

**SOCIAL PSYCHOLOGICAL BASIS OF THE FORMATION OF VOCATIONAL QUALITIES IN ADOLESCENTS**

Axatov Yoldoshjon Hamzayevich
Independent Researcher of Bukhara State University

Abstract

The formation of vocational qualities in adolescents is a multifaceted process influenced by social, cognitive, and personal factors. This article explores the social psychological basis of vocational development during adolescence, highlighting the role of social influences, cognitive processes, personal experiences, and educational environments in shaping adolescents' career aspirations and decisions. By understanding the underlying mechanisms driving vocational development, educators, parents, and policymakers can better support adolescents in exploring their interests, developing their skills, and making informed career choices. Ultimately, investing in the vocational development of adolescents is essential for fostering their future success and contributing to the well-being of society.

Keywords: Adolescents, vocational development, social influences, cognitive processes, personal experiences, educational environments.

Introduction

The transition from adolescence to adulthood is a critical period marked by significant developmental changes, including the formation of vocational qualities that shape individuals' career trajectories and professional identities. This article delves into the social psychological basis of the formation of vocational qualities in adolescents, examining how social influences, cognitive processes, and personal experiences interact to shape career development during this formative stage. By understanding the underlying mechanisms driving the development of vocational qualities, educators, parents, and policymakers can better support adolescents in making informed career decisions and achieving success in their chosen fields. Social interactions play a crucial role in shaping adolescents' perceptions of themselves and their career aspirations. Family, peers, teachers, and community members serve as important socializing agents that influence adolescents' beliefs, values, and attitudes towards work and career. Parents, in particular, play a significant role in shaping adolescents' vocational development through modeling, encouragement, and career guidance. Peers also exert influence through social comparison and peer pressure, shaping adolescents' perceptions of career options and influencing their career choices. Additionally, teachers and mentors provide valuable support and guidance, helping adolescents explore their interests, develop skills, and set goals for the future.

Cognitive Processes and Career Decision-Making: Cognitive processes, such as self-efficacy, career self-concept, and decision-making abilities, play a central role in adolescents' career development. Self-efficacy beliefs, influenced by past experiences and social feedback, shape



adolescents' confidence in their abilities to succeed in specific career domains. Career self-concept, or the perception of one's own abilities, interests, and values in relation to career goals, influences adolescents' career exploration and decision-making processes. Decision-making abilities, including problem-solving skills, critical thinking, and future orientation, enable adolescents to weigh options, set goals, and make informed career choices. By developing these cognitive processes, adolescents can navigate the complexities of career decision-making and pursue paths aligned with their interests, values, and aspirations.

Personal Experiences and Career Identity Formation: Personal experiences, such as extracurricular activities, part-time employment, and volunteer work, shape adolescents' career identity formation by providing opportunities for exploration, skill development, and self-discovery. Engaging in diverse activities allows adolescents to explore their interests, talents, and values, providing insights into potential career paths and fostering a sense of purpose and direction. Part-time employment and volunteer work offer valuable opportunities for skill development, networking, and exposure to different career fields, helping adolescents gain practical experience and clarify their career goals. Furthermore, positive experiences in these activities can enhance adolescents' self-esteem, motivation, and commitment to pursuing their chosen career paths.

The Role of Educational Environments in Vocational Development: Educational environments play a critical role in supporting adolescents' vocational development by providing resources, guidance, and opportunities for career exploration and skill development. School-based career counseling programs, vocational courses, and career fairs offer valuable information and support to help adolescents explore career options, set goals, and make informed decisions about their futures. Additionally, extracurricular activities, such as clubs, sports teams, and leadership opportunities, provide avenues for skill development, socialization, and personal growth, enhancing adolescents' readiness for the workforce. Moreover, positive relationships with teachers, mentors, and peers foster a supportive learning environment that encourages academic achievement and career success.

Challenges and Opportunities in Vocational Development: While adolescence is a time of exploration and self-discovery, it is also a period marked by uncertainty, ambiguity, and challenges in vocational development. Adolescents may face pressure to conform to societal expectations, uncertainty about their interests and abilities, and limited access to resources and opportunities for career exploration. Moreover, adolescents from marginalized backgrounds may encounter additional barriers to vocational development, such as socioeconomic disadvantage, discrimination, and lack of access to educational and career resources. However, these challenges also present opportunities for intervention and support to help adolescents overcome obstacles and achieve their career aspirations. By providing mentorship, guidance, and resources, educators, parents, and policymakers can empower adolescents to navigate the complexities of vocational development and pursue fulfilling and meaningful careers.

In conclusion, the formation of vocational qualities in adolescents is a complex and dynamic process shaped by social, cognitive, and personal factors. Social influences, including family, peers, and mentors, play a crucial role in shaping adolescents' career aspirations and beliefs about work. Cognitive processes, such as self-efficacy, career self-concept, and decision-making abilities, enable adolescents to navigate career decision-making and pursue paths aligned with their interests and



values. Personal experiences, including extracurricular activities, part-time employment, and volunteer work, provide opportunities for exploration, skill development, and self-discovery, shaping adolescents' career identities and aspirations. Educational environments play a critical role in supporting adolescents' vocational development by providing resources, guidance, and opportunities for career exploration and skill development. Personal experiences, such as extracurricular activities, part-time employment, and volunteer work, provide valuable opportunities for adolescents to explore their interests, develop skills, and gain insight into potential career paths. These experiences not only enhance adolescents' understanding of their strengths and interests but also foster a sense of purpose and direction in their career development. Furthermore, educational environments play a critical role in supporting adolescents' vocational development by providing resources, guidance, and opportunities for career exploration and skill development. School-based career counseling programs, vocational courses, and extracurricular activities offer avenues for adolescents to explore different career options, acquire relevant skills, and prepare for the workforce.

Despite the challenges and uncertainties inherent in vocational development during adolescence, this period also presents opportunities for growth, self-discovery, and personal fulfillment. By fostering supportive learning environments, providing mentorship and guidance, and advocating for equitable access to resources and opportunities, educators, parents, and policymakers can empower adolescents to explore their interests, develop their talents, and pursue meaningful and fulfilling careers. Ultimately, investing in the vocational development of adolescents is not only an investment in their future success but also in the future prosperity and well-being of society as a whole.

References

1. Merkulova, T. V., Peresyphkina, T. V., Cherniakova, G. M., Nesterenko, V. H., Holubnycha, H. I., & Holubnycha, O. O. (2021). Socio-psychological determinants of adolescent health at the initial stage of professional education. *Wiad Lek*, 74(5), 1147-1151.
2. Rakhmanova, M., & Meylieva, M. (2021). Socio-Psychological Features of the Formation of a System of Attitudes to Career Choice in Adolescents. *Indiana Journal of Humanities and Social Sciences*, 2(12), 4-7.
3. Bryant, B. K., Zvonkovic, A. M., & Reynolds, P. (2006). Parenting in relation to child and adolescent vocational development. *Journal of Vocational behavior*, 69(1), 149-175.
4. Zuyeva, T. V., & Nyssanov, A. T. (2022). Career guidance of adolescents in their sociocultural development and modern technologies. *Psychologie Francaise*, 67(1), 31-47.