

## PSYCHOLOGICAL DETERMINANTS OF THE DEVELOPMENT OF MORAL QUALITIES IN YOUTH BEHAVIOR

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**Abstract.** *The article analyzes the psychological determinants of developing moral qualities in youth behavior. The study examines internal factors such as moral consciousness, intrinsic motivation, emotional stability, and decision-making abilities, as well as external factors including family upbringing, school and social environment, peer groups, and media influence. The research highlights the role of psychological approaches, motivational and emotional processes, and social support in shaping youth moral qualities. The findings provide practical recommendations for educators, psychologists, and parents aimed at promoting positive youth behavior and moral development.*

**Key words:** *Youth, behavior, moral qualities, psychological determinants, intrinsic motivation, emotional stability, moral decision-making, social environment, pedagogical approaches, media influence, social support, family upbringing*

**Аннотация.** *В статье анализируются психологические детерминанты формирования моральных качеств в поведении молодежи. Исследование рассматривает внутренние факторы, такие как нравственное сознание, внутренняя мотивация, эмоциональная устойчивость и способность принимать решения, а также внешние факторы, включая семейное воспитание, школьную и социальную среду, группы сверстников и влияние медиа. В работе подробно рассматривается роль психологических подходов, мотивационных и эмоциональных процессов, а также социальной поддержки в формировании моральных качеств молодежи. Результаты исследования предоставляют практические рекомендации педагогам, психологам и родителям для развития положительного поведения и моральных качеств молодежи.*

**Ключевые слова:** *Молодежь, поведение, моральные качества, психологические детерминанты, внутренняя мотивация, эмоциональная устойчивость, моральное принятие решений, социальная среда, педагогические подходы, влияние медиа, социальная поддержка, семейное воспитание*

### Introduction

The behavior of young people and the development of their moral qualities constitute a pressing issue in contemporary society. Youth represent the most active segment of the population, and their ethical, spiritual, and psychological development directly influences the social stability, cultural maturity, and intellectual potential of future generations.

Therefore, the formation of moral qualities in youth behavior is widely studied not only within pedagogy, but also across psychology, sociology, and other social sciences.

Psychological determinants are the internal and external factors that influence the formation of youth behavior. Among the internal factors, one can distinguish moral consciousness, motivational processes, as well as emotional and affective states. For instance, motivational and emotional components play a crucial role in guiding young people to align their behavior with moral norms. At the same time, external factors—such as the family environment, educational institutions, peer groups, and the broader social context—directly shape the processes of moral decision-making among youth.

As emphasized by psychologists, moral qualities in youth behavior—such as responsibility, justice, honesty, cooperation, empathy, and respect—are developed not only within formal educational settings but also through everyday life experiences. For example, the social learning theory proposed by Bandura and others highlights that young individuals learn by observing the behavior of people around them and subsequently reproducing these patterns in their own actions. Consequently, in the process of fostering moral qualities, not only teachers and parents but also various social institutions play an essential role.

Furthermore, from a psychological perspective, key determinants of youth behavior include personal interests, motivational orientations, decision-making styles, and emotional stability. For instance, young people with a high level of intrinsic motivation tend to consider moral norms in achieving their goals and demonstrate a strong sense of social responsibility. Conversely, negative influences from the social environment (such as destructive peer groups or misleading sources of information) may lead to deviations in behavior.

In the modern context, the development of moral qualities in youth behavior is closely linked not only to individual development but also to the strengthening of national values, the maintenance of social stability, and the formation of social responsibility in future generations. Therefore, identifying psychological determinants and developing educational systems based on them is an important scientific and practical task.

This article provides a comprehensive analysis of the psychological determinants underlying the development of moral qualities in youth behavior, examines both internal and external factors, and offers pedagogical and psychological recommendations. The findings of this study are intended to be valuable not only for the academic community but also for practitioners, including psychologists, educators, social workers, and parents.

#### Literature Review

The issue of developing moral qualities in youth behavior has been widely studied in the fields of psychology and pedagogy. An analysis of the scientific literature indicates that the formation of moral qualities is directly linked to psychological determinants, which are generally classified into internal and external factors.

Among the internal determinants, numerous studies emphasize the importance of developing moral consciousness, as well as shaping motivational and emotional factors, and considering ethical criteria in decision-making processes. For instance, Vygotsky (1978) highlighted the significant role of the social environment in the acquisition of moral and spiritual norms during the process of social learning among youth. Similarly, Bandura (1977), in his social learning theory, explained that young individuals form their behavior through observation, imitation, and internalization of others' actions. These theoretical frameworks reveal the fundamental internal psychological mechanisms underlying the development of moral qualities in youth behavior.

External determinants refer to the influence of family, educational institutions, and the broader social environment in the process of youth upbringing. Studies conducted by Sears (1965) and Skinner (1974) demonstrate the importance of social influence and reinforcement in shaping youth behavior. In addition, contemporary research highlights the impact of social media, peer groups, and school environments on young people's moral decision-making. In the context of Uzbekistan, recent studies (Islomov, 2022; Karimova, 2023) confirm the direct role of family environment and education in the formation of youth spirituality and moral values.

Personal motivation and emotional stability are also recognized as key determinants in the development of moral qualities among youth. For example, Greenberg (2020) shows that within the framework of Emotion-Focused Therapy, it is possible to regulate emotional states and improve moral decision-making processes. At the same time, motivational factors—such as intrinsic interest, personal goals, and the desire for self-development—play a crucial role in shaping socially responsible and morally grounded behavior in youth.

The analysis of the literature suggests that the development of moral qualities in youth behavior is not a one-dimensional process but rather a complex and multifaceted phenomenon. Psychological, pedagogical, and social factors are interrelated and mutually reinforcing, contributing to the moral and ethical development of young individuals. Therefore, modern research recommends integrating both theoretical and practical approaches in studying youth behavior.

Based on this analytical review, it can be concluded that effective strategies for developing moral qualities in youth behavior can be designed and implemented on the basis of identified psychological determinants.

#### Methodology

The study of psychological determinants influencing the development of moral qualities in youth behavior defines the core methodological framework of this research. Both empirical and theoretical approaches were employed. The study includes the following objectives:

- To identify internal and external psychological determinants influencing the development of moral qualities in youth behavior.

- To analyze the role of motivational, emotional, and social factors in shaping youth behavior.

- To develop practical recommendations for fostering moral qualities.

### 1. Research Methods

The following methods were utilized in the study:

- Survey – to measure moral decision-making, social responsibility, and spiritual interests of youth.

- Interviews – conducted with educators, psychologists, and parents to identify challenges and psychological determinants in youth upbringing.

- Observation – used to collect real-life data by observing youth behavior in schools and higher education institutions.

- Literature Review – to analyze findings from psychological and pedagogical studies.

### 2. Participants

The study involved 120 young individuals aged 15–22 from various regions of Uzbekistan. Their gender, socio-cultural background, and educational levels were taken into account. The results were categorized based on internal and external psychological determinants.

### 3. Research Criteria and Indicators

The following indicators were used to evaluate youth behavior:

- Moral decision-making ability
- Level of social responsibility
- Intrinsic motivation
- Emotional stability
- Influence of social and family environment

The table below presents the indicators and their corresponding measurement tools:

Indicators	Measurement Tools	Description
Moral decision-making	Surveys, situational tests	Assesses adherence to moral norms
Social responsibility	Interviews, observation	Identifies responsibility toward society and groups
Intrinsic motivation	Surveys, motivational tests	Reflects personal goals and self-development
Emotional stability	Psychological tests, observation	Measures ability to manage stress and emotions
Social and family influence	Interviews, observation	Examines how external factors shape behavior

### 4. Data Analysis

The collected data were analyzed using both statistical and qualitative methods:

- Survey results were analyzed using descriptive statistics across groups.
- Interview and observation data were processed through content analysis to identify key determinants influencing moral development.
  - The results were presented using tables and diagrams, facilitating clearer understanding and enabling the formulation of practical recommendations.

#### 5. Scientific Validity of the Study

The methodology demonstrates that the development of moral qualities in youth behavior is determined by a range of internal and external psychological factors. The findings provide a foundation for developing both scientific and practical approaches to youth education and moral development.

#### Discussion

The findings of the study clearly indicate that the development of moral qualities in youth behavior is directly associated with psychological and social determinants. The data collected during the research demonstrate that internal psychological factors play a significant role in shaping moral decision-making and social interactions among young people. For instance, individuals with a high level of intrinsic motivation tend to consider moral norms when setting and achieving their goals. At the same time, emotional stability enhances young people's ability to regulate their behavior in stressful situations, thereby contributing to the consistent development of moral qualities.

External determinants, particularly family and social environments, also play a crucial role in shaping youth behavior. The results show that parental upbringing styles and the social climate within educational institutions significantly influence the development of moral qualities such as responsibility, justice, cooperation, and respect. For example, social support from peer groups strengthens a sense of social responsibility, whereas negative influences may lead to the emergence of destructive behavioral patterns.

The study further reveals that the process of developing moral qualities is not unidirectional. The interaction between internal motivation and external environmental factors, along with personal interests and social support, serves as a key condition for the stable formation of youth behavior. These findings support the theoretical perspectives of Vygotsky and Bandura, who argue that young people observe and learn from the behavior of those around them, subsequently shaping their own conduct.

Moreover, the research highlights that, in addition to psychological readiness, motivational and emotional stability, the supportive role of the social environment is essential in fostering moral development. Modern youth actively use information and communication technologies, which can have both positive and negative effects on their behavior. Therefore, it is recommended to integrate not only traditional pedagogical approaches but also modern psychological methods and media resources in the process of moral education.

Overall, the results indicate that the development of moral qualities in youth behavior is a complex and multidimensional process, achieved through the interaction of internal

psychological preparedness, motivation, and external social influences. From this perspective, it is essential to design both individual and group-based approaches that take into account psychological determinants in youth development.

#### Conclusion

Social identity and group norms play a significant role in shaping moral qualities in youth behavior. Research shows that when young individuals identify themselves as members of a particular group, they tend to align their behavior with the group's moral and ethical standards. This process, reinforced by social pressure and support, contributes to the strengthening of moral qualities. In this regard, mentoring programs and social initiatives are effective tools for promoting positive moral behavior among youth.

Contemporary studies also emphasize the role of information and communication technologies in shaping moral values. Online platforms, educational videos, and interactive programs can serve as effective tools for enhancing moral decision-making and social responsibility. However, exposure to negative content on the internet and social media may encourage destructive behavior. Therefore, digital literacy and media culture should be considered essential components of youth education.

In addition, the importance of emotional intelligence in youth behavior is steadily increasing. Research indicates that individuals with higher emotional intelligence are better equipped to regulate their emotions, communicate effectively, and resolve social conflicts. This, in turn, facilitates the development of moral qualities and improves social adaptability.

Personal experience and reflective practices also play a crucial role in the formation of moral qualities. Young people analyze their own behavior, compare it with social norms, and correct their mistakes. In this context, pedagogical and psychological trainings, workshops, and group discussions can be highly effective.

Creative and artistic activities are also important factors in moral development. Engagement in music, theater, creative writing, and other forms of artistic expression encourages ethical decision-making, empathy, and compassion. Research findings suggest that participation in creative activities accelerates self-awareness and spiritual growth among youth.

Furthermore, cultural and historical values of society significantly influence youth behavior. National traditions, historical examples, and cultural heritage strengthen internal motivation and contribute to the stabilization of moral qualities. Therefore, incorporating local values into educational programs is considered an effective strategy.

In conclusion, the development of moral qualities in youth behavior is a critical scientific and practical issue in modern society. The study demonstrates that moral decision-making, social responsibility, and behavioral stability among youth depend on a range of psychological determinants, including both internal and external factors. Internal factors include motivation, emotional stability, level of moral consciousness, and decision-making abilities. The findings reveal that highly motivated individuals are more likely to

adhere to moral norms, effectively regulate their behavior in stressful situations, and adapt positively to social environments.

External factors—such as family upbringing, school and social environments, peer groups, and support systems within society—also play a vital role in shaping moral qualities. The results indicate that parental guidance and pedagogical support significantly influence the development of qualities such as justice, responsibility, honesty, cooperation, and respect. At the same time, negative social influences may lead to destructive behavioral outcomes.

As discussed, the development of moral qualities is a complex and multifaceted process requiring the integration of internal motivation and external environmental influences. These findings further confirm the theoretical perspectives of Vygotsky and Bandura, emphasizing the role of observation and social learning in behavior formation.

Additionally, the study highlights that modern youth активно engage with information and communication technologies, which influence their behavior in diverse ways. Therefore, it is essential to combine traditional pedagogical approaches with modern psychological methods and media resources in moral education.

Ultimately, the development of moral qualities in youth behavior requires a comprehensive, scientifically grounded, and multidimensional approach. The findings suggest that designing individualized and group-based strategies based on psychological determinants can effectively support moral and ethical development. These scientific and practical recommendations can be applied by educators, psychologists, parents, and various social institutions involved in youth development.

In general, fostering moral qualities in youth behavior contributes to social stability, enhances the moral and intellectual potential of future generations, and strengthens societal values. From this perspective, the results of this study are significant not only for the academic community but also for practitioners working in the field.

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