



## THE IMPORTANCE OF DETERMINATION IN SOCIAL ADAPTABILITY OF STUDENTS

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### Abstract

The article reveals the importance of determination in social adaptation of students who have started their careers in higher education. The importance of responsibility, stability of determination students in preparation for higher education, management of educational activities, assimilation of educational materials, completion of assignments, difficulties in this regard, and ways to overcome them are highlighted.

**Key words:** social adaptation, determination, management of educational activities, mastering of educational materials, completion of tasks, responsibility, do the research, difficulties, factors.

## IRODAVIY SIFATLARNING IJTIMOY MOSLASHUVCHANLIKDAGI AHAMIYATI

O'z xalqaro islom akademiyasi professori, p.f.d., M. Mirkosimova

### ANNOTATSIYA

Maqolada oliy ta'limda o'z faoliyatini boshlagan talabalarning ijtimoiy moslashuvida irodaviy sifatlarning ahamiyati ochib berilgan. Oliy ta'lim jarayoniga tayyorlik, o'quv faoliyatini boshqarish,, o'quv materiallarini o'zlashtirish, topshiriqlarni bajarish kabilarda talabalaridagi mas'uliyat, irodaviy sifatlarning barqarorligi muhim ahamiyat kasb etishi, bu boradagi qiyinchiliklar, ularni bartaraf etish yo'llari yoritilgan.

**Kalit so'zlar:** ijtimoiy moslashuv, irodaviy sifatlar, o'quv faoliyatini boshqarish,, o'quv materiallarini o'zlashtirish, topshiriqlarni bajarish, mas'uliyat, qat'iyat, izlanish, qiyinchiliklar, omillar.

## ЗНАЧЕНИЕ ВОЛЕВЫХ КАЧЕСТВ В СОЦИАЛЬНОЙ АДАПТАЦИИ СТУДЕНТОВ

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В статье раскрывается значение волевых качеств в социальной адаптации студентов, начинающих свою трудовую деятельность в высшей школе. Также выделены важность ответственности и устойчивости произвольных качеств у студентов при подготовке к вузу, управление учебной деятельностью, усвоение учебных материалов, выполнение заданий, трудности в связи с этим и пути их преодоления.

**Ключевые слова:** социальная адаптация, произвольные качества, управление учебной деятельностью, усвоение учебного материала, выполнение заданий, ответственность, целеустремленность, поиск, трудности, факторы.

It is known that an important condition for the success of students' educational activities is to study the specific features of the educational process in a higher educational institution, to eliminate discomfort, (uncomfortable, unconscious) feelings, and to prevent conflicts that occur in the microenvironment. Usually, junior students try to imagine the educational activity as fully as possible, but they do not have enough information about how to manage it. Most often, they understand the management of educational activities as planning, monitoring, and evaluation of learning materials. In addition to imagining the system of educational activities, students must also have certain knowledge about some possibilities of its management. By the management of personal activity, they understand the process of repeating the learning materials being mastered many times, the main goal of which is to clearly understand the essence of the text.

Students' problems are divided into 3 groups:

1. Difficulties in learning: sharp differences in content and scope of educational materials, complexity of different forms and methods of teaching, diversity of sources of obtaining materials for them, lack of independent learning skills, etc.
2. Socio-psychological difficulties: changes in the environment and living conditions; transition to independence in all aspects of life and activity, lack of willpower, ability, mental capabilities, for example, in sessions, fear of being expelled from school, fear, risk-taking.
3. Professional difficulties: misunderstanding of the process of adapting to the conditions of the higher school, inability to make effective use of specialization - specialization practice.

To a certain extent, students' specific typological and age characteristics, mental abilities, intelligence, and moral qualities play a role in adapting to the environment of a higher school. The main reasons for the difficulty are that students do not know





the right methods of educational activity, they cannot evenly distribute their strength and opportunities in mental work, and these are the basis of mental stress. Mental stress that occurs in students is not a random psychological phenomenon, it is based on the lack of experience in rational management of personal educational activities, weakness in mastering the conditions and requirements of the educational process. Students of a higher educational institution often try to manage this activity randomly while learning educational materials. In this case, certain materials are remembered with a logical movement, while the rest are completely ignored. As a result, they listen to a part of the lecture, barely understand its essence, and do not have time to summarize it. The continuation of this situation during the academic year makes the exam sessions a tough test for the student. Accordingly, one of the main tasks of a higher educational institution is to teach a student to work with the main sources of educational material, to organize his independent cognitive activity, to introduce him to the methods of self-management.

Voluntary activity of students is expressed differently depending not only on the motives of activity, existing situation and conditions, but also on the stage of voluntary action (setting a goal, planning, implementation). This can be checked by experience, for example, when conducting extracurricular activities. Three extracurricular activities of equal importance are chosen for students. During the first event, a goal is set and planned for each student, the second event is preceded by only a goal, and the third - students do it completely independently (set a goal, plan and do it). In each series of the experiment (during each event), the following are taken into account: how many suggestions the student made, how he participated in their implementation, how he supported the reasonable suggestions of others, how he helped his peers during the preparation and implementation of events. provided practical help. This method was used by the well-known pedagogue and psychologist A. I. Vygotsky to study the initiative of high school students.

The socio-economic reforms carried out in our country are manifested at the time when the dynamics of the social problems of the state and the social well-being of its citizens have changed. To date, it is clear that the effectiveness of economic changes associated with the innovative activities of people depends on the qualitative change in the social consciousness and psycho-emotional state of different strata and groups of the population. Involvement of students in the educational process, their desire to realize their future specialty and further self-realization, as well as the implementation of a real field of activity, mainly affects the quality of training of future specialists, the well-being of society.





The beginning of studying at the university can be compared with the beginning of a new stage in the life of students. The main turning point of this period is focused on self-knowledge and self-confidence, which in turn forms a general view of the dynamics of independent life.

A large number of students are usually not prepared for the challenges of university life, which leads to some problems. As a result of this situation, students spend extra time adapting to a new life. However, since all of these facts are realities that students must face, an advantage can be gained with proper preparation beforehand. Experts and researchers now use terms like "epidemic" and "crisis" to describe the mental health problems facing American university students.

Statistics back this up. According to the 2018 and 2019 American College Health Association (ACHA) Student Survey, nearly 60% of respondents experienced "extreme" anxiety, and 40% experienced depression so severe that it was difficult for them to function. A 2019 study from Pennsylvania State University found that the demand for mental health services in dormitories increased by 30 to 40 percent during a period when student enrollment increased by only 5 percent.

Common mental health problems faced by college students in America include serious problems such as suicide, eating disorders, conduct disorders, and substance abuse. Mental health professionals emphasize the importance of discussing such issues, citing a lack of willpower to seek help.

Subordinating one's activity and behavior to one's personal will, realization, stabilization of independent thinking prepares the ground for the realization of the intended goal. Students' will is first of all manifested in their social activities, labor activities, social experience and educational process. A number of qualities of will are visible in our youth. These are: perseverance, initiative, courage, independence, thrift, discipline, diligence, responsibility, courage, trust. Today, the growing need of our youth to learn, the growth of their intellectual potential, requires their willpower in many ways. Because of the will, a person strives to perform the intended work and actions based on a certain goal.

In the process of education, education of voluntary qualities in young students, teaching them to overcome obstacles and difficulties encountered in educational activities creates an opportunity to successfully implement the educational process. Persistence in acquiring knowledge is considered to be the main quality of the will, and it is considered the main factor that determines the level of development and growth of other forms of the will. Loyalty to the ideals of an independent and future great state, public feeling of duty to the motherland, desire to contribute to the development of the country - all these are examples of steadfastness characteristic of







the Uzbek people. The initiative in the educational process is the realization of the student's own desire, independent learning and persistence in thinking - serious decision-making by students and young people is considered a characteristic of consistent application of it to life. Perseverance is the secret of students' struggle to overcome difficulties and the ability to strive to achieve the purpose of the explanatory document. When solving problems, endurance is important in the decision made by a person, in the performance of his planned tasks, while lack of self-confidence, irresponsibility, fear hinders activity, stagnates thoughts, feelings and actions. are (brake) adjectives.

Courage is manifested in a firm pursuit of a set goal, in the ability to determine one's position in a manner appropriate to the risk, not to be discouraged, on the contrary, one feels self-confidence. Entrepreneurship is the ability to complete any set task regardless of difficulties and opposition due to the application of efficiency. Independence - strong belief in one's faith, confidence in one's own strength, lack of need for help from others is counted among the will qualities. In a person's behavior and educational activities, if educational activities are organized rationally, realistically, and correctly, a number of willful qualities will appear in a person, in which a higher and secondary special educational institution is assigned to teachers and coaches. In order to successfully accomplish this task, they should regularly give assignments to students of higher educational institutions and technical institutes, and in order to fulfill them on time and with high quality, they should educate students to have a sense of responsibility and quality (fulfillment). For this purpose, giving homework to students in subjects with various visual aids, receiving and evaluating abstract works within the specified periods will cause the formation of a number of willful qualities in students, such as discipline, perseverance, endurance. It is the demand of our time to educate our young people to become perfect people, to teach them to be highly intellectual specialists in the future, to self-manage and succeed. There are individual characteristics and phenomena of the will, which ensure the proper implementation of human activity. The will consists of a conscious structure aimed at overcoming the internal difficulties of a person's activity, and it is a psychological phenomenon that is reflected in gratitude to oneself, one's feelings and actions as self-control. Circumstances that reflect the strength or weakness of the will reveal its individual characteristics. Based on these terms, strong-willed and weak-willed (weak) people and their positive and negative qualities, attributes, feelings, and vices are discussed. There is a pathology of weak will, which is expressed by the terms abulia (Greek abulia - indecision) and apraxia (Greek apraxia - inactivity).





In our developing age, it has become more important than ever to perfect a person, to use his available resources, to become a professional specialist in his field and thereby contribute to the development of society. In order to create the foundations of the "third renaissance" and build a democratic society, we first of all need, as our president said: "the determination and courage of our great ancestors, the strong will of our people. In this era of information attacks, the rise of various political games, and the struggle for personal consciousness, it is of urgent importance to educate young people who are proactive reformers, think strategically, and have a strong will.

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