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## **WILLPOWER IN STRESSFUL SITUATIONS: THEORY AND PRACTICE**

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### **Abstract**

This article discusses the general concept of will, the factors that shape it, especially the process of making volitional decisions in stressful situations. It also describes the volitional attitude of people of different ages to stress, the role of the social environment, and methods of strengthening willpower through psychological training and exercises.

**Keywords:** Willpower, stress, psychological environment, awareness, ability to make choices, willpower, temperament, motivation, problem understanding, self-confidence, self-awareness, positive thinking, motivational training methods, K.Levin, A.Leontev, Viktor Frankl, A.A.Bodalev.

### **Annotasiya:**

Ushbu maqolada iroda haqida umumiy tushuncha, uni shakllantiruvchi omillar, ayniqsa, stress holatlaridagi irodaviy qarorlarni qabul qilish jarayoni haqida soʻz yuritiladi. Shuningdek, turli yoshdagi shaxslarning stressga nisbatan irodaviy munosabati, ijtimoiy muhitning roli hamda psixologik trening va mashqlar orqali irodani mustahkamlash usullari bayon qilinadi.

**Kalit soʻzlar:** Iroda, stress, psixologik muhit, onglilik, tanlov qilish qobiliyati, irodaviy kuch, temperament, motivatsiya, muammoni anglash, oʻziga boʻlgan



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ishonch, o'z-o'zini anglash, ijobiy fikrlash, motivatsion-trening usullar, K.Levin, A.Leontev, Viktor Frankl, A.A.Bodalev.

Today, stress has become an integral part of human life at any age. And in situations associated with this stress, human willpower is of great importance. Willpower is a person's ability to consciously control his behavior, persistently strive for a goal, endure difficulties and control his desires. It is manifested as an important psychological factor in the conscious activity of a person.

Different scientists have expressed different opinions about willpower.

K. Levin called volitional actions “a conflict of goal-directed forces”.

A. Leontyev emphasizes that willpower is an important mechanism of activity, which is realized through a person's conscious choice.

Viktor Frankl substantiated the strengthening of willpower through the search for and finding meaning in stressful situations.

A. A. Bodalev defines willpower as “an internal psychic force that consciously motivates a person to act towards a goal”.

Will is always associated with conscious activity, that is, a person understands and consciously controls his actions.

Will also has its main distinctive features: The first of these is goal-orientedness - the act of will has a specific goal.

Consciousness - the act of will is always controlled by consciousness.

Overcoming obstacles - will is not just a simple action, but a process of overcoming various obstacles.

The ability to choose - the will is manifested in situations of choice, that is, a person can make a conscious decision between two or more paths.

The functions of the will include:

Planning and organizing actions, Maintaining internal discipline

Decision-making

Initiating and completing actions

Managing emotions

The stages of the will's activity are as follows: The first stage is Goal setting - that is, determining what needs to be done.

Situation analysis - assessing the actions and circumstances that have arisen.



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Decision-making – making a choice, determining which way to achieve a goal.

Implementation – starting an action.

Continuously monitoring the action – evaluating and analyzing the work being done.

Analysis of the result - assessing whether it was successful or unsuccessful.

Psychological conditions related to willpower

Willpower - a person's ability to act with determination and patience.

Weakness of will - slowness in moving towards a goal, inability to control oneself.

Indecision - a state of difficulty choosing which of several paths to take.

Willpower and personality

Willpower is one of the signs of a person's maturity. Strong willpower:

ensures the ability to make responsible decisions,

achieve life goals,

work on oneself,

be patient, etc.

Factors affecting the activity of the will

Personal motivation

Upbringing and social environment

Temperament (for example, the will of sanguine people may be more stable)

Life experience

Psychological state (stress, anxiety, fatigue have a negative effect on willpower)

The main factors that shape willpower include biological factors, psychological factors, social factors, and educational factors.

Biological factors include the characteristics of the central nervous system (memory, attention, emotional stability).

Healthy nutrition, physical condition, etc.

Psychological factors include

The level of self-awareness of the individual.

Motivation and the power of striving for goals,

Strong positive affect, i.e. enthusiasm,

Self-management skills.

Social factors: Family upbringing means parental example and support.



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The environment and processes in educational institutions.

Social roles and expectations.

The value system in society includes, among others.

Educational factors include

Nurturing willpower through positive examples from childhood.

Teaching to take responsibility in difficult situations.

Forming a strong will through sports, art, military discipline.

The process of making volitional decisions in stressful situations

In a stressful situation, a person needs to mobilize willpower resources to make quick and rational decisions. This process takes place in the following stages:

Understanding the problem and identifying the source of stress - each person must understand the stressful situation, perceive its causes and consequences.

Mobilizing internal resources - trying to control themselves based on motivational factors and social support.

Analyzing options - Finding different decision-making paths, weighing risks and benefits.

Making a firm decision - Recognizing the chosen path through determination and stability, which are one of the main qualities of the will.

Controlling the implementation of the decision - Continuing to act despite difficulties, evaluation and readjustment are certainly necessary in situations where this is necessary.

Factors that strengthen the will in a stressful situation

Self-awareness - A person begins to realize his strengths and weaknesses.

Self-confidence - The inner belief that "I can do it" stimulates willful action.

Positive thinking - The ability to see stressful situations as an opportunity.

Social support - Communication with loved ones, friends, teachers.

Experience and knowledge - Remembering successes achieved in previous stressful situations.

Volitional response to stress according to age stages

In childhood, that is, in children from 3 to 10 years old

Decisions that have not yet been formed are made mainly under the supervision of adults.



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At this age, stress can be caused by family problems or various problems at school. The resistance to such situations is low

In such situations, social support, that is, attention and support from parents or teachers, is very important.

In adolescence, that is, from 11 to 16 years old, children begin to develop willpower, but they are more prone to emotional outbursts.

The willpower approach to stress is unstable, often impulsive.

The role of the group of friends, family and school environment is crucial.

Youth includes children from 17 to 25 years old.

In these years, willpower strengthens, critical thinking appears.

Strategies are used to combat stress, that is, planning, alternative solutions.

Changes in social roles, such as taking an independent step towards Eid, entering higher education institutions or getting a job, are a significant source of stress.

Older people include those aged 25 to 60.

In these, the will enters the stage of maturity. There is a conscious approach to stressful situations, a thoughtful and logical response, a sense of responsibility increases. In the social environment, family, workplace, and position in society are important.

Old age, that is, those over 60 years old.

Willpower may decline, but life experience provides stability in relation to stress.

Sources of stress change to health problems, feelings of loneliness, etc.

A socially supportive environment, that is, children, has a strong impact on the psychological state of communities in society.

Strengthening willpower through psychological training and exercises is the process of forming and developing a person's self-control, determination, patience, and ability to move towards a goal.

Psychological training methods and exercises that are effective in strengthening willpower:

Motivational training methods

Goal-setting exercises In this case, participants write down their important goals in their lives. They make a 3-5-step plan to achieve each goal. This increases motivation to move towards the goal, teaches to direct willpower.

Techniques for strengthening internal motivation



A person develops attention to internal reasons by seeking an answer to the question "Why do I want to do this?" As a result, relying on internal reasons stabilizes the will.

Willpower management exercises

"Patient decision" exercise. Once a day, postpone a simple but not immediately necessary task, for example, eating dessert later.

Strict adherence to the "daily routine". Perform clearly defined tasks at the specified time every day. As a result, willpower is strengthened by training oneself in self-discipline.

In short, stressful situations knock a person out of their way of life, out of their even track. These moments are a stage where a person's will is tested. The importance of will in human life is very great. The strength of will manifests itself in making the right decisions in various unfavorable situations.

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