

Effective Ways to Provide Psychological Assistance to School Students in Profession

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ABSTRACT: The article analyzes the views of Eastern scholars on the career guidance of young people for education and development into a well-rounded person, the views of Western psychologists on the characteristics of adolescents in search of a career, the content of solutions to the problem of career choice.

KEYWORDS: profession, adolescence, personal ethics, interests, abilities, professional development, psychophysiological opportunities, professional world, professional enlightenment, vocational education, professional counseling, professional diagnostics, professional selection, professional orientation.

INTRODUCTION

Mankind has always tried to feed itself and meet its needs, and it is still doing so. Man began his needs first with food, shelter, and clothing. Later, with the emergence of new civilizations, that is, as mankind became more civilized, they began to produce the products they needed. This has led to the emergence of professionals in the field and the desire to meet the needs of society for these products.

Our state opens all opportunities for the education and upbringing of young people. The easiest and most effective ways of education have been created in our country. Educational institutions are responsible for the organization and development of the educational process at a high level, the selection and capacity building of talented youth, the upbringing of a harmoniously developed generation, as well as preparing them for career choices, taking into account their interests and abilities. ulyatli tasks are loaded.

As society developed, new professions emerged and developed. And people wanted to live well. To do this, they have chosen a profession, gained experience and accumulated knowledge. Occupation is a type of activity, field, profession of human activity that requires certain experience and training. The profession is achieved through general or specific knowledge and practical

experience. Within the profession, there are specialties that are characterized by the narrowest nature of labor activity. Some professions have a number of specializations, such as plumber, repair plumber, tool plumber, and assembly plumber. There are 60,000 professions in the world (20,000 in Russia for comparison) and more than 6,000 professions in Uzbekistan.

If we look at our history, we can see that the ancestors of the modern Uzbek people thousands of years ago went a long and difficult way in creating a unique culture. For example, the role of the Avesta, our oldest written monument, is invaluable in gaining valuable information about the views and teachings of our ancestors on the education of the younger generation. In general, the Avesta promotes the great idea that human labor can get rid of all evil.

The Avesta encourages young people to learn a trade, work honestly and lead a prosperous life. It is obvious that from the earliest times our people have paid great attention to the upbringing of children, ensuring their professional and prosperous life.

Our great thinkers and encyclopedic scholars, who grew up in our country, in their great works on the issues of education and vocational training of young people, expressed their valuable views and suggested what to pay attention to in this regard. instructions.

The great encyclopedic scholar Abu Nasr al-Farabi gave his first thoughts on the profession and gave valuable advice, for example, that education is a set of words and skills, and that education is an action consisting of practical skills, that a particular profession devoted to the study, he said that those who were interested in him would be a true martyr of the profession. It is clear from these observations that the scientist recognized that the profession has always been a vital means of life for mankind. The basis of Farabi's education is the formation of a perfect person, including the timely provision of appropriate education and upbringing of young people, the achievement of happiness by sending them to the profession, their place in society. is the idea of helping to find.

Abu Rayhan Beruni, who was the first in the East to create the globe of the Earth and the Sky, made a great contribution to the development of science, as well as the methods of teaching. Most importantly, the thinker expresses important ideas about human maturity, work, and labor education. It depends on the size of the business. Hard work includes the work of builders, coal miners, artisans and scientists. Scientists, in particular, pay special attention to the work of scientists, call them to be benevolent, see them as educators, contributors to the development of society. The scientist also thinks about the methods and ways of teaching children to work. For example, he says, children should be taught to work from an early age. Inheritance, according to the traditions of the time, is very important in labor education. Beruni's Mineralogy also contains valuable insights into the craft, the process of apprenticeship, and the methods of master training. The individual sampling method was used. The fact that the work process was carried out directly in the workshop, both theoretically and practically, played an important role in the development of students as skilled masters. Beruni says that in order for a person to be perfect in all respects, he must be educated as well as hardworking and professional.

Professional activity is important in everyone's life. From the very first steps, parents think about their children's future. They try to determine their professional future by observing their children's interests and abilities. In particular, school education creates a student's selective approach

to a variety of subjects, and in some children, interest in a particular subject is quickly felt, i.e., visual, musical, and so on. The problem is exacerbated during adolescence. Most students and parents know in advance what career they will choose.

Development theory is based on the theory of development. Research in this area has been of an academic psychological nature, with initial research aimed at substantiating the characteristics of adolescents related to career pursuits. Based on the first works of D. Super, S. Buhler and E. Ginsberg, professional development is divided into several stages:

- 1) the stage of formation (from birth to 14 years), the profession is chosen based on professional fantasies;
- 2) research stage (15-24 years), the person intends to choose a profession that suits his abilities;
- 3) the consolidation stage (25-44 years), the area of professional activity corresponding to a stable personal position is established;
- 4) storage stage (45-64 years). During this period, an individual's professional activity takes place within a defined area of professional activity;
- 5) decline phase (65 years). At this stage, a new professional role emerges, and monitoring the professional activities of others becomes a priority.

Who do most high school graduates want to be in the future, or in what field? They are faced with the problem of choosing a profession. As a result, students choose majors at random. Some graduates get a job right away without any special training or understanding of their future. In this case, the search for a place in the professional world has a special meaning. Some of them are hesitant about the correctness of the choice in the first year of study, others - at the beginning of independent professional activity, some after working for 3-4 years, some young people can not find a job in their profession after graduating from vocational school and joins the ranks of the unemployed. So, for them, the problem of choosing a profession is still relevant. Psychological fatigue, anxiety, and insecurity about the future make it difficult to find oneself in the world of work. Vocational students face employment problems.

As a prospective professional, joining a team of new members, people of different ages, adjusting to a career, and understanding a new social role can be challenging. The adaptation phase includes professional social maturity and a form of socialization. The changing professional situation leads to the formation of new psychological features and qualities.

When choosing a profession, a person chooses the direction of professional activity that suits his psychophysiological capabilities. In this case, there are real opportunities, and in the professional selection, on the contrary, the requirements of the profession to the person come first.

Although there are many professions in the human world in society, they can be divided into five types according to the tools and objects of labor (see covers):

1. Areas in which people work is a priority - we refer to this type as "Human + Human". These types of professionals interact mainly with people, which means that people play a key role in their work. In fact, everything is done for man. But people serve humanity directly and indirectly in different ways. The first type of occupation is directly related to the type of service.

2. Professions working with technical equipment “Man + technique”. Young people interested in these professions prefer to conduct laboratory internships in physics, chemistry and electrical engineering. They are interested in creating various models, designing and repairing household appliances in the family.

3. Areas related to adolescents and wildlife. “Man + nature.” Children who are interested in this type of profession love to be in nature. Different animals like to feed and take care of crops. They study botany, biology and zoology with enthusiasm.

4. Character system, areas related to different symbols. “Man + symbols”. Fans of this type of profession tend to think through various calculations, drawings, cartographies, images, symbols. They like to look around and try to organize all kinds of information.

5. Areas of work with artistic images. “Man + artistic images”. Fans of the art world will be more imaginative. They love painting, decorating, and dancing.

Educators working in the vocational education system need to identify and develop which of these five types of children have an interest or inclination. Extracurricular activities, museums, zoos, botanical gardens, business trips to nature parks are also effective in shaping attitudes and interests. The expected results can be achieved if the development of students' interest and interest in the profession, their formation and development is carried out in cooperation with parents.

Preparing students for a conscious and correct career choice, i.e. career selection, consists of the following interrelated and collaborative activities:

1. Vocational education - students are taught the material and educational conditions of the profession, the content of professional work in different professions, the requirements of the profession, working conditions, taking into account the socio-economic needs of local conditions. informing the conditions of incentives, the types of educational institutions in which the profession can be acquired, that is, in which students get acquainted with the nature and peculiarities of different professions and specialties.

2. Vocational counseling is individual in nature and aims to help individual students to better understand the characteristics of their profession and their potential.

3. Vocational diagnostics - means that the personality of the subject of career choice of students corresponds to the requirements of the profession chosen by the characteristics of a particular person.

4. Career selection (selection) is a process of distinguishing individuals who can successfully occupy a particular profession and perform their civic (private) duties at a high level. Reasonable selection is based on the criteria of the examination, based on professional knowledge, well-known skills and competencies.

5. Professional orientation is a manifestation of a person's personality orientation, which extends to his deep personality structures. Professional orientation depends on a person's individual psychological and individual typological characteristics, his system of values, stereotypes, abilities and interests.

Important factors in choosing a career are:

Career choice is the process of choosing a future career path based on the qualifications, requirements, and information about the diseases that prevent a person from pursuing a career.

In the process of professional adaptation-acquisition of the profession, each child takes into account the specific medical, biological and psychophysiological characteristics of the student.

Career guidance. Career guidance should be based on the following considerations:

1. Professional knowledge;
2. Professional advice;
3. Occupational diagnosis;
4. Vocational education;

To help students who are struggling to choose a career, school psychologists can use a variety of training sessions to determine a student's career path.

1. Exercise "Tell the professions".

Objective: to expand the scope of knowledge about professions

Instructions: Write the name of the profession in the following areas:

- bakery manufacturer;
- builder;
- TV creator;
- supervisor of public order;
- traffic controller;

The duration of the exercise is 5 minutes.

2. Exercise "Identify professions" (pantomime).

Objective: to expand the scope of knowledge about professions, to update the psychological environment between groups.

Instructions: Small groups are asked to describe the occupations on the cards in their hands using a pantomime without making a sound. Others have to figure out what kind of profession it is.

The duration of the exercise is 10-15 minutes.

3. Exercise: "Professions in letters"

Objective: To expand students' knowledge of the professional world.

Instructions: During the session, divide into small groups, and each group should name the professions that begin with the letter "SH". Professions are said in turn without repetition. For example: doctor, miner, chess player (shifokor, shaxtiyor, shaxmatis) and so on.

Currently, the issue of education and vocational training of young people in Uzbekistan is also a topical issue. One of the major challenges facing parents, neighborhoods, and communities is to train many young people who are unable to pursue their careers. It is important to understand that a person needs an interest in the profession, to benefit from it, as well as to his parents and society.

And that puts a lot of pressure on young people:

1. Make the right career choice;
2. To master this profession and become a master of his profession;
3. Gain a lot of knowledge about the profession;
4. To take a creative approach to the profession;
5. Hardworking, self-organized, professional ethics;
6. Striving to create his own disciples;

7. Praise the community and parents with good names;

8. Create students who will continue their careers and drop out of school when they need to retire in the future;

9. Develop the profession as a self-serving and secure profession;

Such requirements provide many opportunities for young people. The need for a profession is inextricably linked to the demands of young people. It is only when young people choose a career that they like that they become interested in it and benefit from it.

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