

THE SUBJECT, CONTENT AND ESSENCE OF THE SCIENCE OF PROFESSIONAL PSYCHOLOGY

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ABSTRACT

This article analyzes the subject, content and essence of the science of professional psychology. Psychology is the scientific study of mind and behavior. Psychology includes the study of conscious and unconscious phenomena, including feelings and thoughts. It is an academic discipline of immense scope, crossing the boundaries between the natural and social sciences. Psychologists seek an understanding of the emergent properties of brains, linking the discipline to neuroscience.

KEYWORDS: *Content, Professional Psychology, Behavior, Conscious, Phenomena, Academic Discipline, Occupation, Retirement.*

INTRODUCTION

Psychology - the origin of the psyche, the laws of development, as well as a variety of consciousness and subconscious phenomena in man the science that studies appearances. Psychology Greek «psyche» and «logos» derived from the word «soul», meaning «science», «doctrine» about «soul» means. In modern science, the term «psyche» is used instead of «soul» application accepted. [1]

As a child grows up, he chooses a profession or occupation based on his interests and abilities. Professional activity is important in everyone's life. Because professional activity will become an integral part of human life for a long time. Psychological research has shown that people's health and happiness are closely linked to their chosen profession. People who chose their profession by force of their parents did not have any health problems, depression, unhappiness, or any increase in their professional activity. 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. [2]

One of the current psychological problems for our society is the retirement of an employee. Changes in socio-economic conditions create a new social task - psychological difficulties for retirees. They also need psychological help and support. The multifaceted psychological foundations of personality and occupational adaptation have traditionally been explored by occupational psychology. However, the process of full professional development of a person is not defined. Emerging at the turn of the twentieth century, occupational psychology studies the

types of professional activities, the requirements of the activity to the person, his psychological capabilities, professional abilities and skills. [3]

According to common definitions, psychology is the study of mental facts, their laws and mechanisms. Psychology is also the science of the laws governing the reflection of objective reality in human activity and behavior. Research in the field of psychology and the theoretical resources studied, as well as the processes of interdisciplinary integration, have led to the emergence of many disciplines in the field of psychology. They can include professional psychology. [4]

-To know the content and essence of the science of occupational psychology, the components of career guidance, methodological bases of occupational psychology, methods of occupational psychology, the method of product analysis, the method of timing, the method of observation, test methods;

- Career choice and personality traits, the formation of professional self-awareness, the psychology of occupational safety. Psychological issues of occupational safety in the workplace. The work team will be provided with skills in mental state, professional skills.

- Crisis in choosing a profession, diagnosing the formation of professional abilities, various difficulties that arise in the process of professional formation, the ability to make a conscious choice of profession and career guidance. [5]

From the above considerations, it can be seen that psychological research on labor activity does not give people a complete picture of professional purpose, professional identity, professional formation, reasons for choosing and changing professions, and stages of professional development. They, in turn, are the subject of occupational psychology. It is the knowledge of the profession that is required to guide the work of choosing a profession, to make a conscious choice of profession, to overcome professional crises and difficulties. Therefore, there is a need for knowledge of occupational psychology today. [6]

The subject of occupational psychology is the study of the mechanisms, laws and psychological characteristics of the professional formation of the individual. Therefore, it can be said that occupational psychology is one of the branches of psychology, which studies the laws of professional selection, career development, professional development, as well as the level of individual ability to work. [7]

The object of occupational psychology is the interaction or interdependence of an individual with a profession. Occupational psychology is an independent branch of psychology that has its own subject matter. In this respect, it differs from the object and subject of the sciences of labor psychology, engineering psychology, psychology of youth and pedagogical psychology. [8]

Occupational psychology is a branch of psychology that studies the development and laws of human mental activity, and studies the processes, situations, and characteristics of an individual in the process of labor. The tasks of occupational psychology include psychological problems of labor activity, psychological conditions of labor productivity, mode of work and rest, psychological analysis of types of work, selection and placement of personnel according to their individual psychological characteristics, psychological analysis of industrial accidents and trauma issues such as causes. [9]

The difference between the subjects of occupational psychology and occupational psychology should be emphasized. EA Klimov describes labor psychology as follows: labor psychology as a science is a branch of psychology that studies the methods, ways and conditions of solving problems in the field of human activity and formation as a subject. Occupational psychology is the study of how a person develops professionally. In this case, personal development is considered as a professional formation. Occupational psychology is the branch of occupational psychology that deals with the study and scientific analysis of the psychological components of occupations or the psychological requirements for those working in a particular profession. [10-12]

Professional behavior plays an important role in different socio-cultural and socio-economic views of the specialty. With a focus on the psychomotor motivational and cognitive qualities of the individual, the main focus is on professional achievement. The relationship between the individual and his or her profession, as well as the relationship between the professional function and the structure of the professional world, is analyzed. [13,14]

The methodological basis of occupational psychology is the concept of professional formation of the individual. The essence of this concept is that in the process of choosing a profession, a person develops in terms of quantity and quality, that is, they enrich their direction, through which experience and potential are formed. Crisis, conflict, and destructive change can occur in the process of professional development. The speed of this process depends on biological and social factors, as well as on random events and vital professional events. [15-17]

Types of professional formation

The path and pace of professional development is determined by a number of factors. They can include age, individual-psychological, professional technological and socio-economic factors. Professional development is defined as the enrichment of potential and important professional qualities, increasing the efficiency of labor activity. Psychological aspect of professional formation. Psychological support and assistance to people in working for self-development and professional self-realization and devoting all their efforts to solving various problems, creating conditions and opportunities, mastering destructive traditions of professional and personal development show, create an opportunity for professional self-awareness. [18-20]

A person must be able to independently understand the psychological potential of the profession in relation to the content and requirements of professional activity, as well as to find meaning in the work performed in a particular socio-economic situation, to be able to protect themselves professionally. [21-24]

Constant self-transformation, preparation and professional ability, self-realization, ability to manage one's professional life, overcoming destructive situations in professional development and promotion in productive personal-oriented professional activities.

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