

THE MAIN PSYCHOLOGICAL PROBLEMS OF PERSONAL PROFESSIONAL ACTIVITY

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ABSTRACT

In this article, the main psychological problems of individual professional activity are theoretically analyzed. The results of a number of researches related to the important tasks of professional education, stages of professional formation, career choice, career guidance, general methodological and theoretical problems related to the understanding and definition of professional identity are described.

Keywords: Personality, professional activity, professional aspirations, professional education, professional adaptation, professional self-determination, career choice.

INTRODUCTION

The issue of professional maturity of a person is a direction of activity that occupies an important place in his life. The correct choice and definition of this activity leads to the solution of a wide range of personal problems. Accordingly, it is very important to pay attention to the following consideration. "Choosing a profession means choosing the most suitable one among several options according to the priority of personal characteristics and qualities based on the requirements of the profession. Choosing a profession is a slightly more complicated process than choosing a career path. Because it is necessary to determine the presence of professional characteristics in a person - the level of preparation (knowledge, experience, breadth of worldview) to acquire a certain profession. There are all grounds for evaluating the research of professional formation and professional activity problems as an actual and comprehensive psychological-pedagogical problem. This problem puts greater demands on the individual in the context of social and economic changes.

The analysis of scientific sources shows that a number of researches have been conducted on the general methodological and theoretical problems related to the choice of a profession, orientation to a profession, understanding and definition of a

professional identity, these are: L.A.Aza, G.M. Belokrylova, A.E. Golomstok, V.I. Zhukovskaya, E.A. Klimov, M.Kh. Titma, P.A. Shavir, M.G. Davletshin, N.Sh. Shodiev, B.R. Kadyrov, E. G'. Ghaziev and others [1-14].

A number of studies are devoted to the study of the issues of choosing a profession, suitability for professional activity and the realization of a person's professional identity, the psychological requirements of professional activity and the psychophysiological basis of individual activity, the formation of professional interests. In these directions, M.Kh. Titma, E.A. Klimov, V.G. Maksimov, A.P. Chernyavchikaya, E.A. Golomshtok, K.M. An example is the research conducted by Gurievich, N.D. Levitov and others [7-10].

From the analysis of research on professional identity, it can be concluded that every stage of professional activity should be considered as a system. T.M.Buyakas, N.D.Levitov, O.N.Rodinalar in their research pay special attention to professional counseling, which is considered one of the stages of professional maturity, evaluate it as a guide in the process of adaptation of a person to a certain professional activity, and explain the effectiveness of the activity depending on the person's abilities.

In our research, we focused on determining what are today's students' perceptions of professional formation, factors that cause career choice and what influences career choice, levels of professional activity motives, personal and professional goals, interests, and professional decisions. Even so, until now, scientific studies have revealed that there are various reasons for choosing a profession.

Questionnaire of methodology for determining professional standards (i.m. kondakov)

Read the sentences in the box carefully (repeatedly if necessary).

Each task consists of 5 sentences describing the mental state of young people choosing a profession. Some of them are more relevant to your situation, while others are far from you or do not describe you. You will be asked to rank these sentences according to how close or far they are to you. That is, the serial number of the sentence that characterizes you the most is written in the 1st cell of the answer sheet, and the serial number of the second corresponding sentence is written in the 2nd cell, and .h. So, the serial number of the sentence expressing the "longest" opinion about you is entered in the 5th cell.

Please start!

I-Task

1. I do not know the world of professions well.
2. I prefer to avoid passing passions when choosing a profession.
3. I agree to go through a lot in order to choose the right profession for me.
4. I can handle any profession.
5. I listen carefully to the various examples given to me about my career choice.

II-Task

1. I need help to choose the right profession.
2. I think it is necessary to take concrete steps towards my future profession without wasting time with various thoughts
3. If I am lucky, my chosen profession will be unique.
4. There is no doubt that I will become a highly qualified specialist in the future.
5. If I have a profession along with my peers, that's enough for me

III- Task

1. I am not persistent in choosing a profession.
2. I think that I need to make a clear plan to choose the right profession
3. I am ready to change many of my qualities in order to be suitable for my future profession.
4. My qualities are suitable for any profession.
5. I feel more tolerant if my future career bothers others..

IV- Task

1. When choosing a future profession, I consider my capabilities, the wishes of my parents, etc. I hesitate not knowing my reasoning.
2. It is inappropriate to believe the positive or negative descriptions given by different people to different professions.
3. God willing, my future profession will help me realize all my potential.
4. I have enough opportunities to become a good specialist.
5. In my opinion, adults usually do not provide good conditions for young people to choose their future professions

V- Task

1. I don't know how to start my professional life.
2. Even if the future profession has already been chosen, it will not hurt to think about it again and again.
3. I really want to work somewhere and get freedom as soon as possible.
- 4.. There is no doubt that I will find my proper place in professional life.
5. I pay a lot of attention to people's advice and various life examples when choosing a profession.

VI - Task

- 1 Sometimes I feel sad because I am very unstable in choosing a profession.
2. I consider it very important to study in depth the secrets of choosing a profession and professional skills.
3. Sometimes I get excited thinking about the possibilities that my future profession will open for me.
4. I will definitely overcome any obstacle in my professional life, even if it is beyond me.
5. For now, I don't think that it is necessary to aspire to "Be Big" (that is, to become a professional).

VII – Task

1. I am afraid that I will not be lucky even in choosing a profession due to my bad luck.
2. When choosing a profession, I consider it wrong to fly to the external "gloss" of professions.
3. When choosing a career with wide prospects, I trust my heart first of all.
4. My chosen profession will be fixed, I will never change it.
5. If people around me insist that I take up a certain profession, I can probably get used to them.

VIII - Task

1. I have no idea about my future profession
2. I prefer to rely on judgment rather than emotions when choosing a profession.
3. I hope that my future profession will bring me happiness.
4. In the future, I would like to make an extraordinary innovation in my professional life.
5. If I had the opportunity to continue my studies, I would never have rushed to find a job.

PROFESSIONAL STANDARDS DETERMINATION METHODOLOGY ANSWER SHEET

Surname _____ Name _____

Tasks	1	2	3	4	5
I					
II					
III					
IV					
V					
VI					
VII					
VIII					

CALCULATION OF RESULTS

	1- in the column	2- in the column	3- in the column	4- in the column	5- in the column	Rough score
Number of 1s	<input type="text"/> x5= <input type="text"/>	<input type="text"/> x4= <input type="text"/>	<input type="text"/> x3= <input type="text"/>	<input type="text"/> x2= <input type="text"/>	<input type="text"/> x1= <input type="text"/>	<input type="text"/>
Number of 2s	<input type="text"/> x5= <input type="text"/>	<input type="text"/> x4= <input type="text"/>	<input type="text"/> x3= <input type="text"/>	<input type="text"/> x2= <input type="text"/>	<input type="text"/> x1= <input type="text"/>	<input type="text"/>
Number of 3s	<input type="text"/> x5= <input type="text"/>	<input type="text"/> x4= <input type="text"/>	<input type="text"/> x3= <input type="text"/>	<input type="text"/> x2= <input type="text"/>	<input type="text"/> x1= <input type="text"/>	<input type="text"/>
Number of 4s	<input type="text"/> x5= <input type="text"/>	<input type="text"/> x4= <input type="text"/>	<input type="text"/> x3= <input type="text"/>	<input type="text"/> x2= <input type="text"/>	<input type="text"/> x1= <input type="text"/>	<input type="text"/>
Number of 5s						

When analyzing the situation of teenagers regarding their professional self-awareness, it was revealed that their understanding of professions is shallow. In addition, between the realization of professional identity and the process of choosing a certain profession, we should not ignore the factors of the educational environment and the influence of the surrounding people. The dialectical connection in these interaction processes itself indicates the complexity of this issue. For example, the organization of a single professional consultation has its own series of stages:

a) at the stage of professional information, a person receives information about the organization of work, employment requirements, occupation of various professions, the stages of their preparation and the period of education, salary and the prospects of the profession.

b) at the diagnostic stage, the suitability of a person's interests, abilities, abilities and goals in relation to his chosen profession is studied;

v) guidance is provided to the student or person who has chosen a profession in the formative stage, deviations in the choice of profession are prevented and corrections are made;

g) determining whether medical health is compatible with the profession, and at the psychological stage, issues of compatibility of personal qualities with one's chosen profession are discussed.

CONCLUSION AND RECOMMENDATION

In general, all processes related to the problem of choosing a profession are expected to find their solution in the following cases:

1. Choosing a profession, determining one's suitability for a profession, professional formation, professional development is an ongoing problem, and it is necessary to determine the role of factors affecting it depending on the change of time.

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3 Students' perceptions of career choice and professional formation are influenced by others and due to lack of independent decision-making ability. As a result, there is a mismatch between the direction of professional formation and the professional goal.

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