



## **MANIFESTATION OF WILL-POWERED QUALITIES IN THE ACTIVITY OF A PROFESSIONAL PSYCHOLOGIST**

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### **Abstract**

This article analyzes the manifestation of volitional qualities in professional activity, the impact of this process on the professional psychologist's activity, and the results of empirical research on the study of volitional qualities.

**Keywords:** Professional psychologist, professional activity, volitional qualities, responsibility, initiative, courage, independence, persistence, determination, enthusiasm, attentiveness, purposefulness.

### **Introduction**

In the modern world, professional psychology includes not only psychological, but also political, ideological, social, macroeconomic, ecological and other aspects of life. This leads us to the need to engage in a multidisciplinary approach to the study of each aspect as a specific projection of a complex picture of social and professional space. However, in modern professional psychology, all these aspects are interconnected by elements of a single causal system of relationships, therefore, adequate research of the profession requires a transdisciplinary approach from the point of view of a systemic approach [1].

A person's devotion to his profession is associated with his ability to see his future in that profession. As S.L. Rubinstein noted, the purpose of any activity is to consciously anticipate future professional activity [2].



## **Literature Analysis and Methods**

In psychology, scientists have their own views on the subject of willpower. In particular, Ye.P. According to Ilyin, the desire or aspiration perceived by a person in making a decision to perform a certain action is called will [3].

In the teachings of W. Wundt, the volitional process is divided into two, as affect and action. In this case, external actions are directed towards achieving the ultimate goal, while internal actions are directed towards changing other psychic processes, that is, emotional processes [4].

Philosophically, the basis of the universe is intelligence. There can be no talk of will without thinking, because the views of G. Hegel are correct, according to which the more willful a person is, the broader his thinking will be [5].

Ye.I. Kuzmina considers volitional qualities to be a feature of volitional organization and a manifestation of character in a specific situation, which is required to overcome difficulties [6], while psychologist R.S. Nemov emphasizes that “Volitional qualities are a specific aspect of volitional control, which is manifested in specific situations, associated with the character formed in overcoming difficulties and becomes a personality trait” [7].

It is worth noting that the manifestation of volitional qualities is associated not only with human motives, but also with his values, attitudes, and innate characteristics manifested in the nervous system. This connection is especially clearly manifested in people whose nervous system is weak in a state of fear, and inhibition prevails over excitability. For this reason, it is more difficult for them to act boldly.

F.N. Gonobolin divides volitional qualities into two groups, depending on the excitability and inhibition of involuntary actions and mental processes: group 1 includes determination, courage, perseverance and independence; group 2 includes patience, self-control, endurance, discipline and organization. He emphasizes that “... it is not always correct to divide volitional qualities according to the processes of excitation and inhibition. A person can inhibit some qualities and excite others. Discipline and organization are distinguished by these aspects” [8].

One of our country's representatives, G.I. Sattarova [9], as a result of her research, came to the conclusion that the ability to overcome obstacles, to consciously manage and control one's own activities in a conscious manner, while obeying a conscious goal set for oneself, is called willpower, and she describes the following stages of human volitional actions:



understanding the goal and the desire to achieve it;  
understanding that there are a number of options for achieving the goal;  
the emergence of motives that confirm or deny intellectual possibilities;  
acceptance of possibilities embodied in a decision;  
the process of implementing the decision made.

Just as there is no uniform approach to understanding and describing will in psychology, there is no commonality in analyzing the psychological basis of volitional qualities. According to studies, V.A. Kuresky included determination, discipline, courage, courage and perseverance in the composition of volitional qualities, while P.M. Jacobson included independence, determination, perseverance, self-mastery as important qualities of will [9].

The specificity of the professional psychologist's work requires a number of abilities, such as endurance, perseverance, courage, initiative in difficult and limited conditions, along with the full performance of various tasks in any situation. This is associated with the willpower of the psychologist. In psychology, various methods are used to study the willpower of a person. In an analysis of the methods used in dissertation research conducted in our country by Professor A.I. Rasulov, it was noted that the methods of studying the motivation, emotion and willpower areas of a person were used most often (20.33%) [10].

One of these is the questionnaire "Volitional qualities of a person" by M.V. Chumakov, which was used by M.B. Narzullayeva, G.I. Sattarova, J.D. Ramazonov, F.T. Egamberdiev, G.O. Tulyaganova, A.E. Turakhonov in their studies to determine volitional qualities [11].

M.V. Chumakov's questionnaire "Volitional qualities of a person" [12] was modified by Professor E.G. Goziyev, and based on the essence of the questionnaire, its principle, and structure, it is possible to divide the volitional qualities of a person into certain scales based on semantically similar terms (qualities, qualities). Each volitional quality, in turn, is combined into negative and positive poles:

**1. Responsibility:** a) responsible, disciplined; b) irresponsible, unreliable, disorganized; High scores on this scale indicate responsible, committed individuals. As a rule, they are disciplined and diligent in their duties. Low scores indicate that the test takers are unreliable and disorganized. They do not take on responsibilities, take life lightly and worry little.



**2. Initiative:** a) leading, enterprising, strong, enterprising, energetic, authoritative, far-sighted; b) sluggish, uninitiated, indifferent; High scores are characteristic of proactive, active people with high leadership tendencies. They work well in situations where change is necessary and an innovative approach is required. In combination with high creativity and intellectual abilities, they can be very effective. Passive test takers receive low scores. They are satisfied with the current situation and are not inclined to change anything. They do not strive for leadership themselves. They work more effectively in stable situations than in rapidly changing ones.

**3. Perseverance:** a) courageous, confident, decisive; b) timid, insecure, hesitant, doubtful; High scores indicate individuals who make decisions quickly and confidently. They do not think for a long time. Sometimes the speed of decision-making can lead to impulsiveness. Low scores refer to indecisive, insecure, and constantly skeptical people. They make decisions after long hesitations, and this is not stable enough.

**4. Independence:** a) independent, free; b) non-independent, controllable, obedient, submissive; High scores indicate individuals who do not need constant psychological support, make independent decisions, and are able to resist group members when their opinion is not shared. Low scores indicate individuals who are not very independent, agree to suggestions, and are dependent on the group's opinion.

**5. Perseverance (patience):** a) patient, resilient, intelligent; b) impatient, impatient, hasty; High scores indicate individuals who control their emotions, are resistant to stress, and are able to overcome monotonous activities. Such individuals manage their situation well. Low scores refer to individuals who freely express emotions, do uninteresting work, and agree to stress.

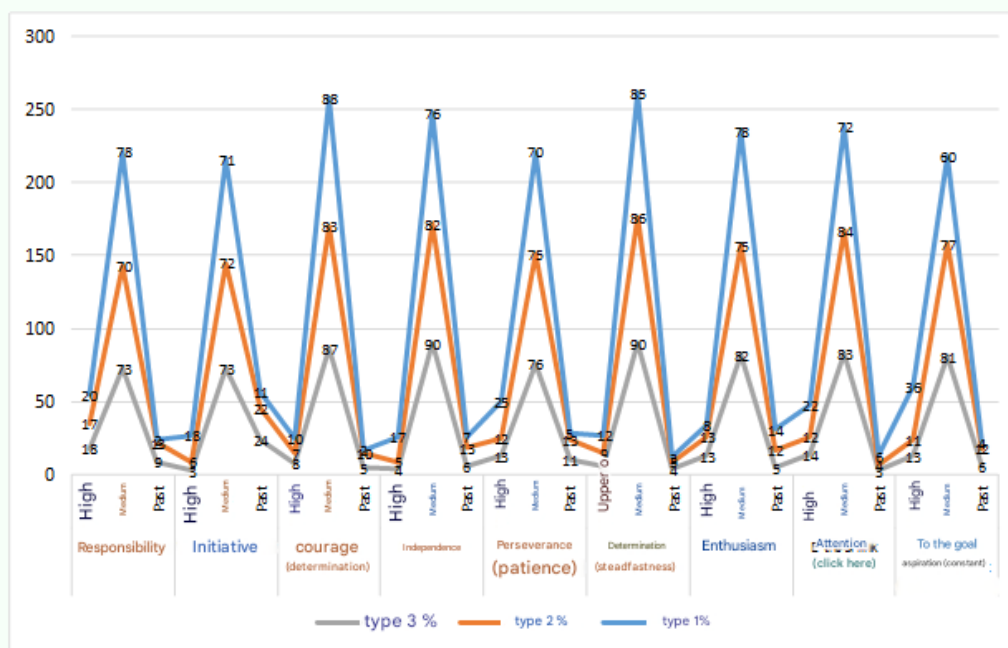
**6. Determination (perseverance):** a) diligent, courageous, ambitious, ambitious; b) weak, unmotivated, weak, lazy; High scores are obtained by people who are determined, able to overcome obstacles on the way to achieving their goals. Failures do not bother them. They are able to try again and again to achieve their goals. Low scores are characteristic of soft people. Failures and setbacks demoralize them, and existing obstacles force them to abandon their goals.

**7. Enthusiasm:** a) active, energetic, energetic; b) weak, sluggish, optimistic, stagnant; High scores indicate activity and energy. Such people are active, hardworking and optimistic about life. Low scores are given to those who are not very active, get tired easily, and show themselves as pessimists.

**8. Attentiveness (intelligence):** a) alert, concise; b) indifferent, careless, incomprehensible, trusting; High scores are for people who are able to voluntarily concentrate their attention. They maintain it steadily even in uninteresting tasks. They are characterized by calmness and deep immersion in work. Low scores are for people who find it difficult to voluntarily concentrate their attention. They are easily distracted and have difficulty concentrating.

**9. Goal-seeking (fixed-mindedness):** a) fixed-minded, determined, persistent, persistent; b) indecisive, hesitant, changeable, etc. High scores indicate that they have conscious goals in life. As a rule, they plan their work and time. Low scores indicate that goals are unclear and there is no determination to achieve them. Such people do not always understand what they want.

**Research results and discussion.** During the study, the degree of formation of the test subjects' volitional qualities was revealed as follows (see Figure 1).



**3.1. - Fig. General view of the formation of volitional qualities in participants**



According to the analysis, the following were the respondents on the Responsibility scale: high – category 1 20%, category 2 17%, category 3 18%; medium – category 1 78%, category 2 70%, category 3 73%; low – category 1 2%, category 2 13%, category 3 9%;

Participants who achieved high scores on this scale are responsible and feel a sense of obligation. As a rule, they diligently perform their duties. In the study, we found that there are a large number of such participants.

On the Initiative scale: high – category 1 18%, category 2 6%, category 3 3%; medium – category 1 71%, category 2 72%, category 3 73%; low – category 1 11%, category 2 22%, category 3 24%; made up the test subjects. High scores are characteristic of active participants with high initiative, leadership tendencies, who perform well in situations where change is necessary and an innovative approach is required. This was clearly observed in category 1 of the test subjects. There are also enough low scorers, who are satisfied with the current situation and are not inclined to change anything. They do not strive for leadership themselves. Such people work effectively in stable situations rather than in rapidly changing situations.

High on the scale of courage (determination) – category 1 10%, category 2 7%, category 3 8%; medium – category 1 88%, category 2 83%, category 3 87%; low – category 1 2%, category 2 10%, category 3 5%; was. Participants with high scores indicate people who make quick and confident decisions. They do not think for a long time. Sometimes the speed of decision-making can lead to impulsiveness. Those with low scores are indecisive, unreliable, constantly skeptical, they make decisions after long hesitations, and this is not stable enough.

On the independence scale, high – category 1 17%, category 2 5%, category 3 4%; medium – category 1 76%, category 2 82%, category 3 90%; low – category 1 7%, category 2 13%, category 3 6%; was. High scores indicate individuals who do not need constant psychological support, make independent decisions, and are able to resist group members when their opinion is not shared. The results show that such participants constitute the majority in 3 categories.

On the resilience scale, high – category 1 25%, category 2 12%, category 3 13%; medium – category 1 70%, category 2 75%, category 3 76%; low – category 1 5%, category 2 13%, category 3 11%; . High scores indicate individuals who control their emotions, are resistant to stress, and are able to cope with monotonous activities. They manage their situation well. Such participants constitute the majority in category 1.



Low scores are attributed to individuals who freely express emotions, do uninteresting work, and agree to burdens. They lack self-control and find it difficult to restrain themselves.

On the determination (perseverance) scale, high - category 1 12%, category 2 9%, category 3 6%; medium - category 1 75%, category 2 86%, category 3 90%; low - category 1 3%, category 2 5%, category 3 4%; was. High scores were obtained by test subjects who are determined and able to overcome obstacles on the way to achieving their goals. Failures do not bother them. They are able to try again and again to achieve their goals. The opposite of this category is soft, bad luck and failure discourage them, and existing obstacles force them to give up on their goals.

On the scale of enthusiasm, high - category 1 8%, category 2 13%, category 3 13%; medium - category 1 78%, category 2 75%, category 3 82%; low - category 1 14%, category 2 12%, category 3 5%; were. High scores indicate activity and energy. Such people are active, hardworking and optimistic about life. Low scores are given to those who are not very active, get tired easily, and show themselves as pessimists. On the attention (intelligence) scale, high – category 1 22%, category 2 12%, category 3 14%; medium – category 1 72%, category 2 84%, category 3 83%; low – category 1 6%, category 2 4%, category 3 3%. Those who scored high are able to voluntarily concentrate their attention, and they maintain it steadily even in less interesting tasks. They are characterized by calmness and deep immersion in work. In turn, there are also low scores, which are characteristic of those who find it difficult to voluntarily concentrate their attention. They are easily distracted and have difficulty concentrating.

On the scale of goal-directedness (constancy), high – category 1 36%, category 2 11%, category 3 13%; medium – category 1 60%, category 2 77%, category 3 81%; low – category 1 4%, category 2 12%, category 3 6%. In this case, high scores indicate that they have conscious goals in life. As a rule, there are many such people in category 1 among the participants, who plan their work and time. Low scores indicate that the goals are not clear and there is no determination to achieve them.

## **Conclusion**

In general, when studying the test subjects' willpower, we found that, unlike general professional aspects, they have much more developed qualities of Courage (determination) and Determination (diligence), that the qualities of Attention



(intelligence) and Responsibility are useful in professional activities, and that they have significant indicators of willpower qualities such as Perseverance (patience) and Goal-orientedness (steadfastness).

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