhim vazifalardan biri hisoblanadi. Shu bois, talabalarda irodaviy sifatlarni shakllantirishga qaratilgan pedagogik va psixologik yondashuvlarni takomillashtirish bugungi kunning dolzarb masalalaridan biri bo'lib qolmoqda.

PSYCHOLOGICAL CHARACTERISTICS OF THE FORMATION OF VOLITIONAL QUALITIES IN STUDENTS

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Abstract

This thesis analyzes the psychological characteristics of the formation of volitional qualities in students, their importance in personal development, and the

pedagogical and psychological factors influencing their improvement within the modern educational system. Furthermore, the role of educational institutions, teachers, and psychologists in developing students' goal orientation, determination, independence, responsibility, and self-management skills is scientifically highlighted.

Keywords: Willpower, volitional qualities, student personality, psychological development, motivation, independence, self-management, pedagogical process, personality formation, psychological factors.

In the modern era of globalization and the rapid development of information and communication technologies, educating young people as comprehensively developed, independent-thinking, competitive, and spiritually mature individuals has become one of the priority directions of state policy. From this perspective, the issue of developing volitional qualities in students is considered one of the most urgent scientific and practical problems in the fields of pedagogy and psychology.

Volitional qualities are characterized by an individual's conscious striving toward goals, the ability to overcome internal and external difficulties, self-regulation, independent decision-making, and control over one's actions and behavior. From a psychological point of view, willpower is regarded as one of the most important individual psychological characteristics that determine the effectiveness of human activity and personal life position.

The period of studenthood is considered an active stage of social, intellectual, and psychological development of personality. During this stage, young people strive to set clear goals, prepare for independent life, choose professional careers, and determine their place in society. Therefore, the development of volitional qualities such as determination, initiative, patience, responsibility, self-control, and independence among students is regarded as an essential component of the educational process. The development of volitional qualities in students is influenced by several psychological and social factors. In particular, family environment, pedagogical approaches, level of motivation, social relations, educational atmosphere, and individual characteristics of personality play an important role in this process. Students with strong internal motivation tend to overcome educational difficulties, work continuously on self-improvement, and demonstrate persistence in achieving their goals.

In the modern educational system, the effective use of innovative pedagogical technologies, interactive methods, psychological training sessions, motivational programs, and independent learning forms is of great significance in the development of students' volitional qualities. Especially, problem-based learning activities, teamwork projects, leadership practices, and communicative training sessions contribute to strengthening students' volitional stability.

Furthermore, improving psychological services in higher educational institutions is considered one of the important factors in developing volitional qualities in students. Through psychological diagnostics, individual counseling, consultations, and training sessions, it becomes possible to identify students' internal potential, support them psychologically, and direct them toward self-development.

Research and observations indicate that students with well-developed volitional qualities become active, initiative-taking, responsible, and independent-thinking individuals within the educational process. Such students effectively accomplish assigned tasks, make correct decisions in difficult situations, and achieve high results in their future professional activities.

Conclusion

In conclusion, the formation of volitional qualities in students is a complex psychological process closely connected with individual abilities, social environment, and pedagogical influences. In the modern educational system, educating young people not only as knowledgeable individuals but also as determined, responsible, independent, and goal-oriented personalities is considered one of the most important tasks. Therefore, improving pedagogical and psychological approaches aimed at developing volitional qualities in students remains one of the most important and aktual issues of today.