

**TALABALARDA IRODAVIY SIFATLARNI SHAKLLANTIRISHNING
PEDAGOGIK-PSIXOLOGIK XUSUSIYATLARI****Bobur Davidov**

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Annotatsiya. Ushbu maqola talabalarda irodaviy sifatlarni shakllantirishning pedagogik-psixologik xususiyatlarini o'rganishga qaratilgan. Tadqiqotda irodaviy sifatlarning mazmuni, tarkibiy tuzilishi va ularning yosh xususiyatlari bilan bog'liq rivojlanish bosqichlari yoritilgan. Irodaviy sifatlarning pedagogik jarayondagi roli va ta'siri, shuningdek, psixologik treninglar va amaliy mashg'ulotlar orqali ularni shakllantirish usullari ko'rib chiqiladi.

Kalit sozlar: Irodaviy sifatlari, talabalar, qat'iyatlilik, mas'uliyat, bardoshlilik, pedagogik, yondashuvlar, psixologik rivojlanish, interfaol ta'lim, motivatsiya, axloqiy tarbiya, ta'lim jarayoni, amaliy mashg'ulotlar, milliy qadriyatlar, stressga bardoshlilik.

**ПЕДАГОГИКО-ПСИХОЛОГИЧЕСКИЕ ОСОБЕННОСТИ ФОРМИРОВАНИЯ
ВОЛЕВЫХ КАЧЕСТВ У СТУДЕНТОВ**

Аннотация. О Данная статья направлена на изучение педагогических и психологических особенностей формирования волевых качеств у студентов. В исследовании выделены содержание, структурная структура и этапы развития волевых качеств, связанные с их возрастными особенностями. Рассмотрены роль и влияние произвольных качеств в педагогическом процессе, а также методы их формирования посредством психологической подготовки и практических занятий.

Ключевые слова: Волевые качества, обучающиеся, настойчивость, ответственность, толерантность, педагогика, подходы, психологическое развитие, интерактивное обучение, мотивация, нравственное воспитание, учебный процесс, производственная практика, национальные ценности, стрессоустойчивость.

**PEDAGOGICAL-PSYCHOLOGICAL FEATURES OF FORMING WILL-MAKING
QUALITIES IN STUDENTS**

Abstract. This article is aimed at studying the pedagogical and psychological features of the formation of volitional qualities in students. In the research, the content, structural structure and developmental stages of the will qualities related to their age characteristics are highlighted. The role and influence of voluntary qualities in the pedagogical process, as well as methods of their formation through psychological training and practical training are considered.

Key words: Volitional qualities, students, persistence, responsibility, tolerance, pedagogy, approaches, psychological development, interactive education, motivation, moral education, educational process, practical training, national values, stress tolerance.

Kirish. Hozirgi zamon ta'lim jarayonida talabalarning irodaviy sifatlarini shakllantirish, ularning shaxs sifatida rivojlanishida muhim ahamiyat kasb etadi. Irodaviy sifatlari shaxsning o'z oldiga qo'ygan maqsadlarini amalga oshirish yo'lida qiyinchiliklarga bardosh berish, qat'iyatlilik va mas'uliyatni o'zida mujassamlashtirgan ijtimoiy-psixologik ko'rsatkichlardir. Ushbu maqola talabalarda irodaviy sifatlarni rivojlantirishning pedagogik va psixologik yondashuvlarini tahlil qilishga qaratilgan.

Dolzarblik. Irodaviy sifatlar shaxsning kasbiy, ijtimoiy va shaxsiy hayotidagi muvaffaqiyatlarini belgilovchi omillardir. Talabalar davrida irodaviy fazilatlarni rivojlantirish, ularni har tomonlama yetuk shaxs sifatida shakllantirish jarayonining ajralmas qismidir.

Ayniqsa, global raqobat muhiti kuchayib borayotgan sharoitda, yoshlarda qat'iyatlik va mashaqqatlarga chidamlilikni rivojlantirish zarur.

Nazariy asoslar. Irodaviy sifatlar psixologiyada motivatsiya, o'z-o'zini boshqarish va o'z-o'zini tartibga solish kabi tushunchalar bilan chambarchas bog'liq. Bu sohada quyidagi olimlarning tadqiqotlari muhim ahamiyat kasb etadi:

- Lev Vygotskiy: O'z-o'zini boshqarish va ichki nazoratning shaxs rivojlanishidagi o'rnini o'rgangan.
- Sigmund Freyd: Iroda va inson ongining boshqaruvchi mexanizmlari haqidagi psixoanalitik nazariyani taklif qilgan.
- Albert Bandura: Ijtimoiy o'rganish nazariyasi orqali shaxs irodasining muhit va kuzatuv orqali shakllanishini ko'rsatib bergan.

Pedagogik yondashuvlarda esa K.D. Ushinskiy va A.S. Makarenkolarning ishlarida iroda Irodaviy sifatlarning tarbiya ta'lim jarayonining muhim elementi sifatida ko'riladi. Irodaviy sifatlar quyidagi asosiy komponentlarni o'z ichiga oladi:

1. Maqsadga yo'naltirilganlik: Belgilangan maqsadga erishish uchun aniq rejaga rioya qilish.
2. Qat'iyatlik: To'siqlarga qaramasdan qarorlarni amalga oshirish.
3. Mas'uliyatlik: O'z qilmishlari va natijalari uchun javobgarlikni qabul qilish.
4. Sabrlilik va bardoshlilik: Mashaqqatli vaziyatlarda o'zini tuta olish va aql bilan ish qilish.

Talabalarda irodaviy sifatlarni rivojlantirish usullari

1. Ta'lim jarayonida interfaol yondashuvlar

-Darslarda muammoli vaziyatlar yaratish: Talabalarga ma'lum qiyinchiliklarni hal qilish uchun o'zlari mustaqil qaror qabul qilish imkoniyatini berish.

-O'yinli metodlardan foydalanish: Masalan, rolli o'yinlar orqali talabalarni qiyin sharoitlarda tezkor va irodaviy qarorlar qabul qilishga o'rgatish.

1. Amaliy faoliyatni rag'batlantirish

-Ijtimoiy loyihalar: Talabalarni jamoa ishlari, ko'ngillilik va tadbirlar tashkil qilish orqali mas'uliyat va qat'iyatlikni rivojlantirish.

-Sport mashg'ulotlari va jismoniy faoliyat: Sport mashg'ulotlari qat'iyatlik va bardoshlilikni oshirishning samarali vositasi hisoblanadi.

2. Psixologik yordam va maslahatlar

-Talabalar o'rtasida o'z-o'zini boshqarish bo'yicha treninglar o'tkazish.

-Stressga bardoshlilikni oshirish bo'yicha maxsus psixologik texnikalardan foydalanish.

3. O'qituvchining shaxsiy namunasi

-O'qituvchining o'z qiyinchiliklarga qarshi kurashishdagi namunaviy xulq-atvori talabalar uchun irodaviy ko'nikmalarning shakllanishida ilhom manbai bo'ladi.

Amaliy tadbirlar uchun tavsiyalar

1. Talabalar uchun maxsus kurslar tashkil qilish: "Irodaviy fazilatlarni rivojlantirish" bo'yicha maxsus o'quv mashg'ulotlarini ishlab chiqish va ularni ta'lim dasturiga kiritish.

2. Motivatsiya tizimini rivojlantirish: Talabalarni muvaffaqiyatlari uchun taqdirlash tizimini joriy qilish orqali ularni qiyinchiliklarni yengishga rag'batlantirish.

3. Axloqiy tarbiya orqali iroda rivoji: O'quv dasturlariga milliy va xalqaro qadriyatlarni o'rganish bo'yicha mavzular kiritish.

Xulosa. Talabalarda irodaviy sifatlarni rivojlantirish nafaqat ularning o'qishdagi muvaffaqiyati, balki kelgusidagi hayotiy faoliyatlarida ham muhim ahamiyat kasb etadi.

Pedagogik va psixologik yondashuvlarni uyg'unlashtirish, shuningdek, ta'lim muassasalarida innovatsion metodlarni joriy etish orqali bu jarayonning samaradorligini oshirish mumkin. Shu sababli, irodaviy tarbiya ta'lim va tarbiya tizimining ajralmas qismi bo'lishi zarur.

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