

The Role of Managing Internal Regulations in the Development of a Perfect Person

Toshboltayeva Gozal Alisher qizi

2nd-year student at Termiz State Pedagogical Institute

Abstract: Managing internal regulations plays a significant role in the development of a perfect person. Internal regulation refers to a person's ability to manage their emotions, behaviors, thoughts, and impulses, and to regulate themselves. This ability is crucial for personal development, achieving goals, and living successfully in society.

Keywords: internal regulation, willpower, motivation, emotions, self-awareness, empathy, humility, perfect person, determination.

Introduction

Internal regulation is a vital tool for self-improvement, self-development, and self-growth. The ability to manage internal regulations is crucial in becoming a perfect individual. Developing these traits helps one overcome obstacles and achieve success, both of which play a significant role in a person's journey to perfection. Together, they enrich a person's inner world, shape their character, and assist in self-awareness. On the path to becoming a perfect person, it is important to neither fear challenges nor lose sight of striving for success.

Materials and methods

Characteristics of managing internal regulations:

1. **Self-awareness:** Recognizing one's emotions, understanding their causes, and finding appropriate ways to express them.

Observing one's thoughts, identifying whether they are positive or negative, and letting go of unnecessary, negative thoughts.

Understanding one's behaviors, predicting their consequences, choosing actions aligned with goals, and avoiding impulsive actions.

2. **Self-control:** Prioritizing long-term goals over short-term pleasures and resisting impulses.

Managing strong emotions such as anger, frustration, or fear and responding to them rationally.

Directing behaviors toward achieving goals and completing tasks on time and with quality.

3. **Managing motivation:**

Motivating oneself based on interests, needs, and values rather than external rewards.

Setting clear, achievable goals and creating plans to reach them. Rewarding oneself for success and providing self-support during failures.

4. **Controlling thoughts:** Acknowledging mistakes, learning from them, and using them for self-development. Maintaining constructive self-criticism, without excessive negativity. Adopting an optimistic outlook on life, finding positive aspects even in challenges, and transforming negative thoughts. Assessing situations realistically and avoiding extreme conclusions or misconceptions.

5. **Managing stress:** Identifying signs of stress (e.g., insomnia, headaches, irritability) and understanding their causes.

Results and discussion

Using stress-reducing techniques such as sports, meditation, spending time in nature, or engaging in hobbies.

Seeking help from friends, family, or professionals when necessary.

The importance of managing internal regulations in becoming a perfect person: A person who can manage their emotions, behaviors, and thoughts grows as an individual, enhances their capabilities, and achieves personal growth. Such individuals are more likely to succeed in reaching their goals and realizing their potential. They develop healthy relationships, understand others, and show empathy.

People with good internal regulation are responsible, active, and valuable members of society, using their skills for the benefit of others. They lead content, happy, and peaceful lives. Challenges and successes are both essential and interrelated elements on the journey to becoming a perfect person.

1. The impact of challenges: Resilience and patience: Overcoming challenges helps a person develop resilience and patience, strengthening their inner will. Determination and self-confidence: Successfully overcoming obstacles boosts determination and self-confidence, teaching perseverance.

Learning and growth: Challenges encourage individuals to learn new things, seek solutions, and improve their knowledge, fostering intellectual growth. Empathy and understanding: Those who experience difficulties are better able to understand and empathize with others' problems.

Humility: Facing challenges and failures teaches humility, reminding individuals that success is not easily achieved and discouraging arrogance.

2. The impact of success: Self-respect and appreciation: Success enhances a person's sense of self-respect and appreciation for their abilities.

Motivation and ambition: Achieving success motivates individuals to pursue even greater goals and strive for higher achievements.

Positive psychological state: Success positively influences mental well-being, reducing stress and anxiety while boosting self-confidence.

Realizing potential: Success allows individuals to recognize their capabilities and work on further development.

Helping others and serving as a role model: Successful individuals can share their experiences with others and serve as examples to follow.

Conclusion

In summary, internal regulation—encompassing motivation, emotions, feelings, and willpower—plays a crucial role in the development of a perfect person. Both challenges and successes are key to personal growth, enriching a person's inner world, shaping their character, and aiding in self-awareness. On the journey to perfection, it is essential to overcome challenges and strive for success. Challenges provide opportunities for growth, resilience, and determination, while success fosters motivation, self-confidence, and a sense of accomplishment. Together, they contribute to the holistic development of an individual, ultimately aiding in the pursuit of becoming a perfect person.

References:

1. Mukhammadova D.G., Mullaboyeva N.M. General Psychology. Tashkent: O'zMU, 2018, p. 370.
2. Myers D.G. Psychology. Ninth Edition. Worth Publishers, 2010.

3. Amirova N.U. (2023). "The Importance of Motivation and Motives in the Activities of Teachers." *Journal of Pedagogy and Psychology in Modern Education*, 3(3), 60–66.
4. Toshboltayeva G.A. (2025). "The Role of Biosocial Opportunities in Personality Formation." *International Scientific and Educational Electronic Journal*, 210–212.