

SUBJECTIVE CONTROL OF THE ADOLESCENT

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Abstract: This article talks about the subjective control of children in adolescence.

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Modern conditions imply a new angle of consideration of the problem of interaction between man and the world. One of the directions of studying such interaction consists in the study of psychological characteristics and patterns of internal control of personality as a subject of life activity. The level of subjective control can be attributed to one of the most important characteristics of self-consciousness, determining the features of behavioural reactions in a wide range of social interaction and manifested in the sense of responsibility, the level of activity and the degree of influence on the circumstances of life.

Subjective control is one of the criteria of personality self-determination, i.e. it is a person's tendency to take responsibility for what happens on oneself and to assign responsibility for what happens to others. It is an individual peculiarity of control over a variety of life situations. The level of subjective control, having a certain invariance in a given personality, may nevertheless vary depending on whether the situation seems difficult or simple, pleasant or unpleasant, etc. It is connected with the awareness and evaluation of one's own actions, with the sense of dignity, responsibility for what is happening, with self-respect, self-regulation, independence and maturity of the personality.

The concept of subjective control is purely domestic, in foreign studies subjective control is an integral part of J. Rotter's theory of locus of control. In his works he gives the following definition: 'locus of control is a characteristic property of a person to attribute his successes or failures only to internal or only to external factors'.

Locus of control is a psychological factor characterising one or another type of personality. It represents a person's tendency to attribute responsibility for events in life and the results of their activities to external forces or their own abilities and efforts. Locus of control plays an important role in adolescence, because it is at this age that adolescents form an adequate attitude to themselves, and subjective control of situations increases.

J. Rotter distinguished two types of locus of control: internal and external:

- Internalised. This type of person is characterised by the fact that he/she believes that the events that happen to him/her primarily depend on his/her personal qualities, such as: competence, purposefulness, level of abilities, and are a natural result of his/her own activity. A person's internal locus of control perceives positive and negative reinforcements as a result of their own behaviour. It also reflects a person's tendency to attribute the results of his/her activity to internal factors: skills, knowledge,

efforts, abilities. The internal locus of control implies that such a person considers his or her volitional effort to be the cause of this or that result, which stands in the way of achieving the goal;

- externalised. This type of person, on the contrary, is inherent in the fact that he is convinced that all events that occur in his life: successes or failures - are the result of external forces such as chance, luck, the direct impact of surrounding people, and so on. Every individual belongs to one or another polar type of locus of control.

I.E. Kisilev and O.V. Chibisova, in their turn, found that teenage internals, unlike externals, behave more confidently, calmly and benevolently, they are more popular in their environment. Having conducted an experimental study, psychologists found that teenage internals are more friendly towards other people. We can see that there is a relationship between internalisation and having meaning in life. Adolescents who are more confident in their strengths, abilities and skills find meaning in their lives more quickly and the goals they set for themselves and achieve accordingly. And speaking about externalisers, psychologists note the presence of increased anxiety, concern, intolerance to people around them and aggressiveness. These distinctive features of externals are connected with their dependence on external circumstances, as well as inability and unwillingness to control their actions and manage them. Teenagers of this type are more likely to cheat and commit immoral acts. Increased anxiety as the main distinguishing feature of externalisers may seem paradoxical. Speaking of this trait, we see a contradiction: on the one hand, from the point of view of personality psychology, externalisers should not feel anxiety, as they are essentially protected. This defence consists in the fact that any failure, they put forward their point of view on the given case: 'It is not me who is to blame, but the case, the circumstances'.

Conclusion: Thus, addressing the problem of subjective control in adolescence, we found that subjective control is a purely domestic concept, in foreign studies subjective control is an integral part of J. Rotter's theory of locus of control. Internalised and externalised locus of control can be observed in adolescence. The external type is characterised by outwardly defensive behaviour, uncertainty in one's abilities, anxiety, conformity, aggressiveness. Such a pupil is convinced that the reason of failures is bad luck, negative influence of people around him. The internal type is characterised by a search for the causes of behaviour within oneself, self-confidence, consistency and persistence in achieving goals, a tendency to self-analysis, sociability, friendliness. Such a teenager is convinced that success or failure is not accidental and is a natural result of purposeful activity.

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