

## ANXIETIES RELATED TO CAREER CHOICE AND THE NECESSITY OF THEIR STUDY

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**Abstract:** This article provides an in-depth analysis of the psychological anxieties that arise during the process of choosing and pursuing a career, their types, causes, and age-related characteristics. In particular, it highlights the internal conflicts that occur during adolescence and early adulthood due to career uncertainty, lack of self-confidence, social pressure, and expectations. The article emphasizes that such anxieties can negatively affect not only individual development but also socio-economic balance.

**Keywords:** anxiety, responsibility, worry, burnout, empathy, stress, emotions.

### ТРЕВОЖНОСТЬ, СВЯЗАННАЯ С ВЫБОРОМ ПРОФЕССИИ, И НЕОБХОДИМОСТЬ ЕЁ ИЗУЧЕНИЯ

**Аннотация:** В данной статье подробно анализируются психологические тревоги, возникающие в процессе выбора и освоения профессии, их виды, причины и возрастные особенности. В частности, освещаются внутренние конфликты, возникающие в подростковом и раннем взрослом возрасте вследствие неопределенности в выборе профессии, неуверенности в себе, социального давления и ожиданий. В статье подчёркивается, что подобные тревоги могут оказывать негативное влияние не только на личностное развитие, но и на социально-экономическое равновесие.

**Ключевые слова:** тревога, ответственность, беспокойство, выгорание, эмпатия, стресс, эмоции.

### KASB EGALLASH BILAN BOG‘LIQ XAVOTIRLAR VA ULARNI TADQIQ QILISHNING ZARURIYATI

**Annotatsiya:** Ushbu maqolada kasb tanlash va egallash jarayonida yuzaga keladigan psixologik xavotirlar, ularning turlari, sabablari va yoshga oid xususiyatlari chuqur tahlil qilinadi. Xususan, o‘smirlik va erta voyaga yetish davrida kasbga oid noaniqlik, o‘z-o‘ziga ishonchsizlik, ijtimoiy bosim va kutilmalar natijasida yuzaga keladigan ichki ziddiyatlar yoritiladi. Maqolada, bunday xavotirlar faqat individual rivojlanishga emas, balki ijtimoiy-iqtisodiy muvozanatga ham salbiy ta’sir ko‘rsatishi mumkinligi ta’kidlanadi.

**Kalit so`zlar:** xavotir, ma'suliyat, bezovtalik, burnout, empatiya, stress, emotsiya.

**Introduction.** In an interview with the newspaper "Yangi Uzbekiston", President Shavkat Mirziyoyev expressed his views on the current issues of the education system, including the training of personnel in the field of psychology and the upbringing of youth. Through this interview, the head of state paid special attention to the development of the psychological services system. Also, the Resolution of the President of the Republic of Uzbekistan No. PQ-472 dated June 7, 2019. This resolution is aimed at training personnel in the field of psychology and supporting the activities of practicing psychologists.

Today, the field of psychology is taking an increasingly important place in society. Increased attention to people's mental state and the need for psychological counseling are increasing the demand for this profession. However, young people who are choosing the profession of a psychologist or taking their first steps on this path face many psychological, emotional and social concerns. This article will cover these concerns, their causes and strategies for overcoming them. Analysis of literature on the topic. Freud considered anxiety to be the result of internal psychic conflicts. (Freud, 1926). In the process of choosing a profession, the conflict between the desires of the individual and social requirements causes anxiety. He analyzed the mechanisms of repression of anxiety. According to Horney (1937), anxiety is associated with interpersonal relationships, especially social pressure and expectations. Factors such as proving oneself in choosing or adapting to a profession, fear of the opinions of others increase anxiety. Bandura found that low self-confidence leads to anxiety. (Bandura, 1997). The fact that a person preparing for professional activity does not consider himself competent for the profession increases the level of anxiety. K. Lewin (1935) The professional environment (macro and micro factors) affects the internal state of the individual. The "opposing forces" that arise during the process of choosing and adapting to a profession cause anxiety. Krumboltz (1979) links anxiety to a person's past experiences, social signals, and self-interpretations. Occupational anxiety is often based on incorrect social assessments and expectations. Y. B. Gippenreiter (Russian psychologist) showed that occupational anxiety can be reduced through psychological counseling. (Gippenreiter, 2005). He proposed methods for building confidence in a person through compensation, rational thinking, and analysis of problematic situations.

Methodological methods of the study. The study used such research methods as theoretical and comparative analysis, scientific substantiation, discussion, analysis and synthesis, logical conclusion.

**Discussion.** Choosing a profession as a psychologist requires not only the acquisition of scientific knowledge, but also strong internal preparation, emotional stability, and regular work on oneself. The anxieties encountered are a natural phenomenon and are overcome by working on them. The important thing is not to lose faith in one's profession, to seek advice from experienced mentors, and to periodically assess one's emotional state. Then the psychologist will become a strong specialist who can help not only others, but also himself. "What should the new generation of psychologists of the future be like?" Therefore, we chose to assess the level of empathy, emotional intelligence, self-confidence (i.e., the ability to effectively influence oneself) and locus of control among students studying psychology.

**Analysis.** Goleman (1995) says about the empathy of a psychologist: an effective psychologist is an empathetic psychologist. (Goleman, 1995, p. 98). Through empathy, the psychologist approaches the feelings and emotions of the client, and empathy usually leads to the disappearance of defense mechanisms. It is necessary to recognize that it is difficult for a person with a low level of emotional intelligence to show empathy towards others. In order to correctly understand the feelings of others, a person must first be able to correctly express his own feelings (Goleman, 1995).

Emotional intelligence is one of the most important factors determining professional success. (Losii et al., 2014; Rizeanu, Gatej, & Ciolacu, 2017). It represents a series of abilities that are different from, but complementary to, logical and cognitive abilities measured by IQ. It is important to note that emotional intelligence skills can be learned and developed throughout life. These skills can exist at the individual, group, and organizational levels and have a direct impact on optimizing communication, collaboration, and productivity at all levels. The development of emotional intelligence helps us to express our intellectual potential, creativity, and achieve personal and professional success (Losii, 2014; Rizeanu, Gatej, Ciolacu, 2017). Self-efficacy affects the types of activities a person chooses, their willingness to work and persist while completing tasks, their emotional responses, their reaction to stress, and their work performance (Betz, 2000).

People with high levels of self-efficacy set high goals and invest more energy and time in complex tasks (Bandura, 1997).

Research on the concept of self-confidence has shown that people with high levels of self-confidence achieve better results in their current professional activities, have more successful careers, are more satisfied with their work and life, experience less stress, adapt faster to complex situations, and use opportunities and resources more effectively (Bubulac, Gatej, Rizeanu, 2018; Judge et al., 2008). Locus of control is a concept that expresses the extent to which people believe that they can achieve their desired goals. It also depends on the extent to which they believe that their behavior is determined by external factors (environmental conditions) or internal factors (personal decisions) (Rizeanu, 2016; Rotter, 1966).

**Results.** When helping a graduate choose a future profession, it is necessary, first of all, to take into account his inclinations and talents. According to psychologists, the following are the factors that determine which field a child will be a representative of:

A child inclined to the humanitarian direction usually begins to speak early, learns to read early, his language is figurative, emotional, and enriched with metaphors; however, it is difficult for him to solve puzzles, play lotto, and checkers. A child with a technical mindset is interested in technology and its structure, likes to work with constructors, likes accuracy, and has developed spatial and temporal thinking. A child with a creative mindset tries to express his feelings through drawings, understands the differences in colors and shades, seeks to put forward his ideas, and offer unusual solutions. He prefers to stay away from rules and schemes. A scientifically thinking child asks a lot of questions, actively explores the environment, likes to experiment. In modern society, a person's determination of his profession and full self-expression in this field are one of the important factors of his social integration and mental stability. Professional identification is a person's attitude to his chosen profession, his feeling of belonging to this field, his acceptance of professional values and harmony with them. Studies show that the formation of professional identification at an early stage has a significant impact on the future attitude of young people to work, their professional motivation and psychological readiness. Among young people, this process depends on many factors and is manifested in their interests, personal capabilities, social environment and professional orientation given during school. In particular, support from parents and teachers, strong social connections, and positive role models serve to strengthen this identity.

**Conclusion and suggestions.** Choosing a profession is always a motivated action. A person chooses the one that he considers the most attractive for him from many alternatives. From the point of view of V. Vrum's expectancy theory, different professions have different levels of attractiveness for each person at different times, which is called valence (level of value). According to one hypothesis, the valence of a profession is a monotonically increasing function depending on the algebraic sum of the product of the valence of life goals that can be achieved through the profession (for example, high social status) and the values indicating the usefulness of the profession in achieving these goals. In other words, the higher the goals a person sets in life, the higher the demands placed on his future profession. If he wants to become a famous writer, then the profession of carpentry or vocational school (PTU) will not suit him. Of course, striving for a high status is not enough. What matters is whether a person believes in his own strength, how strongly he is motivated to achieve his goal. Professional self-awareness is the process of a person realizing his own capabilities, interests, values, and life goals and combining them with a specific profession. The following approaches are important in developing this process:

Development of psychological counseling and guidance services - it is necessary to provide individual and group counseling in a professional direction through professional psychologists in schools and higher educational institutions.

Organization of internships and experimental programs that introduce professions - young people should have the opportunity to try out professions that suit their interests in practice.

Strengthening cooperation with parents and teachers - it is important to approach the choice of young people with respect and encourage them.

Development of emotional intelligence and self-awareness skills - this will help a person to be more stress-resistant and make independent decisions.

Thus, the most effective way to combat career anxiety is to develop young people's self-awareness, personal and career planning skills. This not only helps to shape their individuality, but also to lead successful and happy lives in society.

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