

**DEVELOPMENT OF VOLITIONAL QUALITIES IN ADOLESCENT
VOLLEYBALL PLAYERS THROUGH THE TRAINING PROCESS**

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Abstract. The article addresses the problem of developing volitional qualities in adolescent volleyball players within the framework of the training process. The relevance of the study is determined by the increasing demands placed on athletes' psychological stability and the need for the purposeful formation of the volitional sphere as a key component of sports training. The aim of the study is to provide a theoretical justification and to identify effective means for developing volitional qualities in young volleyball players during training.

The results of the study indicate that the systematic integration of training tasks aimed at overcoming difficulties, limiting decision-making time, and increasing athletes' responsibility contributes to the effective development of their volitional stability. The findings obtained can be applied by coaches and physical education instructors in organizing the training process of adolescent volleyball players.

Keywords: volitional qualities, volitional stability, volleyball players, adolescence, training process, sports training, psychological and pedagogical conditions, competitive activity, goal orientation, persistence, decisiveness, initiative.

Introduction. The modern development of volleyball places increased demands not only on athletes' physical and technical preparedness but also on their psychological stability. In conditions of intensive competitive activity, the formation of volitional qualities becomes particularly important, as they ensure the athlete's ability to overcome difficulties, maintain self-control, and make effective decisions in complex game situations [3, 5].

Adolescence is a favorable period for the formation of the volitional sphere of personality [5, 6, 7]. During this stage, such qualities as goal orientation, persistence, decisiveness, and initiative actively develop and significantly influence the effectiveness of sports performance. However, in practice, the process of developing these qualities within the system of volleyball training is often spontaneous and not always carried out in a purposeful manner.

The training process in volleyball has considerable potential for the development of volitional qualities, as it includes a variety of exercises, game-based tasks, and the simulation of competitive situations [1, 4]. With proper pedagogical organization, training becomes an effective means of developing athletes' ability to overcome physical and psychological loads.

In this regard, there is a need for a scientific justification of the means and methods for developing volitional qualities in adolescent volleyball players within the training process, which determines the relevance of the present study.

Literature Review and Research Methodology. The problem of developing volitional qualities of personality occupies an important place in modern pedagogy and sports psychology. In the scientific works of Lev Vygotsky, Alexei Leontiev, and Sergei Rubinstein, volitional regulation is considered a key mechanism for organizing activity, ensuring the achievement of goals under conditions of overcoming difficulties [1, 2, 3]. According to these approaches, the development of volitional qualities is closely related to the subject's activity and is formed through the process of solving tasks of varying complexity.

In the field of sports pedagogy, considerable attention is paid to the psychological preparation of athletes, where volitional qualities are viewed as an integral component of overall sports readiness [8, 9]. Studies indicate that such qualities as goal orientation, persistence, decisiveness, and initiative have a direct impact on the effectiveness of competitive performance, especially in team sports, including volleyball.

An analysis of scientific and methodological literature shows that the training process has broad potential for developing the volitional sphere of athletes [9]. In particular, the effectiveness of methods such as the simulation of competitive situations, the creation of time constraints, the increase of responsibility levels, and the inclusion of tasks requiring the overcoming of physical and psychological stress is emphasized. At the same time, a number of studies highlight the insufficient development of a systematic approach to the purposeful formation of volitional qualities in adolescent volleyball players, which determines the need for further research in this area.

The methodological foundation of the study is based on systemic and activity-based approaches to the organization of the training process. The systemic approach ensures a comprehensive understanding of the structure of athletes' preparation, in which the volitional sphere is considered in unity with physical, technical, and tactical components. The activity-based approach focuses on the development of volitional qualities through active engagement in specially organized training tasks.

The following research methods were employed:

- analysis and generalization of scientific and methodological literature on the research topic;
- pedagogical observation of the training process of adolescent volleyball players;
- comparative analysis of the effectiveness of various training methods aimed at developing volitional qualities;
- generalization of advanced coaching practices in volleyball.

The organization of the study involved the inclusion of specially designed tasks within the training process aimed at developing athletes' volitional qualities. These tasks included exercises with time constraints, game situations with increased responsibility, and activities requiring the overcoming of fatigue and psychological tension.

Thus, the chosen methodology provides a comprehensive approach to the study and allows for the substantiation of the effectiveness of training process tools in developing volitional qualities in adolescent volleyball players.

Results. The study assessed the impact of specially organized training interventions on the development of volitional qualities in adolescent volleyball players. The obtained results revealed a positive dynamic in the formation of key components of the athletes' volitional sphere.

The analysis of pedagogical observations showed that the systematic inclusion of tasks aimed at overcoming difficulties contributes to an increase in goal orientation and persistence among athletes. Volleyball players demonstrated a more stable commitment to achieving set goals and showed greater engagement when performing complex training exercises.

During the implementation of training tasks with limited decision-making time, an improvement in decisiveness was observed. Athletes became faster in orienting themselves in game situations, made more confident decisions, and reduced the number of errors associated with hesitation or uncertainty.

The use of simulated competitive conditions, including situations of increased responsibility and psychological pressure, proved to be of particular importance. Under these conditions, an increase in initiative was noted, expressed in the athletes' willingness to take on leadership roles, actively participate in organizing game actions, and demonstrate independence.

In addition, it was found that performing exercises under conditions of fatigue contributed to the development of volitional stability. Volleyball players maintained the effectiveness of their actions even under significant physical loads, indicating improved self-regulation and the ability to overcome adverse factors.

A comparative analysis of the results before and after the implementation of the proposed training interventions showed positive changes across all studied indicators of volitional qualities. In particular, the following improvements were recorded:

- an increase in persistence and goal orientation;
- enhanced speed and confidence in decision-making;
- growth in initiative during game situations;
- improved ability to overcome fatigue and stress factors.

Thus, the findings confirm the effectiveness of specially organized training methods for developing volitional qualities in adolescent volleyball players and demonstrate the feasibility of their systematic application in sports training practice.

Conclusions. The conducted study has established that the development of volitional qualities in adolescent volleyball players is an essential component of their overall sports training and has a significant impact on the effectiveness of both training and competitive performance.

The analysis of scientific literature and the results of the practical study demonstrate that such volitional qualities as goal orientation, persistence, decisiveness, and initiative are most effectively developed when they are purposefully integrated into the training process. In this context, a key role is played by the pedagogically grounded organization of training, which involves the creation of situations that require athletes to exert volitional effort.

It has been determined that the use of specifically selected training methods, including the simulation of competitive conditions, time-constrained decision-making, and tasks performed under fatigue, contributes to an increase in athletes' volitional stability. These methods promote the development of self-regulation, the ability to overcome difficulties, and the maintenance of performance under increased physical and psychological loads.

The obtained results confirm the necessity of a systematic approach to the development of volitional qualities in adolescent volleyball players, which implies their integration into the structure of the training process alongside physical, technical, and tactical preparation.

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