



Professional Self - Self Awareness And Career Choice

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Abstract: Self-awareness is the identification of a person with his "I", which is the unification of the past and the future. Realizing one's "I" is also avoiding the realization of self-perceptions, emotions, and thoughts that are not related to reality. The student realizes that he is growing up and that there are certain tasks in front of him, that he must fulfill these tasks.

Key words: personality, adolescent, creative thinking, awareness, cognitive, conformity, cooperation, real self.

Kasbiy O'Z – O'Zini Anglash Va Kasb Tanlash

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Annotatsiya: O'z –o'zini anglash - bu insonni o'z "Men"ligi bilan aynanlashtirish bo'lib, u o'tmish va kelajakni birlashtirish hisoblanadi. O'z "Men"ligini anglash shuningdek haqiqat bilan bog'liq bo'lmagan o'zini idroki, emotsiyasi va fikrlarini aynanlashtirishdan xam qochish hisoblanadi. O'quvchi o'zini katta bo'lib borayotganini va uning oldida ma'lum vazifalar turganini, bu vazifalarni u bajarishi shartligi uning ongida shakllanib boradi.

Kalit so'zlar. shaxslilik, o'smir, ijodiy fikrlash, anglash, kognitiv, konformlik, hamkorlik, men - real .

It is an important socio-psychological process for teenagers to recognize their "I" when choosing a profession. The period of adolescence and early adolescence is considered to be related to self-awareness, and in this period they become interested in their "I". Considering this process is very important



when choosing a profession.

The self of a teenager is a process related to self-awareness, self-evaluation, defining a place in the family, and finding a place in social life. It is necessary to look at the adolescent self as an institution aimed at self-evaluation in the form of a whole image. In this case, the teenager seeks to know and evaluate his social significance in the form of cognitive images focused on self-knowledge, in the form of testing his abilities, in the form of evaluating his appearance. In this case, emotional conditions such as self-respect, self-love, and evaluation of one's actions are noticeable in a teenager. He tries to raise his self-esteem in self-evaluation, he tries to gain self-respect.

Realizing one's "I" is a very complex phenomenon. It will be possible to form the "I" by practicing the "I" and feeling the "I" of the past and present times. To realize that one is "I" is to feel one's individuality in its own essence. In this case, a person needs to feel what he is like in reality and what distinguishes him from others. This unique individual essence has nothing in common with a person, with the structure of his body, with the level of intelligence, and with his emotions. Although it is based on self-awareness, it cannot be considered a state of self-awareness.

It is known that during the day we feel our "I" in several situations. Let's say that when a teacher in a group expresses his objection to a student, that student feels that he is different from others and the given effect tends to justify itself. In such conditions, the student immediately becomes self-aware, and at the same time, shame, fear, discomfort, etc. appear.

Self-awareness is the identification of a person with his "I", it is the integration of the past and the future. Realizing one's "I" is also avoiding the realization of self-perceptions, emotions, and thoughts that are not related to reality. Therefore, it should be said that "I" is not related to any egoism. At the same time

when we say "I want to buy this car", "I want to eat fruit", we do not mean "I". We are "I" - pure and absolute intelligence, which observes, learns, analyzes and draws conclusions.

As a person develops and grows, his natural and psychological processes also change. Let's say that the student realizes his independence and that he is a separate person as he gets older. At that age, relationships are formed and he gets to know himself. The student realizes that he is growing up and that there are certain tasks in front of him, that he must fulfill these tasks.



When a person realizes that he is "I", he goes through the changes that belong to each era. This is what is shown in the picture above.

The formation of self-awareness is influenced by the evaluation of others and the status among peers. The relationship between "I - real" and "I ideal" is also affected. The assessment given to the results of one's activity also affects its formation.

According to V. S. Merlin, self-awareness is a complex psychological system that includes four components.

- 1) Realization of one's "I";
- 2) He realizes that he is exactly suitable;
- 3) Realization of personal mental qualities;
- 4) social-ethical self-assessment system.

All these are related to each other, but they do not form at once. Self-awareness means understanding one's own personality, one's "I", physical, spiritual and social existence.

A student goes through these stages in the process of his maturation. We see that the student's realization that he is "I" and his future tasks lead him to take his place in society and to find his place in society as a result of understanding the objective factors affecting him.

The student learns about the construction of his life during the realization of his "I", as we have shown above. Self-awareness is realized due to the age of the student and the knowledge he receives. As the student interacts with the people around him, he also sees the future changes of the person. He sees that it is necessary for him to make the decisions he needs and choose the profession he needs for his future.

The student realizes that he needs to build his own life, and to ensure this life, he needs to choose a profession that he likes, and this profession is the basis for building his next life. In this, the student gets acquainted with the way of life of people older than him, understands that they have families, that they are busy with some activities to support this family, and this activity comes from the professions that they have determined for themselves. . Children who follow these processes realize that in the future they too will live in this way and prepare for such a life. Children who understand the future of their lives are interested in the fact that their work is necessary for society and for themselves, and that they will definitely have a profession in building their future lives.

A person is interested in certain processes during his life. This interest is visible



in children from a young age. Let's say some children play with different insects. They cut off the legs of the beetles and cut them open. If you ask them why you did that, the answer will be: - "What makes these beetles move. What's in them?" they ask questions like These questions show that children are interested in the events around them from a young age. What is interest in children? Why is it so? Who motivated it? It focuses on studying many questions like. Because the child's interest is so strong that he tries with all his heart to find answers to the questions he asks.

At the age of a teenager, his mind can now answer many questions. Development, especially mental development, raises many questions in the adolescent. The knowledge gained at school, observing the people around them, the interaction of parents and their children can give children a lot of life knowledge. Now they want to test this knowledge. But they are always thinking in front of the permitted and forbidden border around them. These processes lead to the development of appropriate psychological states and processes in them.

During the period of choosing a profession, the student learns the knowledge and skills specific to the profession he likes. By obtaining a lot of information, he learns about his chosen profession, its place in society, the value of his peers, his opportunities, the definitions given by his teachers, the definition of this profession by his parents.

The student should be able to imagine his ability to achieve the chosen profession and make plans for the future.

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