



# The Specifics of Students' Self-Control

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DOI:

<https://doi.org/10.47134/emergent.v4i1.52>

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Received: 20-01-2025

Accepted: 20-02-2025

Published: 21-03-2025



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**Abstract:** In the life and work of every person, the problem of regulating activity in the changing conditions of the surrounding existence is of great importance. According to modern views, the meaningful description of the entire psyche of a person is the self-regulation of goal-oriented activity, the ability to "create oneself" that makes a person a free and conscious subject in his life and activities. In the processes of self-management, the unity of the separate stages, sides, possibilities, functions, processes, abilities, etc. of the psyche in all its wealth is realized. In general, the concept of "self-management" has an interdisciplinary character. Self-regulation is a systemic process that provides flexibility in all periods of life and activity, adequate variability to the conditions. In the works of many authors, there are attempts to distinguish the psychological aspect of self-regulation. It happened in the context of the problem of the general composition and dynamics of human activity, which is closely related to such directions as self-determination, responsibility and decision-making.

**Keywords:** Self-Control, Principles, Mental Phenomena, Problem, Weakness, Activity, Internal Stability

## Introduction

These two sides, which are the primary foundations of abilities, are completely clearly transformed from one age stage to the next." But if, during the transition from small to large classes, mental activity can decrease with increasing (for example, the expressiveness and immediacy of the reaction to ambient mixture), the ability to self-regulate increases in conjunction with an increase in human nerve capacity and is qualitatively rearranged. "Thus, subclass students' immediacy, urgency, and mimicry alternates in the middle classes with a more distant diligence, a desire for work that requires gradual appropriation and independence; senior students are distinguished by a special tendency towards conscious self-regulation. Depending on the course of the development of certain qualities of mental activity, the possibilities of self-control in all respects increase and increase with age." [6] Literature analysis. The modern perception of self-control (about the composition and mechanism of this process, its formation and manifestation) is formed based on the general scientific principles of determinism and the development on the basis of the subject-activity approach in the study of rhusium (S.L. Rubinstein, M.YA. Basov, A.N. Leontev, B.M. Teplov, A.A. Smirnov, B.G. Ananov). To a certain extent, the development of the basic rules about self-government is associated with the development of a systemic approach, which is

specialized in the study of zinc products. Coming from a systemic approach, we hypothesize that self-control of human activity as a system with clear systemic characteristics (integrity, structuralism, step-by-step, mutualism), as a product form of human activity that carries out an influence on goal-oriented activity identities of personal composition, formed at different levels of individuality. In line with the systemic approach, the problem of activity comes to the fore as the problem of “the choice of one's own character by a self-governing system in response to external conditions or internal changes”.

## Methodology

The self-assessment of an individual is determined not only by the opinion that he expresses in the middle of everyone, nor by what he sincerely thinks about himself, but also by how he regularly acts towards himself. If a person is too emotional to ignore him, if he tries hard to avoid situations in which his weaknesses can manifest, if he is given dreams to a level that worsens his working capacity, then it is possible to draw conclusions about his lack of self-confidence. And on the contrary, even if a person seems too humble, there are also criteria that allow him to make a judgment that he values much higher, he will follow his point of view, not insulting those around him; he will not be so upset if others disagree with him; he will not justify himself and will not despair when he fails. He treats other people with respect and seeks to help others as best he can, without waiting for a negative opinion of himself from others and not rejecting compliments. The constant Organization of certain activities generates certain skills in the individual (Sijmkens, 2023). Skills, on the other hand, become skills in the process of continuing activities consistently. The formed qualification, on the other hand, ensures a quick, high-quality, effective course of activity on the part of the individual.

To what extent the achievement of efficiency in activity has interested humanity, the professional qualification of the person who organizes it has also acquired such relevance. Having professional qualifications is of social, but at the same time personal importance. Therefore, the development of professional qualifications of personnel has been an important area of the educational system. "Competence is the embodiment of experience and skills acquired primarily by special knowledge, and then by repeated exercises over and over again for a long time, carried out through conscious intelligence and the mindset of thought".

The problem of self-control in a person m from foreign psychologists. I. Bornyshevsky, V. V. Davodov, L. B. Itelson, A. N. Leontev, I. N. Margamen, A. K. Markova, V. I. Strahov, A. Ya. Savchenko, D. B. Elkonin, T. I. Gavalova, A. I. Lipkina, K. A. Maltseva, G. A. Sabieva, A. K. Serdyuk, S. P. Tihenko, P. Ya. Galperin, A. V. Zakharov, V. G. Romanko, N. I. It has been extensively researched by Kuvshinov et al.

The study of the reasons for the behavior and behavior of a person among people in society is something of educational importance, two aspects of covering the issue are distinguished: a) internal reasons, that is, subjective psychological characteristics of the owner of the behavior are implied (motives, needs, goals, goals, desires, interests, etc.); B)

external reasons-external conditions and circumstances of That is, these are external stimuli that cause the same concrete states to arise (Morrisby, 2023).

Management of personality behavior from the inside, due to internal psychological causes, is also commonly referred to as personal dispositions. They may also be perceived or not perceived by the individual. That is, sometimes it happens that an individual does not understand for himself the actual reason for what he has done or the attitude he has formed towards changes in himself, "Why?", to which he replies "I don't know, I don't know". These are called unintelligible dispositions or *ustanovkas*. If a person is consciously interested in a profession and diligently tries to master all its secrets, then the situation will be different, that is, the disposition is perceived, conscious. Russian and former Union psychologists have made their worthy contributions to the research of the problem of individual self-control, including K.D.Ushinsky, I.M.Sechenov, I.P.Pavlov, V.M.Bekhterev, A.F.Lazursky, V.M.Myasishchev, A.A.Ukhtomsky, L.S.Vigotsky, S.L.Rubinstein, A.N.Leontev, P.M. In their research, Jacobson and others conducted research on this issue and massively added to the development of the psychology of science (Filippello, 2020).

Along with the research of self-control, scientists first put forward the idea that it is associated with the self-awareness of an individual. In the science of Psychology, two different views, approaches are formed in the interpretation of the psychological essence of self-realization, which, when compared with each other, have a huge difference from each other. Judging by the description of the first approach, self – awareness is precisely the self of the mind that has changed its direction. Therefore, it is nothing more than a special view of the individual's mind. This is a common theory L.S.Vigotsky, A.N.Leontev, Ye.V.Shorokhova, I.I.Chesnakova, V.V. In the teachings of Stolin, as well as in the scientific research of their disciples, they were studied (Martín-Ruiz, 2023).

The founder of the second approach to this problem is S.L. Was Rubinstein, and later his pupil was K.A. It was creatively developed in the research of abulkhanova-Slavskaya. S.L. Rubinstein believes that consciousness and self-awareness are one of the characteristics that apply to a physically real and rightful (legal) person, a mental process that provides his marriage and activities as a "weapon". We Think S.L. The Rubinstein doctrine has the potential to provide adequate information on the psychological nature of self-awareness. Based on the doctrine, the study of the problem serves to reveal its scientific-theoretical, practical-applied aspects.

Judging by the interpretation of the first approach, the main reason for the emergence of the phenomenon of self – awareness is the imbalance of the relationship between a person and society. Since a person lives in a certain society, in a social environment, he is usually forced to comply with the rules and procedures of the same environment. On the basis of this, he manages his activities, behavior, interpersonal relationships. Management of one's own behavior, activity, attitude is also the management of the needs, desires, motives, inclinations, goals, interests that bring them to the surface. Self-awareness of such content and its regulation presuppose the regulation of both the expression and reciprocity of need in the mind. Both the main reason for the appearance of the phenomenon and the object of orientation are consciousness.

In other words, the internal stability of the mind forms the internal consistency of stability. In the interpretation of these doctrinal manifestations, attention is paid to the information that is obtained from the content that creates the internal stability of the mind. Such information is contradicted by the fact that after the person has mastered it, they are different in content. To ensure mutual proportionality, a person turns to his social consciousness and in this way eliminates the conflict between meanings.

Therefore, L.S.Vigotsky says that self-awareness manifests itself as a process of generating unity between different meanings and as an acquired consciousness. A.N.Leontev interprets that the conflict between the essence and the content of individual consciousness is the cause of self-awareness. V.V.Stolin argues that at the heart of self-awareness lies the conflict between the contents of "meanness". B.G.And in contrast to ananayev's reasoning, the factor of the emergence of self – awareness is the individual nature of a person, the subjectivity of activity, the unevenness in the content of personality and heterochrony. In his reasoning, self-awareness coordinates all three of these characteristics and thus ensures the individuality of the mind.

Thus, in the first approach, self-awareness becomes an independent subject that determines behavior and attitude and acts as an authority. As a result, a person moves away from the research center, his place is taken by consciousness and self-awareness. A person is also the object of Management in relation to his activities: seeing a pit in his path, he decides, commands himself, bypasses or jumps him, at the same time controlling his actions. Such is the so-called self-management of the joint implementation of the tasks of the object and subject of management.

The basis of the mechanism of internal self-control is three integral qualities (developmental psychogenic factors): needs, orientation, I-Concept.

Needs are its fundamental property, which expresses the individual's demand for something and is considered the source of a person's psychic strength and activity. Needs are classified into material (nutrition, dressing, housing), spiritual (learning, aesthetic acquisition), physiological and social.

Orientation will consist of a set of reasons that guide an individual's actions and actions, are robust, and are unrelated to situations.

Interests are a motive that helps to get acquainted with new facts, to reflect reality much more fully and deeply. Interpersonal relationships are also important at the level of orientation of the individual. The attitude towards the person should be as demanding as possible and as respectful as possible as well as trust in him.

The "I"-concept of an individual is a system of visions of the individual's own solid, more or less level of awareness and experiences about himself, on which the individual forms his own behavior on his basis.

A special place among the above mechanisms of self - control is occupied by internal dialogue, which is carried out with oneself from a psychological point of view.

A dialogue with oneself is to speak with oneself, in simple language. In fact, this ability develops on the basis of external dialogues that we carry out with others, but it is internal dialogue that plays an important regulatory role. Hence, by engaging in self-communication

in a way that depends on the objectivity of the assessments in which the individual possesses the qualities, the individual is able to control himself. In life, such people come across that, even if their work is criticized in a large session, they can give themselves an impartial assessment and draw the right conclusions they need, there are people who, for trifles, "eat their own" drink " facts that indicate that internal dialogue is different in everyone, are the following.

1. Factors and mechanisms of self-education.
2. Self-communication.
3. Self-persuasion.
4. Self-command.

Y. Klimov points out three stages of such a dialogue. Table 1 lists the stages of the internal dialogue of the individual and the characters characteristic of each stage.

Stages of the level of formation of internal dialogue level of Level signs of internal dialogue (autocommunication)

Higher 6 stages dialogue in personal content (discussion of personal qualities in oneself, personal reflection), Level 5 stage internal dialogue on adjectives related to phenomena and things.

Middle 4 stages questions focused on the discussion of personal qualities requirements for oneself, Level 3 stage internal dialogue based on internal considerations influenced by the assessments of others, thoughts of others of personal importance

The lower 2 stages are dialogue based on the thoughts of strangers who are not related to personal qualities (thoughts related to events and things)

Level 1 phase is about what someone can talk about visions of situations, but there is no clear opinion or attitude. There is no respect for autocommunication.

Hence, what qualities an individual has, by engaging in self-communication in a way that depends on the objectivity of the assessments in him, the individual is able to control himself in accordance with what is on the schedule.

It is of particular importance that an individual is able to control his actions in self-control and control, striving for the goal, in which a person is helped by his will. Theoretical and practical information is analyzed from the psychological point of view that in modern psychology, the problem of Will is being researched in two options. The first option involves determinization covering traditional issues. The second option requires studying the problem as self-management. The problem of Will can be justified precisely by reasoning below why one is studying one's own self as management. Although a person understands (realizes) the implementation of the necessary behavior (action) by making a decision with one or another of these characteristics, but in most cases is not in such a hurry to fulfill it. Even specialist psychologists are not always able to explain why people do not want or do not want to apply any measures and measures to satisfy their transitory needs, to realize their personal decisions and plans.

In this regard, it is worth noting such a psychological phenomenal state that although people already acquire the necessary knowledge and live obediently to their personal views and beliefs about marriage, but they at different rates enter into the solution (performance) of



the tasks (work or tasks) they receive, in which, although they face some difficulties, some of them end their actions at once, while others continue. They try to associate all such psychological states with the characteristics of the psyche, as a result of which different thoughts and thoughts about will arise. As long as it is, we believe that will is a conscious control of an individual's own behavior, activity and behavior, expressed in the pursuit of overcoming external, internal difficulties in the process of carrying out purposeful action and behavior.

The main task of the Will is to control one's own behavior, to make one's own activity a conscious authority, when obstacles arise in the conditions of moderate living, only then does its functional front begin to work.

1. It is necessary to start raising the Will from the habit of overcoming relatively minor difficulties. Going to the sleeve regularly before a not so great challenge, and over time a much greater challenge, a person exercises and conditioning his will.
2. Overcoming difficulties and obstacles is carried out in order to achieve certain goals. The more significant the goal, the higher the level of volitional motives, the greater the difficulty a person is able to overcome. The important thing is that a person should never forget the distant future between his daily activities, never forgetting the last goals of the activity. Therefore, the necessary condition for the upbringing of the Will is the formation of the higher motives of activity – moral principles and beliefs based on the scientific worldview.
3. The decision made must be fulfilled, when the decision is made and its execution is delayed again and again, the will of the person will go out of the way. The systematic failure of the decisions made makes the will of a person undisciplined. But when making a decision, we must also take into account that it is both purposeful and fulfilled.
4. It is very important that a person presupposes a distant perspective in the event that he sets a distant goal in front of him, sees the stages of achieving this goal, is able to see the prospect for the near future. Thanks to this, conditions are created for achieving the ultimate goal.
5. The daily regime of a person includes the most important conditions for the strict observance of the conduct of all life in the correct order, the formation of the will of a person. Speaking about the upbringing of the will, it should be remembered that the successful implementation of the activity depends not only on the formation of one or another volitional qualities, but also on the presence of the corresponding skills as a condition for the real fulfillment of what is set, the achievement of the goals set. Regular exercise is also one of the important conditions for the tempering of a person's will. A strong-willed person is the master of his time, the backbone of his people. In this regard, our president I.A. Karimov said: "Our greatest support is the will of our people and the trust of our people". Usually will is assessed by a person as a conscious control of his behavior and activity, defined as overcoming external, internal difficulties in the implementation of goal-oriented behavior and behavior.

## Result and Discussion

Among interpersonal relationships, a change in the style of communication, an increase in knowledge, skills and qualifications in certain professional areas, the leadership of young people in such complex types of activities as the activities of a leader, manager, entrepreneur, personnel manager, psychologist, coach, especially in severe conditions, provide an opportunity to analyze the true nature of science. It is also no secret that in the process of overcoming various conflict situations that arise between them, the day-to-day increase in needs for communication (such as production, educational process, family relations, ensuring the stability of the emotional sphere) in the individuals of today's era of globalization, the breadth of possibilities of psychological trainings is of course no secret.

The following questions can be included in the survey to explore different aspects of self-government:

- Emotional intelligence: what ability do you have to control your emotional state? (1-very low, 5-Very High)
- Motivation: how much motivation do you feel when pursuing your goals? (1-very low, 5-Very High)
- Stress management: how successful are you in managing yourself in stressful situations? (1-very low, 5-Very High)
- Social decisions: how do you feel when making decisions in social situations? (1-very low, 5-Very High)
- Setting goals: what is your level of success in identifying your goals and implementing them? (1-very low, 5-Very High)
- Analysis of survey results(A) data collection
- The results from the survey can be as follows (grades of 100 students per question):

questions	1 (Very low)	2	3	4	5 (Very High)
Emotional intelligence	5	15	25	30	25
Motivation	10	10	20	35	25
Stress management	8	12	28	35	17
Social decisions	6	10	22	38	24
Setting goals	7	9	23	36	25

**Standard deviation (Standard Deviation): indicates the spread between the answers.**

One of the work to find a solution to current issues is the organization of psychological trainings, the main field of Social Psychology. In the 21st century, people's need for communication, the most natural of which is awareness of the secrets of communication and the desire to effectively influence others, has increased even more. First of all, due to our transition to an informed society, it is precisely the sorting of information related to the human interest that makes it necessary to deal with it correctly. Secondly, the increase in the group of people working in the field of various professional activities, the relevance of relations and communication between them in the context of information rush requires not

simply communication, but professional, cognitive-based communication. Thirdly, at present, the development of the prevention and elimination of emotional – emotional tension in order to preserve the mental health of individuals is one of the pressing issues.

In 2019-2025, in order to adopt the concept of mental health protection of the population of the Republic of Uzbekistan and implement it, it is widely promoted to eliminate mental strain on the population in all educational institutions, enterprises and organizations, family institutions and neighborhood associations, as a result of which the increase in the health of the population, productivity of work. Psychological training is of great importance and importance in the implementation of work in this regard.

In other words, in any problem situation, it means teaching the individual only to get help from himself. An example is the inability of an applicant to enroll in his first year, but not counting the motives of interest, passion, aspiration in himself, as a result of the predominance of motives for success. Personal growth can be stimulated in trainings, but speed is always determined not by the efforts of the coach, but by the internal capabilities of the individual. In the formation of the " i " concept , it is possible not only to use personality – enhancing trainings, but also to positively overcome the contradictions in the internal and external experiences of the individual during the rest of the emotional sphere trainings. Or the person gives the opportunity to let out the experiences that he is tormenting himself, that he feels ashamed to tell others, precisely through training. The result is a withdrawal of cases associated with Neurosis. The main goal and task of psychological trainings also sets the goal of eliminating negative situations that arise in the individual. The effectiveness of personality – enhancing trainings is determined by the skills of the trainer and participants, operational thinking, harmony, sincere attitude towards each other, the fact that each person takes control of himself in the training process.

## Conclusion

1. As a result of theoretical and applied research related to the formation of a self-control system inherent in the individual in Personality Psychology, the content of the concept of personality behavior and will and the main directions of its development were determined, and the conditions for applying this problem in relation to psychological training were established.
2. The main goal of the study, the self –control system, along with its age-related properties, was based on the theoretical-scientific nature of the nervous physiological basis of this system, the manifestation of personality in relation to temperament and will.
3. Activation of psychological processes as the main direction of the formation of certain behavioral habits in the entry of students into social relations in the system of higher education (self-control, character, temperament, attitude to their abilities, etc.).k) implementation of developing ideas as early as the first stage period of the reading period, to develop a self-management system, educators need a system focused on the performance of training and training that provides psychological knowledge. As a practical recommendation, the development of psychological trainings related to self-management in students was included in the plan for pedagogical psychologists.



4. Thus, it can be recognized that the study of self-management and its developing factors in students is an urgent, studied from different points of view and a comprehensive scientific problem. It is desirable that this problem be studied in a complex way in various fields of psychology and pedagogy, including physiology, psychocorrection, general and young psychology, pathopsychology, medical psychology.

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