

Socio-Psychological Problems of Professional Direction of Young People

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Abstract:

The article deals with the issues of career orientation of teenagers are both social and psychological problems, and about the individual psychological characteristics of career orientation. This article examines the socio-psychological challenges encountered by young individuals in choosing and pursuing their career paths. Drawing upon psychological theories and sociological perspectives, the authors explore the complexities involved in career decision-making, including societal expectations, family influences, personal aspirations, and socioeconomic factors. The article discusses how these socio-psychological factors can impact young people's perceptions of themselves, their career options, and their ability to navigate the transition from education to employment. Additionally, it addresses the role of educational institutions, career counselors, and social support networks in assisting young individuals in making informed career choices and addressing psychosocial barriers.

Keywords: career orientation, social environment, psychological influence, career choice, professional activity

Introduction

Self-choice of a profession begins at the age of small school and ends in adolescence, when a person makes a necessary decision that will affect his entire life in the future [1]. One of the most important decisions in the life of adolescent students is the choice of a profession, which is carried out by connecting them with the specific requirements of a particular profession based on their internal capabilities. On the basis of the correct choice of profession, a teenager develops a sense of self-respect, self-confidence, self-determination, self-awareness and human qualities. The basis of choosing a profession is the interests, skills, abilities, and character traits of a person. As a result of our study of literature, we decided to mention the opinions of Russian scientists about the types of activities during adolescence.

Russian scientists D.B.Elkonin and A.N.Leontyev say that educational and professional activity is the leading activity in adolescence. According to D.I.Feldstein, studying and working

as the main types of activities during adolescence determine the development of a person. Other psychologists point to professional self-determination as a leading activity in early adolescence. According to I.V. Dubrovina, he clarifies that this situation, it is too early to talk about professional self-determination at the time of graduation, because there are only wishes, unrealized future plans [2].

Even if the age of choosing a profession is not specified from the point of view of scientists, teenagers who are finishing school have thought about their future professions, and some of them have made plans and made clear decisions.

In our assumption, the reason for this is that the career choice of teenagers and young adults is both a personal and social problem of great vital importance, as well as different social environments, internal and external factors that influence the decisions of our young people, motivational factors, among others. In the family, we believe that the training of parents, older members, and individual psychological abilities.

Furthermore, teenagers also make mistakes because they do not have clear ideas about professions. They do not understand what personal qualities are required for the chosen and necessary profession. However, there are ways to prevent and eliminate such disappointments, and these factors can be cited as follows:

- development of methods of studying professions, their classification and expression;
- psychologists carry out propaganda work on professions, give advice to students on professions;
- review of career guidance activities together with a psychologist and parents;
- introducing teenagers to the main types of profession;
- preparing high school students for the profession and awakening their interest in labor education classes;
- development of applied psychodiagnostic methods of career selection;
- conducting promotion and campaigning among teenagers regarding career guidance and psychological training [3].

Adolescents may make mistakes because they do not know what career to choose, and at this time we adults give them the right advice and recommendations, psychological support. we can lead them to choose a profession.

If the professional interests of adolescents and their inclinations towards educational subjects constitute the meaningful aspects of the process of professional formation, it is impossible to think about the professional direction of a person without studying the desires and interests of a person.

In this regard, K.K. Platonov developed a scheme called “Profession Selection Orientation Triangle” and showed the important aspects of the profession selection orientation triangle in it:

- 1) the presence of certain knowledge regarding the requirements for the owner of various professions;

2) information on the need for labor resources of the society (province, city, district) in relation to this or that specialty;

3) it is indicated as knowledge about the skills, abilities, and personal characteristics of the career guide [4].

Therefore, pedagogues, psychologists, and career guidance specialists play an important role in career guidance.

Because teenage students make more mistakes because they don't have clear ideas about choosing a profession. Not all teenagers are equally aware of what personal qualities and qualities the profession they choose or want to choose requires. Specialists who are able to help teenagers find their own way of life and have professional knowledge in every field should give clear guidance to our youth based on their merits and abilities and personal characteristics.

It is very important for our young people, who are entering a big life, to choose their future profession correctly. Adolescents learn information about career choices and careers from teachers, career psychologists, friends, and parents, as well as from the Internet. When choosing a career, teenagers receive a lot of information from the Internet and television and analyze it at the level of their knowledge.

The abundance and diversity of the information flow cannot but affect the minds of our youth. Some researchers considered television itself a great tragedy. Television brings youth and humanity under its influence, models (stereotypes) the thinking and behavior of the general public, deprives them of fantasies, creative initiatives, and independent thinking. Television reduces the possibility of interpersonal relationships in the family, community, and with friends, and makes communication formal and superficial.

Statistical data show that the interest of teenagers and students in reading books is reduced by using them in mental observation and reading books [5]. The scientist believes that television shows can cause difficulties in interpersonal relationships and aggressive behavior in children as a result of some shows. , also noted that it prevents the emergence of new ideas.

Conclusion.

Thus, in our point of view, it is appropriate to broadcast TV programs that help to grow intellectually and have a positive effect on the young generation, without separating from real life. In order not to get attached to the virtual world and entertaining games in it, to attract to a specific type of activity, and should learn the professions inherited from our ancestors, our language and culture.

The profession we choose has a place in our life to a certain extent, because the way we live, the success we achieve, the people we associate with and the fulfillment of our duty to the country depend on the profession we choose.

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