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## PSYCHOLOGICAL FACTORS OF ADOLESCENCE AND TEACHER COOPERATION IN CHOOSING A PROFESSION

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### ABSTRACT

*The article deals with the problem of professional orientation of adolescents, presents the results of an empirical study, and also gives recommendations for optimizing the choice of a profession in modern society.*

**KEYWORDS:** *Vocational Guidance, Adolescents, Choice of Profession, Self-Determination.*

### INTRODUCTION

Adolescence is a difficult, transitional age in the life of a teenager. Therefore, parents, students and teachers have a great responsibility for the future of adolescents and for the adolescent to choose his professional life path correctly. In order to determine the choice of a profession, it is necessary to correlate many different factors: you're needs, self-esteem, dreams, interests, temperament, abilities, health and others.

Choosing a profession is a rather difficult task. We can say that any profession is a complex world in which you need adaptation, years of study, adaptation to various factors and conditions. If you look from the other side, then before choosing any profession, you must already know in advance what to choose from. Thus, ignorance of the world of existing professions is a difficulty and the most important problem of professional self-determination for modern adolescents.

A teenager should not just choose a profession, he should like it, he should take into account the needs for a profession in the region in which he will live. Vocational guidance that performs the functions of vocational training involves two ways of obtaining it - self-education or training in educational institutions of vocational education or the success of vocational education

determines such an important psychological moment as readiness (emotional, motivational) to acquire a particular profession [1, p. 158].

Let's consider the concept of professional self-determination. Professional self-determination is a person's attitude to the world of professions in general and to a particular chosen profession in particular. Professional self-determination takes place in several stages:

- the emergence of professional intentions in accordance with public and personal needs;
- targeted vocational training for specific activities. At this stage, professional self-determination of the individual takes place;
- entering the profession

This is a direct acquaintance with working conditions, with official duties, entering into collective relations;  realization of professional aspirations. Attitude to work, skill level, and creativity let us consider the possible mistakes made by a person at the selected stages in relation to the problem of professional self-determination.

Stage 1  the first mistake is that a teenager is first of all looking for an educational institution in which he would like to study, and then he is just starting to choose a profession in this institution.

the second mistake is the inopportune selection. This means that the teenager does not have enough time to choose a profession.

the third mistake is that the student does not feel the need to choose a profession. For example, in a teenager, all relatives have the profession of a teacher, this profession is a tradition in this family collective. Naturally, the parents force the teenager to keep the tradition, despite the fact that the teenager may not want to go in this direction.

Stage 2. Self-esteem of a teenager plays a huge role in choosing a profession. Self-esteem underlies the level of aspirations, that is, the level of difficulty of those tasks for the implementation of which a person considers himself capable.

Stage 3. One of the main stages of making a decision about choosing any desired profession is collecting the necessary information about it. At the same time, mistakes and difficulties may arise at this stage, which are due to three reasons: personal characteristics, the role of the family and the influence of peers.

Stage 4. At this stage, typical mistakes may be associated with an insufficient level of criticality of the adolescent. The low level of criticality does not allow to fully identify and give an objective description of one's own situation.

There are many factors that influence the choice of a profession, but we will consider the most basic ones:

- personal professional preferences- what the teenager needs;
- the position of the parents. Often, parents encourage a teenager to choose a profession of their choice;
- peer position. Sometimes adolescents choose a profession "for the company", or by the location of a university or enterprise;

- the position of teachers who can also influence the choice of a teenager with their authority;
- Abilities are inherent in a person by nature and should be developed so that they contribute to the best choice of a profession;
- Level of claims Often, adolescents are focused on professions of the highest category, "fashionable" or highly paid, which do not correspond to either their inner world or abilities. As a result, disappointment occurs in her...
- Awareness plays an important role in choosing a profession.

After all, a teenager has a small choice of professions in sight and hearing. The study of professionograms helps to navigate the world of professions.

Thus, interest in other, previously unknown professions is also growing;

- inclinations - this is a selective orientation, prompting to engage in a certain activity. It is based on the desire to improve the skills and abilities associated with this professional activity.

Career guidance is a complex of psychological and pedagogical measures aimed at optimizing the employment process in accordance with the desires, inclinations and formed abilities, as well as taking into account the needs for specialties in the labor market [2].

Nowadays, there are many different methods of career guidance and a wide practice of their application. Let's consider a block of techniques that is most often used to help adolescents in making their professional choices. The most common psychodiagnostic techniques aimed at assisting adolescents in making professional choices are:

E. A. Klimov's Differential Diagnostic Questionnaire (DDO) The methodology was developed in accordance with the classification of types of professions by E. A. Klimova (man-nature, man-technology, man-man, man-sign, and man-artistic image).

The questionnaire offers to choose among 20 pairs of answers, one in each pair. The results show which of the areas a person has the greatest interest in. "Map of interests" by Golomstock The questionnaire includes 174 questions reflecting the focus of interests in 29 areas of activity. After analyzing its results, we can conclude about the priority area of interests of the adolescent. J. Holland's method of professional self-determination (Holland's Test). Aimed at identifying the correspondence between the type of personality and the type of professional environment. The methodology offers 43 pairs of professions, in each of the pairs the teenager is asked to choose one, the most preferred one. Career choice matrix

The teenager is asked to answer 2 questions: With whom or with what would you like to work? What object of labor attracts you? What would you like to do? What type of activity attracts you? And then a table is analyzed, where at the intersection of the preferred, object of labor and type of activity, the most appropriate spheres of professional activity will be shown in the interests of a teenager.

Psychodiagnostic technique "Profassociation" Based on the associative method. The adolescent is offered stimulus words, in response he names the profession with which he associates them. After processing the results, the professions are highlighted, the interest in which is most pronounced. Professional readiness questionnaire (OPG)

Includes 50 questions, based on the results of the answers to which it is possible to diagnose the desire and ability of a person to engage in a particular type of professional activity. The questionnaire is built on a person's self-assessment of his inclinations and capabilities. All of them are suitable for career guidance for both teenagers and adults. The choice of a profession is such a symbolic action that can make a person happy in life and successful in professional activity, or it can darken his whole life, upset his plans and make him unhappy. Ideally, two main factors determine the choice of a profession - it is self-improvement and the benefit of other people. That is why it is worth preparing for the choice of a future profession in childhood and adolescence, doing career guidance for schoolchildren [3, p. 123].

Plato wrote: "People are born not too similar to each other, their nature is different, and the ability to do this or that business as well. Therefore, you can do everything in large quantities, better and easier, if you do one job in accordance with your natural inclinations. "Psychology identifies three main factors for choosing the right profession:

Correct self-assessment of your personality, your abilities, interests, inclinations, capabilities, desires and limitations;

Presence of initial knowledge and skills in the area in which the chosen profession is located;

Ability to soberly correlate the results of self-assessment with knowledge of the requirements of certain professions

Correct career guidance is one of the main indicators of human development. The second important aspect of career guidance at school is being aware of what other people are doing. Practice shows that the most common difficulties and mistakes of schoolchildren, adolescents and young people in professional selection are:

Selection guidance based on information from incorrect or biased sources of information;

Incorrect analysis and systematization of the information received about a particular field of activity;

Overestimation or underestimation of individual individual psychological characteristics of a person, incorrect self-esteem;

Wrong assessment of one's abilities, substitution of moral qualities for them;

Misconception about the possibilities of mastering the chosen profession;

Guidance in vocational guidance of the emotional component, pressure from people who are authoritative for a teenager and a schoolchild;

Presence of stereotypes;

Inability to change the erroneous decision in time when receiving additional information;

Vocational guidance of a student based on sympathy for certain personal qualities of a representative of a certain profession, heroization, imitation of the transfer of his personal relationship to a person to a profession.

Various problems of behavior and formation of adolescents. Inability to pass career guidance tests, to consult with a psychologist Position of parents, peers, teachers In conclusion, we can

conclude that for adolescent children, the task of choosing the right profession is put to the fore. This is not easy to do, and therefore on the path of a teenager's professional choice there are various difficulties, mistakes that need to be overcome by studying the world of professions from an earlier age and passing various tests for career guidance.

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