Theoretical Bases of Career Choice

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Abstract: The article highlights the importance of scientific perspectives in the conscious choice of professions that suit the abilities of students and the role of skilled educators in this process.

Keywords: profession, occupation, interest, psychological void, feeling of inadequacy, will, need.

In today's globalized world, one should not have an ideological vacuum in order to be deceived by various alien ideas. To fill the ideological gap, a person must read as a conscious member of society, acquire knowledge, have an independent mind, be able to objectively analyze what is happening in the environment. In psychology, there is a psychological vacuum, just as there is an ideological vacuum. In order to fill the psychological gap, it is very important for a person to be able to choose the right field from a young age according to their abilities and interests. Through the chosen right path, he works on himself, is always in the process of achieving certain results, and through these actions he rationally fills his psychological gap. If a person from a young age makes a mistake in choosing a field that suits him, he goes into the wrong ways to fill the psychological gap, trying to fill this gap in order to achieve his negative goals possible. Or a person who is engaged in a suitable field may try to fill the psychological gap with negative goals due to the fact that he does not have the moral and mature qualities of his profession due to the wrong upbringing.

About the psychological space Neuropsychologist Z. Ibodullayev says: “The psychological space is like a black hole in the galaxy. When does the psychological vacuum appear? This gap begins to form in childhood and adolescence, and grows as a person grows older. Psychological emptiness is not a bad thing. Each of us has such a gap. When we fill it, we feel satisfied. Everyone tries to fill this gap in different ways: a scientist makes a discovery or an invention, a writer writes a beautiful work, a farmer grows a crop, a player scores a goal, an artist creates a beautiful work of art, a craftsman catches the eye. creating a pleasing patterned jar, etc ... In the words of Z. Freud, life consists of satisfaction. For example, a famous football player has millions of dollars in the bank, but he does not get tired of running and kicking the ball in the stadium. Why?! Because the brain cells are used to it and say to him, “Go kick the ball, score the goal”. That’s how his brain is satisfied”. [3; 290 p].

Man always strives to achieve what he lacks in order to satisfy his needs. In this process, the more its capabilities expand, the more its needs increase. At the same time, it is important for him and for the society to use his opportunities effectively and correctly. To do this, he must be able to rationally satisfy his feelings of inadequacy.

The great scholars have also mentioned in their works how important it is for a person to acquire a profession. Unsurumaoili Keikavus in his “Qabus-Nama” advises his son Gilanshah: As you know, the thorn bush has a body, but no shadow. Even an unskilled person will benefit neither himself nor anyone else. If a person has a high lineage and originality, but does not have a profession, he will despair of the honor and respect of the people. It is worse if a person does not have both the pearl of the lineage and the jewelry of the profession (ornament, ornament). Try not to look at your pearl as much as it is original, because if the pearl of your body is not adorned...
with jewelry, it is worthless”. [5; 74 p].

In the exhortation, the king tells his son that an unskilled man is of no use to society or people, and likens him to a thorny bush with no body and no shadow. If a person's lineage is great, but he does not have a profession, he will not be respected by people, if a person does not have a lineage or a profession, he will be worse, and again, the pearl, that is, the great lineage. He insists that he will not be left to fend for himself, and that the purity of the offspring will be worthless if it is not adorned with craftsmanship.

In fact, princes grow up living a life of convenience. At first glance, it seems that they do not need a profession. However, due to unexpected changes that may occur in life, their opportunities may be limited or changed later. At the same time, it is important to have a profession so that they can live their lives without fatigue through their profession.

The younger generation prepares to choose a profession, to think about their future, first from the family, and then from school age. They begin to think about choosing a career that interests them by observing adults. The career choice process starts at school. Therefore, it is necessary to prepare them for the field of their ability.

In the process of choosing a profession, to prepare students mentally and spiritually, to give knowledge about the nature and history of the profession, to reveal the concept of ability, to determine the student’s interest in the profession, to prepare students mentally and spiritually, to give knowledge about the nature and history of the profession, to reveal the concept of ability, to determine the student’s interest in the profession, to choose a profession. It is important to explain the essence and significance. It is obvious that young people go through certain stages in choosing a profession. The main goal of choosing interesting and important professions that suit the abilities of children is to strive for a better life. A profession that is interesting for him always motivates a person to work on himself, to get to know him better. Apple co-founder Steve Jobs said, “The only way to do great work is to love what you do!” An interest in the profession leads to love for it and to engage in professional activities with a sense of satisfaction. [5; 32 p].

Career guidance is unimaginable without an educational process. Because education is a process of acquiring knowledge, skills and abilities, it is the main means of preparing a person for life and work. In the process of education, a person acquires information, knowledge and is brought up. Career orientation is, first of all, the provision of information, knowledge to the learner, the formation of specific skills about these professions in order for him to acquire the profession in which he is interested. The result of the educational process leads a person to find his place in society, to achieve specific goals in his career. [1; 107 p].

The peculiarities of professions are always of interest to the generation with a tendency to work. Only children with a conscious interest can choose the right profession. The role of teachers in this process is special. Educators need to convey to children the knowledge they need to teach in the classroom, using methodical methods that can serve to achieve interesting results. Children brought up by such educators can become individuals who bring a lot of innovations to society based on their interests.

From this point of view, curiosity is one of the needs that lead to a career, which stems from the need to achieve something. Jalaliddin Rumi, a great scholar of the East, analyzes the need for pedagogical activity in his book “Ichindagi ichindadur”: “A teacher who wants to teach wants students to be ignorant. Because without ignorance, there is no teaching. To want something is to want what it needs at the same time. A teacher who wants students to be ignorant will not teach them anything. In the same way, a doctor wants everyone to be sick in order to work in his profession. Because his rule can be found in the sickness of the people (that is, his rule is alive with the sickness of the people). But the people do not agree to be sick. If he agreed, he would not treat the sick. To make money, the baker also wanted the people to be hungry. At the same time, he does not agree with the hunger of the people. Otherwise, he would not have sold bread”. [4; 182 p].

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It means that people need to understand that their profession does not need someone, but to help those who need it. In pedagogical activity, too, it is considered that the acquisition of professions has its own complexity, and it is an honor to try to help those in need through this profession.

Career guidance is a whole process related to the psychological, pedagogical and physiological potential of young people in the profession. This process should be carried out taking into account the needs, desires, passions, interests, abilities, talents and needs of society for professionals. The contribution of educators in this process is especially recognized. Educators work directly with students in education, study their many psychological features and provide them with theoretical and practical advice for career guidance in the process of working with them. In this case, it is advisable to study the abilities, skills, intelligence, talents, abilities, talents and other capabilities of the student and give their advice.

If students have interests and aspirations, and their physiological and psychological characteristics are not worthy of the profession, then as a career-oriented person, the teacher will need to direct the caregiver’s attention to other professions, carefully focusing on other professions. The knowledge of the teacher in this area is also important for the effective organization of career guidance.

When choosing a profession, it is important that students master the subjects taught at school. It is in this process that students not only learn, but also learn about a profession that will be of interest to them in the future. “Any profession is a fight against ignorance”, said author Bernard Shaw, noting the importance of education in the profession [5; 32 p].

In the process of learning, it is very important that volitional qualities are formed. Because any scientific or practical activity requires the willpower qualities associated with it. The expected result cannot be achieved without the formation of these qualities.

The willpower of the child should be nurtured by the teacher and the parents together. This activity is also reflected in the process of choosing a profession. Children with poor willpower also have difficulty choosing a career.

To be firm and courageous, to have an independent opinion, to be able to control oneself in decision-making; in the process of acquiring professional skills, such qualities as patience and perseverance, constant work on oneself, perseverance in achieving one’s goals are very important in the acquisition of professional skills.

Jalaliddin Rumi says in “Ichindagi ichindadur”: The things in the shop are part of the warehouse. After all, the warehouse cannot fit in the store! Man is like such a shop. He was given some of the treasures of God’s attributes (hearing, sight, speech, intellect, knowledge, courage, etc.). So people are God’s traveling salesmen, and they’re in business. During the day he trades and empties the dishes. At night the empty jars are refilled. Encouraged” [2; 77 p].

From this we can understand that the human possibilities compared to the store have certain limits. Man, on the other hand, must expand his capacity to expand this frontier, work on himself, and strengthen his will. He must also take advantage of the qualities of the Creator that awaits him in the storehouse, enriched with the qualities of hearing, sight, speech, intellect, knowledge, courage, and so on.

The timely formation of willpower qualities creates a sense of purpose for the younger generation, setting a conscious goal and striving for it. One of the main features of the implementation of the act of will in professional activity is the understanding by the person that the actions performed are free. That is, a person realizes the ways to achieve the goal with the help of action. In this process, the scattered and aggregated components of the voluntary action for the acquisition of professional skills are directed to the goal.

Theoretically, it is advisable to plan the following skills to increase the will:

- training to pursue clear and socially significant goals;
formation of a scientific outlook, stable beliefs and a sense of duty;
conducting trainings on the pursuit of goals and the realization of desires;
apply trainings to build self-confidence;
exercises to overcome internal and external obstacles, the use of the will in different situations;
to evaluate the results of their activities and behavior;
sports and physical training;
get used to all the actions on the agenda.

In short, career guidance should be carried out in collaboration with pedagogical psychologists, teachers, parents, communities and other public organizations. Because the growth of the next generation as a person with a place in society, the effective formation of professional and personal qualities depends on the extent to which the above goals and objectives are achieved in practice.

List of used literature