

The Importance of Motivation and Motivation in Strengthening Will

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When a person discusses and substantiates motives, he usually uses principles and rules from the same phenomenon or from certain facts that are always substantiated in his behavior. Discussing and justifying motivation in this way is called motivation. In the process of choosing a goal and a way to achieve it, emotion plays the role of motivation. Emotion makes some imagination and motives appear bright, lively and attractive. Emotion activates and weakens a person's aspirations, emotion gives an impetus to the choice of some goal, some path of action. The conditions for choosing ways and means to achieve goals sometimes acquire the character of an internal struggle, in the struggle of which several motifs with different strength and charm come out on the field. That is why this process is referred to as the struggle of motives. The fact that one of the motives is more grounded and the other less grounded becomes evident in the process of their struggle, when some motives go out into the field with a stronger emotion, some motives go out into the field with a sluggish emotion. Often the struggle of motives consists in the struggle between thinking (mind) and emotion. The person sometimes "splits in two": "when the mind says it, the emotion (soul) says it. "The struggle of motives sometimes goes in the form of a struggle between different senses, for example, between a sense of duty and some other personal feeling that contradicts it. These motives often act against each other, putting the decision and its execution in paysal, slowing down the process of will. In such a struggle of motives, a state of internal conflict arises in a person. Such a state of internal conflict is often associated with the desire to get rid of this conflict by looking for ways that facilitate the way to get rid of this state of conflict. Everyone knows from their own experience that the state of internal conflict is experienced as an extremely frustrating unpleasant situation. A person can not allow or get rid of a state of internal conflict only when he clearly imagines the world and Life, follows his work and actions, ethics, and his personal motives are integrated into the interests of society.

To come to a decision.

In the process of choosing ways and means of achieving the goal, it is connected with the struggle of motives and ends with a decision. To come to a decision means to choose a specific goal and one of the methods of action on the way to achieving this goal. In the struggle for motives, this means that one of the motives will have played a decisive role. For example, as a result of a struggle of motives, where to go in the evening - teatrgami or Orta yonigami-a person decides where he wants to go. A person sometimes comes to a quick decision, believing that this decision can be fulfilled. We call it perseverance. The struggle of some motives stretches for a long time and is taken with distrust of the fulfillment of the decision, as well as hesitations. This determination is sensitivity. For example, some young men and girls who are graduating and graduating from high school quickly solve the question of which educational institution or enterprise to enter, while others hesitate for a very long time and get carried away by fantasy. While persistence gives rise to a feeling of satisfaction when the relief of a situation of seriousness in a person, indecision occurs along with a feeling of hesitation, a sense of seriousness and a special ambiguous state. The pace of coming to a decision will depend on several reasons, including the need, the power of the motive

for the solution, the situation, the level of development of thinking and imagination, the experience and knowledge of a person's life, temperament and character, The Listening of other people to suggestions of advice, orders, requests. The pace of coming to a decision will largely depend on the importance of the set goal, the nature of the activity that leads to a decision. The struggle of motives in a complex way and decision-making occurs only in such cases when new goals are set that are especially important for a person's life and work, and this requires new methods and Means for the implementation of goals. Perseverance is apparent not only when it comes to decision quickly, but also when making this decision quickly and boldly. To quickly come to a decision and fulfill it within a clearly defined period means to show perseverance. Such a decision is called a superficial or empty decision if a decision is made and then changed, or replaced by another decision, or canceled altogether. Determination and firm decision-making is a high quality of will. The change in the decision made often comes again from not thinking enough about the decision, from a change in the emotional state, or from a change in the circumstances in which the person is acting. A change in decision often leads to the fact that the struggle of motives begins again and the last time to make a firm decision. Execution of the decision the decision is made in order to take action and act in accordance with it. The transition from decision to action is called execution (or execution). The most important thing in the volitional process is the execution of the decision made. Volitional actions are of two types: physical and mental actions. Physical actions include various labor operations, games, sports activities, etc. Mental actions include solving problems, writing, preparing lessons, conducting scientific research, etc. Actions that have been repeated for a long time and become acquired skills and habits are also some of the complex volitional actions. Execution of a decision will usually be associated with a certain time, period. If the decision is executed at the specified time without delay, this indicates a positive quality of the will. And this means workaholicism, thoroughness. But the decision made is not always fulfilled. In some cases, however, it remains unchecked on time. In some cases of a person, the decision is not fulfilled when a member-body is relaxed, disappointed in his strength and capabilities, says yes. this is the case when the obstacles that occur in the execution of the decision are not foreseen in advance, or the goal itself becomes unnecessary with a change in the situation. There are also cases when a person makes many decisions, but the execution of the decision is stretched, put in paysal, transferred to other deadlines. Decisions whose execution is imposed on paysal or not performed entirely are often referred to as intentions. Decisions that are executed after a long time, but after a certain period, are also called intentions. For example, a student or student may decide to take all exams at the beginning of the school year only with "excellent" grades. The decision made will not be made automatically. Conscious volitional effort is also needed to make the decision made. Volitional excitation is expressed primarily in the tension of the neuromuscular apparatus of consciousness and is manifested in the external manifestations of the organism. Many people find that this expressive aspect of volitional coercion is embodied in works of art describing the state of Will of a person mumkin. Ba ' a man cannot execute a decision he made in his term for the reason that he could not give a volitional effort. In such cases, a new struggle will also go, "whether I do it or not." You will have to put in the effort again to make it perfect. The inability to exert force or hesitation in this matter indicates the emptiness of the will at this time. An important sign of Will is the execution of the decision made by force. The specificity of will consists in actions that are performed at some level of conscious coercion. Volitional effort and volitional effort are manifested in overcoming the obstacles encountered on the way to achieving the goal. It is especially evident when a person's will has to overcome very large obstacles. Barriers that have to be overcome by volitional effort and volitional effort can be divided into two types: internal and external barriers. Internal barriers that have to be overcome by volitional coercion are the state of

the human organism and psyche. A person can be in a state of calm motionless and without any activity, for example, there will be such a state during rest, sleep, fatigue, illness. The tendency to sit motionless without doing any work, that is, to sloth, is also considered from such a state. Willpower is visible in the timely execution of the decision made. Therefore, failure to fulfill a decision or constantly put the deadline for its execution in paysal, leave it for granted, and not be able to bring the start to an end is a sign of weakness of will. But the fulfillment of the decision made does not preclude the fact that any act, will is strong. Willpower is largely determined by what obstacles are overcome with the help of volitional efforts and what results are achieved in this way. The level and character of resistance and difficulties that are overcome by the means of volitional coercion serve as an objective indicator of willpower. When a person, overcoming great obstacles, difficulties, resistances with the help of volitional effort and volitional efforts, achieves excellent arguments, this person shows that his will is strong. Cosmonauts demonstrate unparalleled willpower to the whole world. These heroes demonstrate the high qualities of their will both during the period of preparation for space flights and during the flight. These heroes are a vivid example of those for whom strong will and its diverse appearance are the main qualities of their character. The weakness of a person's will appears in his inability to overcome even very trivial obstacles. For example, sometimes a person cannot force himself to write some necessary letter or start something necessary. Weakness of Will is usually referred to as weakness of will. Voluntary work in the process of fulfilling a decision-willpower in actions is manifested in self-control, courage, patience and perseverance, endurance and endurance. As the name of self-control also indicates, it means that a person can handle himself and be able to capture himself. Self-control is a strong will that is visible in overcoming internal states that relax one's will, preventing him from achieving the goals he sets for himself. Such situations include, for example, fear, distrust of oneself, a feeling of boredom, sadness. Such situations encourage a person not to show activity or find their expression in non-volitional actions that contradict the goals set. Such cases happen to everyone. But the feature of a person as a person is that he is able to change or eliminate these negative and unnecessary States from himself by willpower. In this regard, K.D.Ushinsky cites the following words: "a person who hits himself in danger without feeling fear is not a valiant, but a valiant one who can suppress even the strongest fear and is not exposed to fear, who does not think about danger." Self-control is a trait of a person's character and consists mainly in the manifestation of Inner will. This trait is expressed in the fact that a person is able to control his behavior, to capture himself, his actions, speech, to restrain himself from actions that are considered unnecessary or harmful in these conditions. Those who have this trait of character can catch themselves. They can behave, they are organized people. Inability to control oneself is a clear sign of weakness of will. Manifestations of involuntary activity when a person is unable to control his inclinations and involuntary movements when he is unable to restrain himself are reflexes, instincts, accidentally delusional sensations, fear, hadic-doubt, suspicion, anger, jealousy, ichthyfulness, affective states, etc. In such cases, a person becomes unable to restrain himself. The worst appearance of not being able to restrain oneself is disorder. Perversion means being completely influenced by instincts and negative emotions. Courage is the power of Will that is seen in overcoming obstacles that are dangerous for one's survival and life. For example, a paratrooper takes courage every time he throws himself off the plane. Courage is closely related to self-control. Where there is courage, there is self-control. A person can be brave if he can behave. Showing great courage on the way to achieving a goal, Valor is called Courage. We call those who are always ready to overcome the dangerous obstacles for their lives and who can overcome such obstacles brave people. These are people who are not afraid of danger, strong in character, courageous, superstitious. The absence of courage indicates the weakness of will. We call it

snowiness, nomadism. Such people with weak will are usually called cowardly, heartless ones. Patience, perseverance in achieving a certain goal often have to overcome great obstacles and difficulties that affect our will for a long time. Such a manifestation of Will is the most important quality of the individual and indicates the vivacity of willpower. Patience, perseverance - means regular volitional effort, pursuing some kind of specific goal. But in the life and work of people, sometimes there are situations when a person is faced with obstacles that cannot be reached in fulfilling some necessary goals that he sets for himself, or that seem so to a person. In such cases, a person sometimes changes the decision made, cancels it, he can be afraid of difficulties and abandon the goal set for himself. Sometimes it happens that the student suddenly throws his studies. He abandons his previously chosen need, leaves the work he has begun, not ending it, and leaves it on the dead-in-the-living. When a person reaches a goal when he does not think well about his action, his goal, does not think carefully about the means and methods that can help, returns from the goal set in a person in this way, without taking into account his strength or capabilities correctly, retreats in his will. When too much importance is attached to the initial failure, it is notogry to the failure, or when a light assessment is given, it happens to it only from the negative side. When a person does not believe in his forces, in his capabilities, in his abilities at the same time as failure, a person "falls in spirit" and condemns himself to sit with a hand in passivity. Of course this is the case with those who are generally weak-willed. Such people differ in the fact that their will has not increased, they have not been brought up enough. But it is also possible that a person who is a strong-willed being does not return from his goal, which is important to society or himself in life and activities. He can strain the power of will, strengthen the fight against obstacles, take a job for a long time in accordance with the decision made. In spite of all the obstacles and difficulties it can work showing enthusiasm, give excellent to spend time in the meantime, resting to win the necessary result. In the event of great difficulties and insurmountable obstacles in reaching the expected goal, a person can seek new ways, changing the necessary path, means and methods for reaching that goal. Such willpower, which, having overcome great obstacles, long diligently and visible in reaching the goal, is called sabot-fortitude. And a person with such a quality of Will is called a person with a sabot-tenacious, strong-willed, strict character. The success of any activity, including reading and learning, depends on perseverance. To be educated, you need patience. In every field-technique, art, music sports and the like-you need perseverance to improve your knowledge and skills. Perseverance is the most valuable trait of character. This trait finds its expression in the achievement of this goal, no matter what difficulties and obstacles a person has on his way to achieving the goal. This trait is associated with their interests, and in some areas of activity this trait appears, while in others the personality of character is manifested in all areas of activity of some people. Those who are steadfast will always be able to finish what they have started. They will also be more demanding of themselves than others.

References

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