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PSYCHOLOGICAL FACTORS OF THE FORMATION OF THE PROCESS OF CHOOSING A PERSON

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Abstract

The article describes the circulation of choice of profession and its relevance, the study of Professional Psychology by foreign and local scientists, the innovations introduced into science. Scientific works of foreign scientists were used effectively in covering the topic of the article. Conclusions from the article can be used in higher educational institutions and vocational schools in the process of preparing young people for the profession.

Keywords: choice of profession, interest, motivation, orientation to the profession, foreign and local scientists, motivation, merit, ability, social environment.

Introduction

In recent years, President Sh. Mirziyoyev has paid attention to our youth and is carrying out many reforms in the implementation of necessary measures for their formation as mature individuals. The starting point of the education system is the formation of high-quality and world-experienced processes, from the beginning of learning to the choice of a profession, which is a guarantee of training high-quality and competitive personnel in the personnel market where the digital economy has entered in the future.

Several factors play a role in the formation of each person, including several processes. The most important of them are the choice of a profession in the process of formation and the psychological factors that occur in this process.

The process of choosing a profession is the process of "second birth" for a person. After all, such processes as the social importance of a person, his place among other people, job satisfaction, physical and mental health, joy and happiness are closely related to his chosen profession.

Thus, professional labor activity before the right choice is one of the most important factors that determine many things in modern human life. The acceleration of the socio-economic development of our society is closely related to the increase in the role of the human factor. In this regard, the task of significantly improving labor education, teaching and professional orientation of students of general education schools, increasing their spiritual and psychological readiness for independent life, and forming a conscious need for work in the young generation is being set.

The formation of the instinct for choosing a profession can be formed at different stages of the individual's development. The family environment is one of the most important psychological



factors and starting points in the formation of the process of choosing a profession in a person. There is a saying in our people. "A bird does what it sees in its nest." If we connect this quote to our topic, we can witness in many cases that children dream of getting this profession after their interest in their parents' professions, even in many cases they will continue this profession in the future. This process is related to the psychological impact of the family environment on the child. When a child grows up, one of the first idols for him is his parents. Every behavior of the parents acts as a "model" for the child. The events in the professional activity of the parents appear to the child as "heroism" by itself. Consciously, the child imagines his future in this profession. This idea will remain with most children in the future. These imaginations gradually bring the child's interest in the profession to real life.

Literature review. Various social and scientific "questions" related to this topic have been studied by local and foreign psychologists in different ways.

Regarding the psychological basis of the choice of profession and the stable connection of the family, the main determinants of the construction of family structures (Zaev S.V., Klemantovich I.N., Soloviev N.Y., Schneider L.B., etc.), the reasons for the formation of the psychology of professional activity (Andreeva J.A., Gozman L.Y., Gilyagina E.I., Dmitrieva M.A., Elizarov A.N., Polyevaya M.V., Solovyov O.V., Shapa-Tina O.V., Shvets.I.G, and others), the most effective ways to help normalize the psychological indicators of professionalism in its individual members and the entire family environment (Barsukova O.V., Zhigalin S. S., Karabanova O. A., Miniyarov V. M., Peseshkian N., Eidemiller E. G., Yustitskis V. V.) and others can be cited as an example of the scientific developments of foreign scientists. In recent years, various researches have been conducted in various fields on the topic of the influence of parents on the formation of a child's personality. G. B. Cherevach, D. Shatrov, I. A. Kuznetsova, N. G. Ayvarova and others can be cited as examples.

Research methodology. In researching this topic, 70 students of 7-9 grades of secondary schools were studied by questionnaire method. The following questions were reflected in the questionnaire.

- What is your father's profession?
- What is your mother's profession?
- What profession do you want to have in the future?
- What is your favorite part of your chosen profession?
- At what age did you become interested in this profession?
- What made you choose this profession?
- Why is this profession interesting to you?

Why was this survey conducted in 7-9 grades? Because this period includes the process of formation of "I" in terms of career choice in most children. During this period, the child's interest in growing up grows. He imagines and fantasizes about his future, and through these processes builds his future in his mind.

Analysis and results.

Professional activity or human professional activity is not a passive process, it is a consciously controlled active process. The process of actions embodying human professional activity is called professional activity. That is, professional activity is a specific form of activity



controlled by human mind and thinking, which appears according to various needs in it, and is aimed at changing and improving the external world and oneself. This is work aimed at creating material benefits and scientific research activity aimed at opening new discoveries.

External and internal professional activities are distinguished, depending on what exactly the professional activity and the objective actions that make up it are directed to. External professional activity is an activity aimed at changing the external environment surrounding a person and things and events in it, while internal professional activity results from the passage of purely professional psychological processes. From the point of view of origin, inner-mental, psychic professional activity originates from activity with an external object. The subject action of the student summarizing the lecture is focused on writing, and he enriches the stock of knowledge by making changes in the number and quality of the entries in that notebook.

Vocational orientation summarizes the interests of society and the individual. This system consists of systems and bosses, each of which has its own tasks and solution methods. The issue of activity is an important issue in career guidance. Desires that encourage a living being to act in a certain way and in a certain direction serve as a source of individual activity.

At present, the introduction of many innovations into life is changing the attitude of young people to work. On the basis of these, the attitude of young people to the profession is changing. There are many examples of this from life. Opportunities are being created to test oneself and get information about professions through tests on the computer. Modeling means, first of all, that work activities carried out in the workplace are first tested on simulators. And these lead to the entry of new methods into professional psychology.

As one of the main criteria for the emergence of professional skills, the formation of a person's sense of professional identity can be divided into several stages:

- The period of professional identification. At this stage, the realization of the professional identity is completed. This period may continue after graduation. The student has a clear direction of learning the profession, stable interests, and the formation of personal characteristics that match the requirements of the profession.
- The period of the emergence of concrete and demonstrative ideas about the world of professions. This period includes the period from 2.5-3 years to 10-12 years. In the course of development, different ideas about the world of professions are formed in the child's mind. In primary education, the student's vision of professions expands further in leading educational activities.
- The period of professional self-awareness. Having mastered the concepts of many professions, the student should be able to apply them in one form or another. Due to insufficient knowledge, skills and training about professions, some students cannot show themselves in a professional field. However, they have a stronger need for self-knowledge in the process of communication with their peers.

In order to create the reality of young people's career choice, it would be appropriate to organize meetings, roundtable discussions, evenings and lectures with advanced professionals, veterans of the profession, professional dynasties. These events make the student's interest in this profession even stronger.



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