

# THE INFLUENCE OF PSYCHOLOGICAL ATTITUDES ON THE CHOICE OF PROFESSION

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**Annotation:** Choosing a profession is an important and responsible step in the life of almost every person, since a profession, if chosen correctly, brings a number of positive aspects to a person. These can be, for example, professional achievements that bring joy, self-expression through the work in which a person is engaged, and much more, which in general leads to overall satisfaction with the life lived.

**Key words:** psychology, personality, abilities, choice of profession, independent of professional preparedness and skills, individual parameters.

In modern society, the problem of psychological assistance to people in choosing a profession is relevant and acute. Choosing a profession is not a one-time act, but a process consisting of a number of stages, the duration of which depends on external conditions and the individual characteristics of the subject of choosing a profession. It is complicated by the fact that at present there are more than 40 thousand professions, while approximately 500 of them disappear every year and almost as many new ones appear. The choice of a profession is also complicated by the fact that career guidance in modern conditions still does not achieve its main goals - the formation of professional self-determination in students, corresponding to the individual characteristics of each individual and the demands of society in personnel, its requirements for a modern worker.

Personality is not only the subject of psychology but also the subject of philosophical, socio-historical knowledge, at a certain level of analysis, the personality acts from the side of its natural, biological characteristics as a subject of anthropology, somatology and human genetics. There is no unambiguous definition of the term "personality." From Rubinstein's point of view, personality is a set of internal conditions through which external influences are refracted. According to Leontiev, personality is the subject of activity. Carl Rogers believes that personality is an organized long-term subjectively perceived entity at the core of our experiences. According to Gordon Allport, a person is an individual who has entered into interaction with the world. Eric Erickson believes that personality is the result of psychosomatic crises that an individual goes through during his life. Kelly: personality is a unique way of understanding life experiences inherent in each individual. Albert Bandura: personality is the result of a complex and continuous interaction of the individual, behavior and situation [1, 65]. Personality is an active subject of activity, cognition, communication and creativity, possessing self-awareness and a set of stable individual psychophysiological characteristics [6, 19]. The success or failure of a person in professional activities is largely determined by the correspondence of his individual typological features, manifested in temperament, character, abilities, and the requirements of the profession. These individual typological features of a personality influence its professional self-determination and professional development, integration into the professional environment and professional self-realization.

Abilities are individual psychological characteristics of a person that ensure success in activities, communication, and ease of mastering them. Abilities cannot be reduced to the knowledge, skills and abilities that a person has, but abilities ensure their rapid acquisition, fixation and effective practical application. Success in activity and communication is determined not by one, but by a system of different abilities, while they can be mutually compensated. There are a number of classifications of abilities. Abilities are classified into [5, 137]:

- *natural abilities* are basically biologically determined, associated with innate inclinations, formed on their basis, in the presence of elementary life experience through learning mechanisms such as conditioned reflex connections;
- *specific human abilities* that have a socio-historical origin and ensure life and development in a social environment (general and special higher intellectual abilities, based on the use of speech, logic, theoretical and practical, educational and creative). Specific human abilities, in turn, are divided into a) general, which determines the success of a person in a wide variety of activities and communication (mental abilities, developed memory and speech, accuracy and subtlety of hand movements, etc.), and special ones that determine success a person in certain types of activity and communication, where a special kind of inclinations and their development are needed (mathematical, artistic and creative, sports, etc.).

As a rule, these abilities can complement and enrich each other, but each has its own structure; a) theoretical, which determines a person's inclination to abstract-logical thinking, and practical, which underlies the inclination to concrete-practical actions. The combination of these abilities is characteristic only of versatile gifted people; b) educational, which affects the success of pedagogical influence, the assimilation of knowledge, skills, and the formation of personality traits by a person, and creative, associated with success in creating works of material and spiritual culture, new ideas, discoveries, inventions. The highest degree of creative manifestations of a person is called genius, and the highest degree of a person's abilities in a certain activity (communication) is called talent; c) the ability to communicate, interact with people, namely, human speech as a means of communication, the ability to perceive and evaluate people, social and psychological adaptability to different situations, getting into contact with various people, liking them, etc., and subject-activity abilities associated with the interaction of people with nature, technology, symbolic information, artistic images, etc. Let us consider the main individual parameters (independent of professional preparedness and skills), which are given special attention in the selection of candidates. physical data. In many professions, excellent health and fitness can play a decisive role, even in those that are not directly related to physical activity in the usual sense.

Among the stages of professional development, the stage of choosing a profession is of the greatest importance. There are many psychological studies devoted to the situation of choosing a profession:

1) According to the theory of Chebysheva V.V. and Galkina O.I., there are 2 possible situations for choosing a profession [7]:

- choosing a profession as an implementation in terms of solving sufficiently formed abilities and interests;
- choosing a profession as an opportunity to test one's strength, and gain work experience, in order to make a more professional choice later.

2) A similar approach is implemented in the studies of V. Jaide, he identifies the following types of situations of professional choice [3]:

- the choice is characterized by an increased dependence of a teenager on the circumstances of life, the uncertainty of his own desires and their inconstancy, in general - passivity;

- with sufficient determination and independence, there are only slightly differentiated inclinations;
- a teenager is able to make his own choice of profession, which would correspond to sufficiently pronounced inclinations and abilities.

3) The typology of problem situations of professional choice, proposed by E.A. Klimov [4], where the following types are distinguished:

- low self-esteem, weak inclinations, difficulties in building professionally significant qualities;
- low self-esteem, weak inclinations, difficulties in building a professional plan;
- low self-esteem, bright interests, difficulties in building a professional plan, high demands on oneself;
- overestimated self-esteem, weak inclinations, difficulties in building a professional plan, orientation towards material status;
- overestimated self-esteem, pronounced inclinations, difficulties in building a professional plan, and conflict between the desired profession and the opportunity to master it.

In the psychological literature, there are various approaches to determining the psychological factors in making a decision about choosing a profession. A number of researchers adhere to the point of view of choosing a profession as a choice of activity. Professional self-determination is considered in this case as a process of development of the subject of labor. In the context of understanding a profession as a choice of activity, there is also a widespread point of view that the main determinant of the right choice is professional interest or professional orientation. A number of authors adhere to the view of the choice of a profession as a special case of social self-determination, i.e., the choice of a profession is a socially given phenomenon, determined primarily by the social characteristics of the profession.

The most productive is the approach to the choice of a profession as one of the most important events in the integral life definition of a person. The choice of a profession is connected with the past experience of the individual, and the process of professional self-determination extends far into the future, participating in the formation of the general image of a person's "I", determining the course of his life. This approach is based on taking into account a wide range of factors influencing the choice of a profession, allowing you to focus on the temporal aspect - on the past and future of a person. This approach also focuses on the activity of the subject in the process of choosing a profession, which determines what factors dominate in this crucial period of life.

The choice of a profession reflects a certain level of personal aspirations based on an assessment of one's abilities and capabilities. In addition, the choice of a profession, professional self-determination requires a high activity of the subject, depending on the level of formation of conscious mental self-regulation, and the degree of development of the control and evaluation sphere.

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