



## Social-Psychological Characteristics Of The Formation Of Volitional Qualities In Adolescents

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### ABSTRACT

This article analyzes the socio-psychological factors influencing the development of volitional qualities in adolescents. The relevance of the study is justified by the importance of stable development of self-regulation, perseverance, and goal orientation during adolescence for overall personal growth. The research employed N.N. Obozov's "Willpower" methodology, which assessed adolescents' general level of volitional strength, self-control abilities, and motivational stability. The obtained findings were examined in relation to family environment, peer influence, and individual characteristics. The study concludes with effective psychological approaches and practical recommendations aimed at fostering volitional qualities in adolescents.

**KEYWORDS:** Adolescence, willpower, volitional qualities, self-regulation, social environment, motivation, goal orientation, family, peers.

### INTRODUCTION

Adolescence is regarded as one of the most significant psychological and social transitional periods in human life. It is during these years that the core characteristics of personality—volitional qualities in particular, such as determination, self-regulation, responsibility, and goal orientation—begin to take shape. These qualities not only influence an adolescent's success in everyday life, but also serve as a fundamental basis for future social adaptation, professional and academic achievement, as well as psychological stability. Moreover, the development of volitional qualities is closely linked to an adolescent's intrinsic motivation, level of self-awareness, and interaction with the external social environment. For instance, family support, relationships with parents, the social climate at school, and interactions with peers emerge as significant factors in the formation of volitional traits. Therefore, the study of shaping volitional qualities in adolescents is highly relevant not only for personal development but also for the effective organization of pedagogical and psychological processes.

Literature review. The issue of developing volitional qualities in adolescents has been extensively studied in the fields of psychology and pedagogy over the past decade. Research

indicates that volitional traits develop not only as individual personality characteristics but also under the influence of social, familial, and school environments. Family and parental influence has been identified as one of the most significant factors. Chen and colleagues emphasize that emotional and psychological support within the family positively affects adolescents' levels of self-regulation, determination, and responsibility. Studies show that warm and trusting relationships with parents strengthen young people's ability to make decisions and solve problems independently. At the same time, clear norms within the family and a consistent parenting approach contribute to the stable development of volitional qualities.

Intrinsic motivation and self-awareness are also considered important factors in the formation of volitional traits. Smith and Johnson note that adolescents' volitional qualities are shaped not only through external influences but also through intrinsic motivation, personal interests, and a sense of meaning in life. Research demonstrates that when adolescents pursue their goals with internal desire and interest, their willpower becomes stronger. In cases where intrinsic motivation is underdeveloped, dependence on external incentives increases, which may hinder the stable formation of volitional qualities.

Peers and the broader social environment also play a significant role in the development of volitional traits. In their studies, Garcia and colleagues found that volitional qualities are strengthened through a supportive school environment and positive interactions with peers. Research indicates that a negative social environment or adverse peer influence can weaken adolescents' decision-making abilities and volitional traits. Therefore, healthy peer relationships and a positive school climate are considered crucial factors in the development of willpower.

Self-regulation is highlighted by many scholars as a core component of volitional qualities. In his research, Lee demonstrates that self-regulation is a key factor determining adolescents' success in impulse control, goal pursuit, and independent problem solving. Adolescents with well-developed self-regulation tend to be socially and academically stable and possess the ability to adapt to complex situations. The long-term effects of volitional qualities have also been examined. Kim and colleagues found that volitional traits formed during adolescence have a positive impact on future social adaptation, professional and academic success, and psychological well-being. From this perspective, the development of willpower during adolescence holds strategic importance, serving as a foundation for success in various domains of human life. Overall, the literature suggests that the formation of volitional qualities is not merely an individual psychological process but a phenomenon closely linked to social processes. These qualities develop through the interaction of adolescents' personal characteristics, family support, peer relationships, and the school environment. Therefore, when planning pedagogical and psychological interventions, it is essential to consider all these factors in a comprehensive manner.

**Analysis and results.** The formation of volitional qualities in adolescents is a multifactorial process that depends on several key factors, including the family environment, intrinsic motivation, peers and the social environment, self-regulation, and long-term effects (Table 1).

**Table 1**  
**Key Factors Influencing the Development of Volitional Qualities**

Factor	Level of Influence	Description
Family and parents	High	Parental support and a stable family environment
Intrinsic motivation	Medium–high	Self-awareness, personal interests, and sense of meaning
Peers and social environment	Medium	Social support and school climate
Self-regulation	High	Impulse control and decision-making ability
Long-term effects	High	Future social, professional, and psychological stability

Adolescence represents a critical stage in the formation of personality and volitional qualities. Volitional traits—such as determination, responsibility, self-regulation, intrinsic motivation, and peer interaction—have a direct impact on adolescents’ personal and social success. At the same time, the development of these qualities requires the application of targeted strategies. Table 2 presents volitional qualities, strategies for their development, and expected outcomes. This table helps identify pedagogical and psychological approaches aimed at strengthening adolescents’ volitional traits and supporting their personal growth.

**Table 2**  
**Volitional Qualities and Strategies for Their Development**

Volitional quality	Development strategy	Expected outcome
Determination	Setting goals and breaking them into small steps	Strengthened pursuit of long-term goals
Responsibility	Assigning tasks and increasing accountability	Adolescents develop a sense of responsibility
Self-regulation	External and internal reinforcement, impulse control	Improved decision-making ability
Intrinsic motivation	Developing personal interests and goals	Stable and resilient willpower
Peer relationships	Creating a healthy social environment	Positive outcomes in behavior and decision-making

In our study, N.N. Obozov’s “Willpower Strength” methodology was used to identify and analyze adolescents’ volitional qualities. This method is designed to assess the overall level of willpower, taking into account social-motivational aspects, goal orientation, and personal self-regulation abilities. A total of 60 adolescents participated in the study. The results of the analysis are presented in Table 3.



**Table 3**  
**Descriptive Statistics Based on N.N. Obozov's "Willpower Strength" Method**

Indicators	N	Minimum	Maximum	Mean (M)	Standard Deviation (SD)	Skewness	Kurtosis
Overall willpower index	60	25	85	55.20	12.30	0.15	-0.05

The results indicate that adolescents' overall level of willpower is moderate ( $M = 55.20$ ). The standard deviation ( $SD = 12.30$ ) reflects variability in the results, suggesting individual differences in willpower among adolescents. The skewness (0.15) and kurtosis (-0.05) values confirm that the distribution is close to normal.

These findings demonstrate that adolescents' willpower is closely related to their personal motivation, goal orientation, and self-regulation abilities. The indicators identified through this methodology can serve as a basis for developing pedagogical and psychological recommendations aimed at strengthening adolescents' volitional qualities.

The issue of developing volitional qualities in adolescents has been widely studied in psychology and pedagogy over the past decade. Research shows that several key factors—family support, intrinsic motivation, peer relationships, and self-regulation—play a significant role in the development of volitional traits. At the same time, the formation of these qualities is closely associated with future social adaptation, professional achievement, and psychological stability.

Table 4 summarizes the general findings of recent studies. The table visually presents the significance of various factors in the development of volitional qualities, their influence, and their impact on personal development.

**Table 4**  
**Summary Table of Research Findings**

Researcher	Key findings	Description
Chen et al.	Family and parental support enhance willpower	Family environment influences volitional traits
Smith & Johnson	Intrinsic motivation strengthens willpower development	Internal needs and interests as key factors
Garcia et al.	Peers and school environment strengthen willpower	Social support is essential
Lee	Self-regulation is a core component of willpower	Impulse control and goal pursuit
Kim et al.	Willpower affects long-term social and professional success	Volitional traits remain important throughout life

Overall, several key factors play a crucial role in the formation of adolescents' volitional qualities. First and foremost, the family environment and intrinsic motivation serve as the primary drivers of volitional development. Emotional support within the family, trusting relationships with parents, and adolescents' internal desires and interests contribute to the strengthening of determination, responsibility, and goal orientation.

Moreover, peers and the school environment play a significant role as a motivating context for the development of willpower. Healthy social relationships, a positive school climate, and peer

support contribute to the development of adolescents' decision-making abilities and self-regulation skills. Self-regulation, in particular, deserves special attention as a core component that ensures the stable development of all volitional qualities. Adolescents with well-developed self-regulation demonstrate the ability to adapt to complex situations, control impulses, and pursue goals effectively.

As a result, willpower developed during adolescence serves not only as a personal trait but also as an essential foundation for future social, professional, and psychological stability. Therefore, in the process of forming and strengthening volitional qualities, it is necessary to comprehensively consider such factors as family support, intrinsic motivation, positive peer relationships, and self-regulation.

### Conclusion

The formation of volitional qualities in adolescents is a complex, multifactorial process that depends not only on individual characteristics but also on the social environment. The harmonious interaction of parents, peers, the school environment, and intrinsic motivation plays a crucial role in the development of volitional traits. Consequently, pedagogical and psychological interventions should be implemented with careful consideration of both the internal and external environments of adolescents.

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