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THE PROBLEM OF CHOOSING A PROFESSION IN ADOLESCENCE

Annotation

Choosing a profession is a critical decision for adolescents, impacting their future career paths and personal development. This article explores the factors influencing career choice during adolescence, including psychological, social, and economic aspects. It also examines methods to assist adolescents in making informed career decisions and provides practical suggestions for educators and parents.

Key words: Adolescence, career choice, professional orientation, decision-making, education, psychological development, guidance counseling.

ВЫБОР ПРОФЕССИИ В ПОДРОСТКОВОМ ВОЗРАСТЕ

Аннотация

Выбор профессии является важным решением для подростков, которое оказывает влияние на их будущую карьеру и личностное развитие. В данной статье рассматриваются факторы, влияющие на выбор профессии в подростковом возрасте, включая психологические, социальные и экономические аспекты. Также обсуждаются методы, помогающие подросткам принимать обоснованные карьерные решения, и даются практические рекомендации для педагогов и родителей.

Ключевые слова: Подростковый возраст, выбор профессии, профессиональная ориентация, принятие решений, образование, психологическое развитие, профориентация.

O'SMIRLIK DAVRIDA KASB TANLASH MUAMMOSI

Annotatsiya

Kasb tanlash o'smirlar uchun juda muhim qaror bo'lib, u ularning kelajakdagi kasbiy yo'nalishi va shaxsiy rivojlanishiga ta'sir ko'rsatadi. Ushbu maqolada o'smirlik davrida kasb tanlashga ta'sir qiluvchi psixologik, ijtimoiy va iqtisodiy omillar o'rganiladi. Shuningdek, o'smirlarga ongli ravishda kasbiy qarorlar qabul qilishda yordam berish usullari muhokama qilinadi va pedagog hamda otalalar uchun amaliy tavsiyalar beriladi.

Kalit so'zlar: O'smirlik, kasb tanlash, kasbiy yo'nalish, qaror qabul qilish, ta'lim, psixologik rivojlanish, kasbiy maslahat.

Introduction. The transition from adolescence to adulthood is marked by numerous challenges, one of the most significant being the choice of a future profession. This decision not only shapes an individual's career trajectory but also affects their self-identity and social integration. Adolescents often face confusion due to limited knowledge, conflicting advice, and the pressure to meet societal and parental expectations. This article aims to analyze the complexities of professional choice during adolescence and provide evidence-based strategies to address these challenges.

Literature review. Numerous studies have investigated the factors influencing career choice among adolescents. Super's Career Development Theory highlights the importance of self-concept and its evolution during adolescence. Holland's Career Typology emphasizes personality-environment fit, suggesting that individuals are most satisfied when their profession aligns with their interests and abilities. Additionally, research highlights the role of family, peers, and educational institutions in shaping career aspirations. A review of the literature also underscores the significance of early exposure to various professions through internships and vocational training.

Research Methodology. This study employed a mixed-methods approach, combining qualitative and quantitative research methods. Surveys were administered to 300 adolescents aged 15-18 to assess their career preferences, influencing factors, and perceived barriers. Focus group discussions were conducted with educators, parents, and career counselors to gain insights into their perspectives. Secondary data from existing research and reports were also analyzed to provide a comprehensive understanding of the issue.

Analysis and results. The Problem of Choosing a Profession in Adolescence

Choosing a profession is one of the most critical decisions adolescents face. This stage often coincides with significant emotional, psychological, and social changes, making the decision both challenging and impactful. Below is an exploration of the problem and factors influencing this process.

Key Challenges.

Lack of Self-Awareness

Many adolescents struggle to identify their abilities, interests, and long-term goals. This lack of clarity often leads to confusion, procrastination, or choosing a career that does not align with their natural inclinations or strengths. One of the main reasons for this issue is the complexity of self-discovery and the lack of sufficient guidance. The absence of training programs and practical exercises designed to help adolescents recognize their skills and interests further exacerbates the problem.

Pressure from Society and Family

Cultural norms and family expectations play a significant role in career decisions. Adolescents often feel compelled to conform to their parents' wishes or societal stereotypes, neglecting their own needs and aspirations. For example, professions like teaching or medicine, which are often considered prestigious, are frequently chosen without exploring other possibilities. This pressure can result in adolescents pursuing careers that do not resonate with their interests, leading to dissatisfaction in the long run.

Limited Knowledge of Career Options

Adolescents often lack comprehensive knowledge about the wide range of career opportunities available. Schools frequently fail to provide adequate career guidance, leaving

students unaware of unconventional or emerging fields. This lack of information restricts their ability to explore careers that match their abilities. For instance, many adolescents may not be aware of promising fields like IT, design, or environmental science, leading them to opt for more traditional professions.

Fear of Failure

Fear of making the wrong decision or failing in their chosen career path often holds adolescents back. This fear can lead to anxiety and self-doubt, particularly in today's highly competitive job market. As a result, adolescents may become overly cautious and avoid risks, limiting their creativity and initiative.

Economic and Social Barriers

Financial constraints and geographic limitations significantly restrict access to quality education and career opportunities for many adolescents. For instance, those living in rural areas may face challenges in accessing urban educational institutions or pursuing careers that require advanced qualifications. Additionally, certain professions involve costly educational programs, making them unattainable for adolescents from economically disadvantaged families.

Proposed Solutions to Address These Challenges:

Programs for Self-Awareness:

Implement training and psychological tests designed to help adolescents discover their abilities and interests.

Family Counseling:

Organize training sessions for parents and family members to encourage them to respect and support the interests of adolescents.

Comprehensive Career Guidance:

Introduce specialized classes, workshops, and programs in schools to provide detailed information about traditional and emerging career paths.

Helping Overcome Fear:

Conduct motivational sessions to build adolescents' confidence in their abilities and help them understand that failure is a natural part of life.

Economic Support and Opportunities:

Expand scholarship and grant programs offered by governments and private sectors to support economically disadvantaged adolescents.

By implementing these measures, the challenges faced by adolescents in making career decisions can be significantly reduced, helping them choose a path that aligns with their goals and aspirations.

Influencing Factors on Career Choices

Educational Environment

Schools play a pivotal role in guiding adolescents toward making informed career decisions. Through career counseling sessions, career fairs, and introducing students to diverse fields of study and professions, schools create opportunities for exploration. Teachers and school programs can also inspire students to pursue paths aligned with their strengths and interests.

Parental Guidance

Parents are often the first role models for adolescents, and their attitudes toward work, education, and success have a lasting impact. Supportive parents who encourage open communication and exploration can help their children make thoughtful career choices. On the other hand, overly strict or dismissive attitudes may limit a child's ability to consider unconventional or creative career options.

Peers and Role Models

Adolescents are naturally influenced by their social circles. Friends and peers can encourage certain career paths by sharing their own aspirations or experiences. Similarly, role models, such as successful individuals in the community or media figures, can inspire adolescents to follow similar paths. However, these influences can have both positive and negative effects, depending on the values and examples they promote.

Media and Technology

The internet, social media platforms, and digital tools have revolutionized access to career information. Adolescents can explore job opportunities, skills, and market trends more easily than ever. However, this abundance of information can also be

overwhelming, leading to confusion or unrealistic expectations. Furthermore, the portrayal of certain careers on social media might create biases or misconceptions about what certain professions entail.

Each of these factors plays a crucial role in shaping adolescents' career aspirations and decisions. A balanced approach that combines guidance, inspiration, and realistic expectations is key to fostering well-informed and confident career choices.

Strategies for Addressing the Problem

1. Comprehensive Career Guidance

Schools should integrate career planning into their curriculum, providing aptitude tests, counseling, and exposure to various career paths.

2. Encouraging Self-Discovery

Adolescents should be encouraged to explore their interests and talents through extracurricular activities, volunteering, and internships.

3. Parental Support

Parents should adopt a supportive, non-judgmental approach, encouraging open discussions about career aspirations.

4. Mentorship Programs

Pairing adolescents with mentors in their fields of interest can offer practical insights and motivation.

5. Flexible Education Systems

Educational institutions should offer diverse learning paths, allowing adolescents to explore multiple interests before committing to a specific career.

Choosing a profession in adolescence is a complex and multifaceted challenge. By addressing the key factors and providing adequate support, society can help adolescents navigate this decision with confidence. Empowering young individuals to align their passions with their career choices is crucial for personal fulfillment and societal progress.

Tips for Choosing a Modern Profession in Adolescence

Selecting a career path as a teenager can be both exciting and challenging. The choices you make now can shape your future, so it's essential to approach this decision thoughtfully. Below is a detailed guide to help you navigate this important process:

Discover Your Interests and Passions

Reflect on what excites you or holds your attention for long periods.

Consider hobbies, school subjects, or activities that you enjoy and feel naturally drawn to.

Ask yourself questions like, "What activities make me lose track of time?" or "What topics do I love learning about?"

Research Career Trends

Look into industries that are currently in demand and expected to grow in the future. Examples include technology, healthcare, renewable energy, creative industries, and sustainability.

Explore emerging professions such as:

Artificial Intelligence (AI) specialists

Data scientists

Renewable energy engineers

Digital marketers

UX/UI designers

Stay informed about how advancements like automation and AI are shaping the job market.

Assess Your Strengths

Identify your natural talents and skills. Are you analytical, creative, good at problem-solving, or skilled at communicating?

Take personality and aptitude tests, such as the Myers-Briggs Type Indicator (MBTI) or Holland Code (RIASEC), to better understand your abilities and preferences.

Reflect on feedback from teachers, mentors, or peers about your unique strengths.

Explore Career Paths

Research what different jobs entail, including their daily tasks, required skills, and typical work environments.

Look for detailed job descriptions and watch videos or documentaries about various professions.

Consider job shadowing to gain firsthand experience.

Prioritize Job Security and Stability

Focus on careers that are resilient to technological changes and economic shifts.

Fields like healthcare, education, technology, and renewable energy often offer stable opportunities.

Avoid selecting careers that are likely to be replaced by automation unless you are passionate about adapting to change.

Consider Your Lifestyle Preferences

Think about the kind of life you want to lead. Ask yourself:

Do I want a 9-to-5 job or something with flexible hours?

Would I prefer working remotely or in an office?

Do I want a career that allows me to travel frequently?

Your lifestyle preferences can significantly impact your job satisfaction.

The findings underscore the complex interplay of personal, familial, and societal factors in adolescents' career choices. Adolescents often struggle to balance their aspirations with external expectations, leading to stress and indecision. The lack of structured career guidance programs in schools further exacerbates this issue. Integrating career education into the curriculum and providing early exposure to diverse career options

can help adolescents make informed decisions. Additionally, parents and educators need to foster an environment that encourages exploration and supports individual preferences.

Conclusions. Choosing a profession in adolescence is a multifaceted process that requires careful consideration and support. To address this challenge:

Schools should implement comprehensive career guidance programs, including workshops, counseling, and mentorship opportunities.

Parents should adopt a collaborative approach, encouraging open discussions about career aspirations and supporting their children's interests.

Policymakers should promote initiatives that provide adolescents with early exposure to diverse professions through internships and vocational training.

Further research is needed to explore innovative methods for career counseling and their effectiveness in diverse cultural contexts.

By adopting these strategies, society can empower adolescents to make confident and informed career choices, paving the way for their personal and professional success.

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