

Peculiarities of Volitional Qualities in Physical Education of Schoolchildren

Turdimurodov Dilmurod Yuldashevich

Faculty of Sports activities and management of Termez State University

Article Information

Received: December 26, 2022

Accepted: January 27, 2023

Published: February 28, 2023

Keywords: *physical education, educational process, means, schoolchildren, volitional qualities*

ABSTRACT

The article describes the methods of formation and development of volitional qualities in schoolchildren by various means in the process of physical education classes in secondary schools. The necessary conditions for the formation and development of volitional qualities of a student's personality are determined.

Introduction. Volitional qualities are one of the facets of personality. Like character, they are not inherited, they develop only in the process of education and socialization. Volitional qualities are relatively stable, independent of the specific situation, mental formations that testify to the level of conscious self-regulation of behavior achieved by the individual, his power over himself.

A person has positive and negative volitional qualities, so it is advisable to consider only the main ones. The most successful classification of volitional qualities was made by D. Yu. Turdimuradov [1]. Such volitional qualities as purposefulness, patience, endurance and courage are considered to be the main qualities of a personality, and the functional manifestations of these qualities are unidirectional regulatory actions of the consciousness that take the form of volitional effort.

Thus, the will of a teenager is a certain set of mental properties that characterizes the achieved level of conscious self-regulation of the personality, and this set of properties is formed throughout life. The volitional qualities of a person are relatively stable, independent of the situation, resistant to mental formations [2, 3].

Purposefulness is expressed in the conquest by a person of his behavior of a certain life goal, this main goal determines more separate goals, the achievement of which becomes a means on the way to the main one. Independence is expressed by revealing the ability of a person to adhere to their own principles, a single line of their own in actions, despite the pressure of society, the external situation [4, 5]. Discipline is manifested in the conscious subjugation of one's own behavior to certain rules and norms [7, 8].

The structure of a person's will essentially depends on its content, that is, on the relationship between the particular-personal and the socially significant, between the phenomenal and the essential. The

volitional qualities of a person are among the most essential of his qualities, they have always played a leading role in the most magnificent events in the history of mankind: in heroic deeds and discoveries. The will arose in the labor activity of a person mastering the laws of nature, and thus got the opportunity to change it in accordance with his needs [9].

In the course of the educational work of the school, each student tries to overcome various difficulties and, in cooperation with the teacher, form and develop his will with the help of various means and physical exercises [10, 11, 12]. He believes that in this process he will correctly spend his knowledge and energy, create useful things and achieve various achievements [13]. The student begins to believe in himself, being able to correctly assess his capabilities and abilities. All these are necessary conditions for the development of the human will.

According to D. Yu. Turdimuradov, the formation and development of volitional qualities is one of the most important tasks in physical education classes. Particular importance should be given to the formation and development of the student's willpower in physical education classes, because any sports achievements are primarily the result of willpower [5, 16, 17].

It is known that the concept of will has many meanings in psychology. Will is a property of the human psyche, manifested in the self-control of a person and the determinism of his activity and behavior, despite external and internal obstacles and influences [18, 19].

If we consider the will as a person's ability to achieve a consciously set goal by overcoming external and internal obstacles, then volitional behavior in this regard includes the pursuit of a goal, self-control, the rejection of certain things, if necessary, requires passing [20, 21]. An important quality of an adult is the ability to control one's own behavior. "If a person has clearly mastered his behavior, we can only talk about the formation of personality," writes D. Yu. Turdimurodov [22].

Sports psychologists distinguish volitional qualities according to the degree of importance for certain sports. Often they are divided into general and basic. At the same time, general levels refer to all types of sports activities, and the main ones determine the indicators of a particular sport. In the process of accumulating life experience, the primary volitional qualities gradually acquire the skills necessary for the implementation of volitional regulation, replacing the insufficiently effective manifestation of volitional actions.

Thus, a low level of development of any qualities forces the formation of more complex systemic volitional qualities from elements that perform compensatory functions. The systemic nature of secondary volitional qualities is not associated with the inclusion of a number of primary volitional qualities, but with the accumulation of skills for arbitrary regulation. The second allows us to consider the issue of the difference between volitional and complex functional manifestations (volitional, mental and intellectual) of systemic qualities in different areas.

Courage can serve as an example of a systematic volitional quality, an integral part of courage, endurance and strength. This also includes purposefulness, discipline, independence, initiative, including the functional manifestation of other aspects of the psyche, and not the volitional sphere. The author states that personal self-regulation of activity is clearly manifested in these qualities.

The mechanism of self-motivation in schoolchildren of a general education school is of decisive importance in the manifestation of their volitional activity. The psychological characteristics of school age create a favorable environment for the formation of moral and volitional qualities. At this age, the experience of moral behavior has already been accumulated, there is a moral need for self-education. Self-consciousness is the main motivational direction of this age period, which is associated with an active desire for personal self-improvement.

The will manifests itself in schoolchildren under the influence of an important idea for society. High school students can be set to achieve their goals. The quality of their endurance increases dramatically, for example, during physical work and stress against the background of fatigue. This is a necessary component, goal, result, the main driving force of the entire educational process.

Conclusions. In conclusion, it should be noted that in the physical education of schoolchildren, the purposefulness of schoolchildren is manifested (setting a goal and persistent striving for it), independence and initiative (not relying only on the teacher and not waiting for instructions from others), activity on the initiative), perseverance (fearless overcoming of standing there are obstacles in front of you to achieve your goals), which are formed and developed by means of physical education and give a good effect.

References:

1. Turdimurodov D.Y. Pedagogical factors of external stimulation affecting the volitional efforts of schoolchildren during physical exercises of a different nature / D.Y. Turdimurodov // *Innovations in pedagogy and psychology*. - 2020. - №. 9. Issue 3. - P. 21-25.
2. Turdimurodov Dilmurod Yuldashevich. (2022). Education and development of volitive qualities in schoolchildren by means of physical education. *Academicia Globe: Inderscience Research*, 3(01), 59–62.
3. Турдимуродов, Д. Й. (2021). Спорт ўйинлари билан шуғулланиш жараёнида ўқувчиларда иродавий сифатларнинг шаклланиш хусусиятлари. *Актуальные научные исследования в современном мире*, 3(9 (77)), 140-144.
4. Турдимуродов Д. Ю. (2020). Готовность подростков к волевым напряжениям и педагогические условия ее формирования в процессе физического воспитания в общеобразовательной школе. *Science, Research, Development*, 2, 309-311.
5. Ёулдашевич, Т. Д. (2022). Воспитание и развитие волевых качеств у школьников средствами физического воспитания. *Ижтимоий фанларда инновация онлайн илмий журнали*, 2(1), 204–207.
6. Turdimurodov, D. Y. (2021). Preschool period: pedagogical aspect of education of will in a child. *Current Research Journal of Pedagogics (2767-3278)*, 2(09), 47-51.
7. Turdimurodov, D. Y. (2021). Testing volitional qualities for students of high schools of secondary school. *The American Journal of Social Science and Education Innovations*, 3(03), 405-413.
8. Турдимуродов, Д. (2021). Formation and education of will in schoolchildren in the process of physical education lesson. *Mental Enlightenment Scientific-Methodological Journal*, 2021(02), 64-74.
9. Турдимуродов, Д. Й. (2020). Педагогические факторы внешней стимуляции влияющие на волевые усилия школьников при физических упражнениях разного характера. *Педагогика ва психологияда инновациялар*, 9(3).
10. Turdimurodov D.Y. Pedagogical factors of external stimulation affecting the volitional efforts of schoolchildren during physical exercises of a different nature / D.Y. Turdimurodov // *Innovations in pedagogy and psychology*. - 2020. - №. 9. Issue 3. - P. 21-25.
11. Турдимуродов, Д. Ю. (2021). Особенности проявления волевых усилий в процессе внешней стимуляции у школьников 10-12 лет. *Academic research in educational sciences*, 2(4), 1348-1354.
12. Турдимуродов, Д. Й. (2021). Ўқувчиларнинг иродавий сифатларини шакллантиришда жисмоний тарбия воситаларининг имкониятлари. *Инновации в педагогике и психологии*, 4(7).

13. Turdimurodov Dilmurod Yuldoshevich. (2021). The formation of readiness for skilled tensions in the process of physical education. *Archive of Conferences*, 21-24.
14. Turdimurodov, D. Y. (2021). Willed qualities of a personality and ways of their formation in sport. *ISJ Theoretical & Applied Science*, 12 (104), 689-692.
15. Турдимуродов, Д. Ю. (2022). Влияние занятий единоборствами на уровень проявления морально - волевых качеств учащихся общеобразовательной школы. *Academic research in educational sciences*, 3(1), 691-698.
16. Yuldashevich, T. D. (2022). Application of Innovative Technologies in the Process of Formation of Will Qualities. *European Multidisciplinary Journal of Modern Science*, 4, 826–828.
17. Yuldashevich, T. D. (2022). Peculiarities of Formation of Schoolchildren's Will Qualities in the Process of Sports Games. *European Multidisciplinary Journal of Modern Science*, 4, 823-825.
18. Турдимуродов, Д. Й. Актуальные научные исследования в современном мире. *Актуальные научные исследования в современном мире Учредители: Общественная организация "Институт социальной трансформации"*, 140-144.
19. Турдимуродов Д. Й. Возможности средств физического воспитания в формировании волевых качеств у школьников / Д. Й. Турдимуродов. // *Инновации в педагогике и психологии*. -2021. - № 7. Выпуск 4. - С. 74-80
20. Turdimurodov, D. Y. (2021). Features of the manifestation of volitional efforts in the process of external stimulation in schoolchildren of 10-12 years old. *Academic research in educational sciences*, 2(4), 1348-1354.
21. Yuldashevich, T. D. (2022). Innovative technologies in the process of formation of will qualities. *Modern Journal of Social Sciences and Humanities*, 4, 95–98.
22. Turdimuradov Dilmurad Yuldashevich. (2022). Self-education of volitional qualities in children of senior school age. *International Journal of Pedagogics*, 2(06), 34–39.