



CONSCIOUSNESS AND VOLITIONAL-EMOTIONAL STATES IN THE INDIVIDUAL

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ABSTRACT

The article analyzes the formation, psychological content, and historical development of individual consciousness. It also examines the mechanisms of change in volitional and emotional states. The research is based on early philosophical views, 17th–20th-century psychology (R. Descartes, W. Wundt, S. Freud, C.G. Jung), and modern research. It explores emotional and volitional processes, the James-Lange and Cannon-Bard theories, and the impact of emotional exhaustion on the individual and consciousness through the example of H. Freudenberger's "burnout syndrome." The article synthesizes the connection between conscious processes and emotional-volitional states from a comprehensive psychological perspective..

Individual consciousness forms and develops as a fundamental aspect of the human psyche. Consciousness allows individuals to perceive themselves and their environment. It processes information through sensation and perception, assigns meaning, and enables conscious reactions. Emotional and volitional states directly influence conscious processes. They play a crucial role in governing behavior, decision-making, and goal-oriented activities. The concept of consciousness dates back to ancient times. René Descartes, a French philosopher, advanced the concept in the 17th and 18th centuries with the idea, "I think, therefore I am." Consciousness is a human's ability to perceive, sense, and understand internal and environmental processes. It gives these processes meaning and allows for conscious responses [1]. Consciousness is formed through social experience and thinking. It functions as a mechanism that directs human activity.

Wilhelm Wundt studied consciousness in the laboratory after the 19th century. Sigmund Freud explored the "Unconscious," and Carl Gustav Jung examined consciousness scientifically through the "Collective Unconscious" theory [2]. Consciousness cannot be limited to laboratories or theoretical frameworks. Human consciousness is a complex system linked to spiritual and cultural experiences beyond scientific measurement. Wundt's scientific approach, Freud's focus on internal processes, and Jung's collective perspective allow a more complete understanding of the human psyche. In addition to cognitive processes, natural changes in consciousness also exist. In 1974, American psychiatrist Herbert Freudenberger introduced the concept of Burnout Syndrome, uncovering changes in consciousness that occur as a result of

increasing emotional exhaustion [3]. Primarily, emotional states manifest first through physiological reactions in the body, which is referred to as emotion. Furthermore, regarding emotional-volitional states, Charles Darwin noted in 1872 that emotions are innate from an evolutionary perspective [3]. Wilhelm Wundt, the founder of experimental psychology, established the first school of will, attention, and emotional experience between 1879 and 1880 [2]. His laboratory is considered the first scientific center for the study of will and emotion. The James-Lange theory suggests that during emotional fear, physiological changes such as a rapid heartbeat, body tremors, and accelerated breathing happen first, leading to changes in facial expressions. However, the Cannon-Bard theory (1927) states that emotions and bodily reactions occur at the same time, not one causing the other [4]. This theory relies on the thalamus and cerebral cortex working together [4]. Will is also important for a person's ability to control behavior and activities. It involves directing mental and physical abilities to overcome challenges in achieving a goal. Will is the capacity to make decisions and manage thoughts and actions. Walter Mischel conducted the Marshmallow Test at Stanford University in the 1960s and 1970s. The goal was to study a child's willpower and their capacity for delayed gratification. Children were given one marshmallow and told they could have a second if they waited 15 minutes. Children who waited longer were more successful later in life [5]. Willpower is not innate, but a psychological control system. Mischel's experiment showed how willpower forms in childhood and affects future behavior. Will is a regulatory process of brain activity, not just a moral quality. Medical research has confirmed these findings. Neuropsychological studies in the 2010s used MRI to observe the activity of the prefrontal cortex, which is responsible for will, self-control, and decision-making. The activity of the prefrontal cortex was monitored during willpower tasks, showing that willpower depends on the function of specific neural networks in the brain [6]. Research shows that the formation of individual consciousness is linked to cognitive abilities. Emotional and volitional states directly impact the functioning of consciousness. Emotional processes are tied to physiological reactions, as shown by the James-Lange and Cannon-Bard theories [4]. Freudenberger's burnout syndrome shows the impact of emotional exhaustion on the individual and their state of consciousness [3]. Mischel's Marshmallow experiment shows the importance of will and delayed gratification for personal development [5]. Modern research confirms the role of the prefrontal cortex in will and decision-making, combining the cognitive and emotional-volitional components of human consciousness.

Conclusion:

In conclusion, consciousness is the central, multi-level system of human psychology, encompassing a continuous developmental process from sensation and perception to thinking and intellectual cognition. Research scientifically demonstrates that conscious processes are closely linked with emotional and volitional states, while emotional changes manifest through brain activity and physiological reactions. The James-Lange and Cannon-Bard theories prove that emotions occur in conjunction with the somatic and central nervous systems, revealing complex mechanisms between consciousness and emotion. The "burnout syndrome" identified by Freudenberger confirms that long-lasting emotional stress negatively affects conscious activity and personality state. Furthermore, volitional control is linked to prefrontal cortex activity, and it has been determined that willpower is not innate but a system that develops

based on psychic and neurophysiological processes. Thus, the integration of conscious, emotional, and volitional states is an important factor defining human behavior, adaptation, and psychological stability..

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