

DIRECTING THE YOUTH TOWARDS CHOOSING THE RIGHT PROFESSION AND IMPROVING THE QUALITY OF LIFE: SOCIO-PSYCHOLOGICAL FACTORS

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Abstract

This article presents the theoretical study of psychology, the importance of professional interests in the psychological study of young people. In the study of the predisposition of students to the profession and their orientation to the profession, information is given about the role of a psychologist of secondary institutions and the tasks that are carried out in the selection of a profession.

Base words and phrases: Introspection, occupational formation, professionogram, map of interests, psychogeometric test, psychophysiological.

Introduction

Psychology, provides several psychological definitions in response to the question "What is psychology?". According to the viewpoint of V. Vunt, the main task of psychology is introspection, which involves analyzing personal psychological and emotional states. From the 1920s to 1960s, American psychologist J.B. Watson rejected introspection and referred to psychology as an observational science of behavior. In the 1960s, psychologists began to consider psychology as a science about human character and mental processes. Mental processes are internal subjective processes, such as perception, cognition, and imagination. Psychology as a science focuses on analyzing thoughts and evaluating goals based on observation - these are scientific ideas. Various emotional states that arise due to different experiences in life are studied by the field of psychology.

Psychology has its limitations. It cannot provide precise and definitive answers. For example, each person gives their own answer to questions like Lev Tolstoy's "Why do I live? Do I need to do something? Is there a purpose in avoiding the inevitable death in life?". However, psychology helps individuals better understand their emotions, thoughts, and behaviors. Throughout the history of psychology, there have been various theories about the emergence of the psyche. Ancient philosophers such as Socrates (469-399 BC) and Plato (427-347 BC) developed different theories about human psyche and spiritual life. According to their views, the body and soul are distinct parts. It is believed that the soul enters the human body from an "ideal" world, then returns to that world after a certain time. The famous philosopher Democritus (460-370 BC) proposed the idea that the human body is composed of atoms, and the soul consists of fine atoms. Apart from the aforementioned theories, there have been numerous other ideas about the psyche and its development in the

history of psychology. Aristotle (384-322 BC), a prominent Greek philosopher, made significant contributions to the materialistic understanding of psychological phenomena.

In our country, attention is increasingly being paid to the issue of guiding young people towards choosing the right profession. The 425th resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated August 2, 2022, titled "On measures to prepare students of general secondary education institutions for vocational and technical education," is an integral part of the continuous education system aimed at meeting the vocational training needs of students and providing qualified personnel for various sectors of the national economy. The purpose of vocational and technical education is to develop students who think creatively and have skills in organization and entrepreneurship, as well as to nurture their interests and abilities in order to assist them in choosing a profession. General education institutions are primarily responsible for assessing students' aptitude for a profession and directing them towards vocational training. To achieve this, interactive surveys are conducted among students starting from the 7th grade to identify their interest in vocational and technical education and create a database of their knowledge.

1 Leo Tolstoy's "Why do I live?" Do I have to do something? Is there a purpose in not obeying the death that awaits you in life" international article material 2021 Tashkent magazine "Teacher" pp. 118-120p. 118-120.

In the 8th grade, continuing education in the next stages of learning, providing advice and guidance to students and parents in vocational training centers according to their chosen profession; based on the results of psychological assessments conducted on 9th grade students' vocational aptitude, planning the continuation of vocational training in vocational schools or vocational training centers for specific occupations during the academic year. It is necessary to emphasize the subjects of labor psychology and vocational psychology. (Ye.A.Klimov)

The formation of a mature individual is characterized by acquiring a suitable profession, contributing to social development, and demonstrating one's uniqueness in society. The process of achieving maturity is closely related to the individual's vocational development, which takes place in a complex and lifelong process. In a broad sense, vocational development refers to an individual's intellectual abilities, physical capabilities, suitability for a particular field, interests, values, and worldviews, as well as the subsequent entry into a specific profession, adaptation to it, and ultimately becoming a competent and skilled professional over the years. The initial important stage of the vocational development process is choosing a profession, that is, taking a certain period until reaching a specific vocational decision. The readiness level of young people for vocational selection is not solely dependent on their age-specific characteristics; it does not develop spontaneously. Young people need to be prepared and educated through pedagogical-psychological knowledge, experience, skills, as well as through the influence and upbringing of society. In this process, individuals are required to acquire knowledge in the field of vocational sciences. Therefore, it is necessary to provide students with extensive information about existing professions today, as well as provide them with guidelines and supplementary materials. In the process

of vocational selection, it is possible to guide young people towards their vocational interests by overcoming various difficulties, contradictions, and obstacles in an effective manner. This allows for the implementation of the following tasks

2.S.Kh.Jalilova, F.I.Khaydarov, N.I.Khalilova PROFESSIONAL PSYCHOLOGY (tutorial) - Tashkent 2010 pp. 11-12

- Providing professional information: introducing students to the types of modern production, providing information about the labor market, and acquainting them with the requirements of professions that are relevant to individuals; creating the foundations for providing information about vocational training institutions.

- Providing professional advice: developing the foundations for providing competent professional advice based on students' interests, abilities, aptitudes, attitudes, family environment, local conditions, students' and parents' desires and aspirations, in line with the requirements of the profession.

- Vocational diagnosis: making a final diagnosis based on a person's individual psychological and physiological characteristics, age, level of knowledge, attitudes, and skills (diagnostic materials are considered confidential and are only discussed with the student and their parents), identifying the vocational aptitude of the student, evaluating the degree of their adaptability.

- Vocational guidance: providing correct guidance towards professions that match a person's psychological, psychophysiological, and medical diagnosis results. Young people achieving success in selecting professions based on their interests and abilities lead to success in this field and contribute to personal satisfaction and development. As a result, as the person progresses in activities related to the chosen profession, their service potential grows and approaches maturity. Of course, personal and professional requirements (a set of professional qualities) are required from any profession owner.

3.www.ziyouz.com library S.Kh.Jalilova, F.I.Khaydarov, N.I.Khalilova PROFESSIONAL PSYCHOLOGY (tutorial) - Tashkent 2010 pp. 11-12 pp. 131-134

13. Information about the intensity of labor (intensity);

14. Moments (situations) of responsibility and risk in labor activity;

15. How labor benefits its subject (job rights, rewards, spiritual satisfaction, prestige, social status, altruistic traits, respect, community evaluation, and others); 16. The requirements and restrictions of a profession or activity according to its unique characteristics. The purpose of this professional profile is to make a decision to engage in the mentioned activity once the requirements are fully met. Otherwise, the effectiveness of the activity, satisfaction from it, and its development cannot be guaranteed. The following factors are required to be given special importance in the professional profile:

16. The requirements and restrictions of a profession or activity according to its unique characteristics. The purpose of this professional profile is to make a decision to engage in the mentioned activity once the requirements are fully met. Otherwise, the effectiveness of the activity, satisfaction from it, and its development cannot be guaranteed. The following factors are required to be given special importance in the professional profile:

1. Psychological description of the profession and its specialties;
2. Importance of the profession (craft) for the country's economy;
3. Social description of the profession and specialty;
4. Social-psychological importance and description of the profession, social position in youth (influence), specific characteristics of the community, vertical and horizontal interpersonal relationship characteristics;
5. Pedagogical description of necessary knowledge and skills for successful professional activity (professional competence is determined through special criteria);
6. Recommendations for improving the pedagogical process, preparation periods, general description of events and activities;
7. Hygienic description of working conditions;
8. Medical aspects that confirm the suitability for working in the profession;
9. Psychological compatibility with the profession or professional unsuitability;
10. Self-actualization and identification.

When introducing students to the professional profile, the main goal should be to understand the following essential components:

- a) Basic work tools - attention, creativity, thinking - imagination – these qualities should be developed and emphasized in the profession selection process;
- b) Main work operations: identifying the possibility of performing activities with work tools, understanding where they can be applied; correctly imagining the role of operations in the production process; seeking and discovering new variations of operations;
- c) Basic tools and equipment: professionals like locksmiths, surgeons, tailors, carpenters use hand tools; working conditions: natural environment and conditions observed by professionals, people, etc. Family environment also plays a crucial role in introducing this professional profile.

It is important for parents to develop each child's natural abilities at an appropriate level and to focus on their interests when choosing a profession. Parents' attention to the psychological compatibility of their child with the profession is crucial for the maturity of these young individuals. In this regard, parents must further enhance society's psychological understanding. Each member of our society can become an expert in their field, leading to overall societal progress.

Therefore, correctly identifying young people's fields is also important for society's future. In our research aimed at learning factors essential for selecting professions for students, we used the following methodologies:

- G.Yu.Aizenk test for identifying personal characteristics;
- Raven test for determining cognitive abilities;
- Interest map methodology;
- Method for determining personality orientation;
- Psychogeometric test;
- Authorship questionnaire.

The results of the conducted research formed the basis for the following recommendations:

- 1) Understanding individual-psychological characteristics in selecting a profession;
- 2) Considering a person's overall abilities and capabilities;
- 3) Emphasizing the relevance of a person's cognitive proficiency to the chosen profession;
- 4) Matching a person's orientation level with the selected profession;
- 5) Creating opportunities for young individuals to excel in their chosen profession within a family environment.

Paying attention to the factors presented will form the basis for the further expansion of opportunities for young people in their chosen professional fields. It is necessary for every parent, educational community, and broader society to teach young people to live contentedly in the fields they have chosen. In general, if young people are given the opportunity to develop their interests, abilities, and talents based on understanding them correctly, the progress of this field is considered to be prepared. This, in turn, means that young people will be able to become professionals in their own fields in the future.

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