

REQUIREMENTS FOR CHOOSING A PROFESSION

Abdullaeva Ranajon Matyokubovna

Tashkent State Pedagogical University, Associate Professor of "General Psychology", Acting, Doctor of Philosophy in Psychology (PhD)
matyogubovna67@mail.ru Tel: 93 5622308

Abstract: It is important to know the demands of professions to help students choose the right career and become mature professionals in their field. In this article, the issue of what professional and personal students should know in order to choose their field is analyzed in a broad way.

Key words: labor activity, professional education, professional advice, professional selection, professional adaptation.

Аннотация: Важно знать требования профессий, чтобы помочь студентам выбрать правильную карьеру и стать зрелыми профессионалами в своей области. В данной статье широко анализируется вопрос о том, что должны знать профессиональные и личностные студенты, чтобы выбрать свою специальность.

Ключевые слова: трудовая деятельность, профессиональное образование, профессиональные консультации, профессиональный отбор, профессиональная адаптация.

INTRODUCTION.

The development, social, political, and economic stability of any society depends on the highly developed intellectual and moral potential of its citizens. After all, the national issue of personnel training plays an important role in the spiritual renewal of our society, in the formation of a socially oriented market economy, and in the formation of a socially oriented market economy.

It can be said that the formation of a perfect person is taken into account, his occupation of a suitable profession, his valuable power for the development of society, his contribution to life, and thereby manifesting his identity in society, i.e., the perfection of a person.

The pursuit of perfection is a complex process that takes place together with the professional formation of a person and lasts almost a lifetime. In the broadest sense, professional formation is understood as a person's mental abilities, physical abilities, abilities, interests and aspirations for one or another field, as well as getting an education in a certain profession according to their values and worldviews, then entering and adapting to this field, and finally becoming a mature and qualified specialist over the years.

Today, one of the main goals of the comprehensive reforms carried out in the continuous education system in our country is to provide comprehensive support to young people in acquiring deep knowledge, realizing their talents, and at the same time, forming their skills for independent life is one of the priority directions of the education system.

ANALYSIS OF THE LITERATURE ON THE SUBJECT

From the point of view of far and near foreign psychologists, maturity has been very little studied, being divided into specific, fixed stages from an ontogenetic point of view.

Therefore, we personally reflect on the scheme that we propose and try to reveal the essence of the stages of maturation and their specific characteristics. It is appropriate to analyze them by dividing them into the following periods: embryonic (embryonic), human (individual), human, individual, subject, perfect human.

Reasonable ideas about the beginning of the maturity of the personality from the period of maturity can be found in the studies of A. Vallon, D. Bromley, and in the articles of some psychologists and psychophysicists. It is worth noting that the possibility of reflecting the specific characteristics of the period of maturity has been described not only by psychologists, but also by naturalists, biologists, and physiologists, and the fact that medical experts have formed their own views and approaches in this regard can serve as a basis for theoretical reasoning.

Researchers who included the period of maturity in the maturity stage A. Wallon and D.

Considered to be Bromley. Including D. Bromley recommends analyzing this period by dividing it into the following stages: zygote - embryonic - fetus - prenatal. A.

Wallon, as a component of ontogenesis, includes it among the stages of maturity. These psychologists do not analyze the period of adolescence from the point of view of the general development of a person, but they interpret it as a component of ontogenesis (the period from birth to the end of life). They strive to explain the specific aspects and characteristics of this period psychologically and will be able to achieve a certain success in this direction.

Accepting their scientific and practical opinions as valid evidence, we express our personal opinions on this matter. For this, it is enough to explain and describe that the period of prosperity consists of certain contents. According to the opinions of world psychologists and physiologists, each stage of this maturation period has its own characteristics and performs a specific function as a comfortable (sensitive) stage in a certain sense.

Vocational guidance consists of a system of state measures, chosen by an individual and carried out in the following forms

- providing professional information at school;
- occupation- to engage in vocational education:
- campaigning in radio, television, cinema, press;
- career advice;
- career selection (according to ability);
- adapting to the profession (adaptation).

Lack of understanding of the content and essence of the profession leads to a negative attitude of the students towards the chosen profession. To prevent such a situation, it is advisable to take the following measures:

- Connecting educational materials and education in general with life.
- Formation of personal activity in the assimilation of information.
- Satisfaction with the activity of the previous stage and preparation of a positive ground for future activity.
- Coordinating the prospective plan and improving it depending on the age level.
- Loss of coherence between educational-methodical difficulty and signs of personal incompatibility.
- Taking into account that professional activity is an important part of life, and success at work helps to believe in oneself.

THEORY AND PRACTICE.

When a human child grows up, he chooses a profession or a profession according to his interests and abilities. Professional activity is important in everyone's life. Because professional activity becomes an integral part of human life for a long time.

According to the results of psychological research, the level of people's health and happiness is inextricably linked with their chosen profession. People who chose their profession due to the coercion of their parents had poor health, mental depression, feeling unhappy, and no growth in their professional activity was observed. Parents think about their child's future from the first steps. By observing their children's interests and abilities, they try to determine their professional future. In particular, the education given at school creates a selective attitude of the student to various subjects, and some children quickly notice their interest in certain subjects, that is, art, music, etc. By the time of adolescence, the problem gets worse. Many students and parents know in advance what profession they will choose: "I will be a doctor", "Our son, daughter will apply to the medical institute. However, there are concerns about the clarity of professional goals and their realization. What if you fail?

For some students, after finishing the ninth grade, the choice of career path becomes the most pressing issue.

EXPERIMENTAL RESEARCH.

It is advisable to put the following requirements in front of the professionogram:

1. What is the name of the work and what is its structure
2. Information about the purpose and effectiveness of work;
3. What are used as labor tools;
4. Contents of the subject of work and their specific aspects;
5. What methods are used to perform labor activity;
6. What is the basis of work (work, activity; implementation);
7. Criteria for evaluating work products;
8. Features of the work that requires specialization.
9. The possibility of doing the work with the help of what tools and its motivation.
10. Terms and conditions of performance of work;
11. Forms of labor (activity) organization;
12. Cooperation of labor (Who?, What?, In cooperation with whom?);
13. Information on the pace (intensity) of work;
14. What moments (situations) of responsibility and danger meet in labor activity;
15. What kind of benefits and benefits does the work bring to its subject (salary, reward, spiritual nourishment, privilege, social inclination, altruism, praise, public evaluation, etc.);
16. What are the requirements and restrictions according to the specific characteristics of work or activity.

One of the important tasks of vocational education is vocational training, which is carried out in two ways:

1. Independent study (additional education or independent study)

2. Through education in special professional educational institutions

Although the process of choosing a profession is of social importance, behind it is a physical individual. However, if this is the case, it is necessary to implement an individual approach to the personality of each career chooser. For this purpose, it is appropriate to carry out professional education according to the age and gender characteristics of the career chooser. First of all, it is necessary to take into account the professional need, motivation, ability, interest and ability of the person. Otherwise, a general referral, instruction will not lead to a positive result, because individuality requires specific requirements.

Vocational education is an impressive set of information aimed at introducing students to the nature of the profession and the requirements of each profession. It is distinguished from other content by the accuracy, completeness, expression of private and social importance of information. Professional education is carried out in different ways according to a person's age, gender, and level, and its forms are verbal and non-verbal, observation and familiarization, visual and graphic, meeting.

Vocational counseling is a process of creating an important objective and subjective condition for choosing a profession (specialty) suitable for a person's passions and abilities, in order to deeply instill the essence of career guidance into the human mind. It is the process of issuing scientific-practical referrals based on the needs of the profession holder (selector), the professional responsibility of the teacher (coach). Advice stands out from other main parts due to its focus, consistency, objectivity, information saturation.

Vocational selection is a process of identifying individuals who can successfully occupy a certain profession and fulfill their civic (private) duty at a high level. Based on professional knowledge, certain skills, qualifications, based on the verification criteria, rational selection is carried out.

COMMENTARY OF RESULTS.

Professional adaptation is understood as the process (consisting of several stages) of successful adaptation of young professionals and specialists to professional activity, its conditions and requirements. Introduction to the essence of the profession, familiarization with knowledge, skills, qualifications, choosing reasonable methods for acquiring them, using them effectively in practice, getting used to the conditions, and mastering skills make up the content of adaptation.

The main factors influencing the choice of profession are:

- 1) The content and methods of vocational training are perfectly embodied in the educational system.
- 2) Cooperation and effectiveness of the work of the teaching team in teaching students to choose a profession.
- 3) The fact that the class leader's cooperation with parents is the basis for a conscious career choice
- 4) Participation of the youth organization in choosing a profession.
- 5) The selection of a profession in the context of extracurricular and extracurricular activities.
- 6) Mass and large-scale implementation in schools, production organizations.
- 7) Activities of special institutions.
- 8) Organization of professional exhibitions and trips.
- 9) Meetings with creative, influential and skilled people.
- 10) Participation of local press, radio and television in choosing a profession.

When guiding students to a profession, it is appropriate to take into account the occupational profile of the chosen profession. Professionography means a set of requirements set for a person by professions and their different specializations. Special importance should be given to these factors in the professionogram:

1. Psychological description of the profession and its specialties;
2. Importance of the profession (craft) for the country's economy;
3. Social description of profession and specialization;
4. Social psychological importance and description of the profession; among young people, his social position (prestige), specific characteristics of the community, characteristics of interpersonal relations on vertical and horizontal;
5. Pedagogical description of the scope of knowledge and skills necessary for successful acquisition of professional activity (professional skills are determined through special criteria);
6. Suggestions for improving the pedagogical process, preparation periods, a general description of measures;
7. Hygienic description of working conditions;
8. Consistency of medically prohibited factors to work in the profession;
9. Psychological disproportion to the profession, or professional unfitness;
10. Self-activation and identification.

In introducing the students to the professionogram, the main goal should be to make them understand the following components:

- a) the main labor tools - the attention, enthusiasm, thought - imagination of the career chooser - should be focused and directed to the same tools;

b) basic labor operations: determining what kind of activity is possible with the labor tool and knowing in which areas it can be used; to be able to correctly imagine the role of operations in the production process; strive to search and discover new options for operations;

v) basic weapons and tools: hand weapons are used by professions such as locksmith, surgeon, violinist, violinist, bow player;

g) working conditions: the natural environment and conditions, people, etc., surrounding the career chooser.

As long as students are given the opportunity to choose a profession based on their interests, abilities, desires and abilities, the ground is prepared for the development of this field. This means that in the future, young people will be able to become mature specialists in their fields.

The problem of choosing a profession for young people who have entered a vocational college will not be fully resolved. Some of them hesitate about the correctness of the choice in the first year of study, others - at the beginning of independent professional activity, some after 3-4 years of work in the profession, some of the young people, after graduating from the vocational school, cannot find a job in their profession and join the ranks of the unemployed. Therefore, the problem of choosing a profession remains relevant for them. Psychological exhaustion, anxiety, distrust of the future create certain difficulties in finding oneself in the world of work.

CONCLUSION

Students with vocational training face the problem of employment. In order to determine the compatibility of individual psychological characteristics of people with professional training according to the requirements of the profession, a professional selection is held in a number of specialties. Its implementation causes a number of problems, that is, it is necessary to define the normative characteristics of the profession and determine the psychological characteristics and qualities.

For the future specialist, entering a team with people of different ages among its new members, getting used to professional activities, and understanding a new social role will cause problems. The stage of adaptation includes the form of professional social maturity and socialization. The changed professional situation leads to the formation of new psychological characteristics and qualities. Sudden changes in the psychological structure of a person also change a person's life. In place of the previous "school-family-society" system, a new one, i.e. "career-family socio-economic conditions", arises. Now the factor of professional environment becomes important in personal development.

List of used literature:

1. F.R. Abdurakhmonov, Z.E. Abdurakhmonova. Professional psychology. Textbook. T. 2018. 176 p.
2. Kholyigitova N.H., Abdumadjidova D.R. Professional psychology. Study guide. T. 2019. 544 p.
3. Goziev E., Mamedov K. Occupational psychology. Study guide. Tashkent 2003.
4. Zo'raeva S.N., Yunuskhodzhaev Z.Sh. Professional psychology. T. 2014. 214 p.
5. Abdullaeva R.M. Professional psychology. Study guide. T. 2019. 253 p.
6. Snyder D. Prakticheskaya psichology dlyapodrostkov, ilikaknaytisvoe mesto v jizni. — M., 2000.
7. Eysenck G., Wilson G. Kakizmeritlichnost. — M., 2000.
8. Leontev D.A. Methodology izucheniya sennostnyx orientatsiy. — M., 1992.
9. Ghaziev EG, Asomova R. Text of lectures from the course of professional psychology. Tashkent 2000.
10. Skatkin M.N. i.t.d. Trudovoe vospitanie i proorientatsiyashkolnikov. Moscow.: 1981.
11. Chistyakova S.N. Basic professional orientation. M.: 1983.
12. Kulagin. V.B. Basis of professional psychodiagnosis. Moscow 1998
13. Myers D. Social psychology. — SPb, 2000.