

SOCIO-PSYCHOLOGICAL FEATURES OF PROFESSIONAL SELF-AWARENESS AND CONSCIOUS PROFESSIONAL CHOICE IN STUDENTS

Zamira Bakhtiyarovna Bilolova

Associate Professor of the Department of Pedagogy and Psychology,
Doctor of Philosophy in Psychology, Ph.D. "Alfraganus University"

Gulnora Saytmuratxonovna Saydirasulova

2nd year master's Student of the Non-Governmental Higher
Educational Institution "Alfraganus University"

Abstract

This article discusses the socio-psychological features of professional self-awareness and conscious professional choice in students, and gives recommendations on the difficulties in professional self-awareness, stages of professional self-determination, factors influencing the process of professional self-determination, and recommendations for the formation of the process of professional self-awareness in students.

Keywords: Career choice, self-awareness, professional self-awareness.

TALABALARDA KASBIY O'Z-O'ZINI ANGLASH VA ONGLI KASB TANLASHNING IJTIMOYIY-PSIXOLOGIK HUSUSIYATLARI

Bilolova Zamira Baxtiyarovna

“ALFRAGANUS UNIVERSITY” Pedagogika va psixologiya kafedrasida dotsenti, psixologiya fanlari falsafa doktori Phd

Saydirasulova Gulnora Saytmuratxonovna

“ALFRAGANUS UNIVERSITY” nodavlat oliy ta'lim tashkiloti 2-kurs magistranti

Annotatsiya:

Ushbu maqolada talabalarda kasbiy o'z-o'zini anglash va ongli kasb tanlashning ijtimoiy-psixologik hususiyatlari yoritilgan bo'lib, kasbiy o'zini-o'zi anglashdagi qiyinchiliklar, kasbiy o'zini-o'zi aniqlash bosqichlari, kasbiy o'zini-o'zi belgilash jarayoniga ta'sir etuvchi omillar va talabalarda kasbiy o'z-o'zini anglash jarayonini shakllantirishga oid tavsiyalar berilgan.

Tayanch so'zlar: kasb tanlash, o'z-o'zini anglash, kasbiy o'z-o'zini anglash.

Introduction

The quality of education in the world is determined by the level of formation of professional self-awareness, intellectual potential and professional initiative of personnel. In world educational and scientific centers, special attention is paid to scientific research on the dynamics of the formation of professional competence, professional responsibility and professional self-awareness, active and stable motives of students and their development, spiritual involvement associated with individual psychological characteristics, and strengthening the sense of responsibility. In this regard, there is a need to focus on measures aimed at identifying and improving the key components that determine the basis of issues aimed at studying the phenomenon of professional self-awareness in students and modern approaches to the development of professional self-awareness, its psychological characteristics and opportunities for its realization and influencing psychological factors, the relationship between professional self-awareness, responsibility and personality traits.

The Decree of the President of the Republic of Uzbekistan No. PF-60 dated January 28, 2022 “On the Development Strategy of New Uzbekistan for 2022-2026”, No. PF-5635 dated January 17, 2019, “On Approval of the Concept for the Development of the Higher Education System of the Republic of Uzbekistan until 2030” and other regulatory legal acts impose a great responsibility on all employees involved in education, especially pedagogical psychologists, to ensure the implementation of the tasks set forth in them and to implement this process on a large scale. For this, every parent, teacher and coach must first see the individual in the person of each child. Based on this simple requirement, the main goal and task of the education sector should be to raise our children as self-aware, independent and broad-minded, fully developed people who live consciously. Naturally, first of all, in fulfilling this task, it is necessary to educate students studying in the education system to be creative, self-aware and responsible, able to meet the requirements of today's times.

A profession is a type of activity in which a person has certain knowledge, skills and qualifications, carries out a specific labor activity, performs a specific task in social life and receives a permanent income from it. A profession determines a person's place in society, his work in a certain field, and his contribution to society or society.

Choosing a career is one of the most important decisions in a person's life, and this choice determines their future quality of life, personal satisfaction, and impact on society. When a person chooses a career that matches their interests, abilities, and values, it provides them with the opportunity to develop and grow professionally.

Self-awareness is a person's conscious understanding of themselves, their inner world, needs, values, and personal goals. This understanding includes understanding who they are, what qualities they have, what they are interested in, and what they consider important.

Self-awareness helps a person make the right decisions in life, realize their full potential, feel good about themselves, and determine their goals in life. This process develops through self-help, reflection, and working on their feelings, behaviors, and thoughts.

Self-awareness is an important process that ensures a person's personal development and mental health.



The process of professional self-awareness is preceded by differentiated ideas about professions at a younger school age, and the processes of primary choice of profession in adolescence and adolescence. At these stages, rarely does a student think about being able to perfectly master a particular profession, but rather thinks about professions based on external attributes, clothing, behavior, and the like.

Professional self-determination is a multi-stage process that can be approached from different perspectives.

First, this process can be viewed as a set of tasks that a person is forming in society. In this case, a person must fulfill these tasks over a certain period of time and in certain sequences.

Secondly, professional self-determination manifests itself as a decision-making process. In this case, the individual forms and optimizes his desires and preferences based on the needs of the existing social system.

Thirdly, it can be expressed as a process of finding a structure for an individual lifestyle, the component of which is activity. These three directions describe different aspects of the problem: the first view is sociological, the second is socio-psychological, and the third is a differential psychological view, and they complement each other.

Difficulties in professional self-realization are also associated with a lack of knowledge of what professional suitability is and how it is formed. Lack of self-knowledge creates major difficulties in professional self-determination. Some students believe that the expressed interest does not correspond to abilities and inclinations, while others have so much interest and abilities that it is difficult to limit the range of professions they choose. Still others have certain professional goals, but do not have the necessary professional qualities. Most students, and even parents, often choose a profession not based on work activity, but on the basis of an educational institution or academic activity. This choice is based on interest in a particular subject. In fact, there is a huge gap between academic and professional activity within the relevant subject. It is precisely because of difficulties in professional self-realization that 7% of people in the world are forced to change their profession to other professions every year.

In psychological pedagogical literature, 4 groups of factors influencing the process of professional self-determination are distinguished:

Firstly, socio-economic factors, which offer young people entering the life of society at different stages of development different areas to spend their existing strength and capabilities. First of all, the spectrum of these professions, their changes and development prospects are related to the needs of one or another specialist of society.

Socio-psychological factors constitute the second group. First of all, the environment in which a person grows up before and after school education, family, circle of friends, school community, etc. Under the influence of the social environment, the value orientation of a person, his attitude to various groups of professions, specific social expectations, institutions and stereotypes are formed.

The third group consists of intrinsic psychological factors, which are personal interests and inclinations, general and specific abilities, level of mental and personal development, memory characteristics, peculiarities of attention and motor skills, etc.



The fourth group includes individual psychophysiological characteristics, the most studied of which is the question of the influence of the main properties of the nervous system on the types of activity. They determine the dynamic characteristics of the course of mental processes, are expressed in the form of different temperaments and can facilitate or, conversely, complicate the performance of a certain type of activity.

Thus, when forming professional self-awareness and the process of conscious professional choice in students, and clarifying the question of how professional self-awareness helps a person, it is recommended to pay attention to the following:

1. Choosing a profession: A person who understands his abilities and interests well makes the right decisions when choosing a profession, has the opportunity to fully realize his potential.
2. Career satisfaction: When a person works in a field that interests him and is important to him, he gets satisfaction from his work, which has a positive effect on his overall happiness.
3. Personal and professional growth: A person who understands his strengths and weaknesses will work on them, striving for success and professional development.
4. Suitable environment and position: Professional self-awareness helps a person find a suitable work environment and position, which increases efficiency in the work process.

In conclusion, it can be said that professional self-awareness is the process of understanding and assessing a person's personal abilities, interests, values, strengths and weaknesses in choosing a profession, professional activities and in the workplace. This concept is of great importance in choosing the right professional direction and in professional growth. Also, these processes change and develop throughout a person's life, and as professional experience increases and new skills are acquired, a person's self-awareness also deepens.

REFERENCES:

1. O'zbekiston Respublikasi Prezidentining 2022 yil 28 yanvardagi "2022-2026 yillarga mo'ljallangan Yangi O'zbekistonning taraqqiyot strategiyasi to'g'risi"da PF-60-son. <https://lex.uz/docs/5841063>
2. O'zbekiston Respublikasining "Ta'lim to'g'risida"da Qonuni. Toshkent shahar., 2020-yil 23-sentabr, O'RQ-637-son. <https://lex.uz/docs/5013007>
3. O'zbekiston Respublikasi Prezidentining "Yoshlarga oid davlat siyosati samaradorligini oshirish va O'zbekiston yoshlar ittifoqi faoliyatini qo'llab quvvatlash to'g'risida"gi Farmoni. –T.: 2017. –1-3-b.
4. S.X.Jalilova, F.I.Xaydarov, N.I.Xalilova - "Kasb psixologiyasi". Toshkent, 2010.
5. Ананьев Б.Г. Избранные психологические труды. В двух томах. Т.1. – С-Петербург: СПбГУ, 2007. –232 с.
6. O.Otajonova., V.Karimova. "Kasbiy psixologiya". T.: "Iqtisod-Moliya"2018.-232bet
7. Е.А.Климов "Как выбрать профессию" Москва 1990 йил
8. А.Ф.Кудряшова «Лучшие психологические тесты для проф отбора и профориентатора» 1992 йил
9. Акрамова, Ф. А., & Билолова, З. Б. (2019). Психология гендерных установок и стереотипов в высшем образовании и в управленческой деятельности. *Современная семья: изменяющиеся смыслы и практики*, 1(1), 196-201.
10. Bilolova, Z. B. (2015). Sog'lom avlod tarbiyasida oila va mahallaning hamkorligi. *Xalq ta'limi*, 1(5), 113-118.

