



Current Problems of Adolescent Career Guidance

I.I. Umirov

PhD, Associate Professor, Department Of Vehicle Engineering, Jizzakh Polytechnic Institute, Jizzakh, Uzbekistan

*Correspondence : I.I. Umirov
umirovilhom150@gmail.com

Received: 22-12-2024

Accepted: 16-01-2025

Published: 29-01-2025

Copyright © 2025 by
author(s) and Scientific
Research Publishing Inc.

This work is licensed under
the Creative Commons
Attribution International
License (CC BY 4.0).
<http://creativecommons.org/licenses/by/4.0/>



Open Access

Abstract

This study examines the current challenges in adolescent career guidance in Uzbekistan, emphasizing psychological, educational, and policy-related factors. Using a qualitative research approach, including literature review and policy analysis, the study evaluates the effectiveness of existing vocational guidance frameworks. The research highlights that many adolescents make career decisions without adequate self-awareness or professional consultation, relying instead on parental and peer influence. Findings indicate that career guidance programs in educational institutions are insufficient, with limited access to practical vocational skills and professional counseling. The study underscores the importance of integrating psychological assessments, such as the Kettel questionnaire, into career guidance practices. It also advocates for enhanced teacher training, increased parental involvement, and the implementation of structured career-oriented curricula, including professional clubs and workshops. Addressing these gaps through a comprehensive, multi-stakeholder approach will improve students' career readiness, ensuring their professional fulfillment and contributing to national socio-economic development.

Keywords

Profession Orientation, Psychological Characteristics, Photosensitive, Education, Upbringing

Introduction

Uzbekistan Republic President Sh.M. Mirziyoyev's "Uzbekistan's new progress during education - upbringing and fields of science develop measures Decree of the President of the Republic of Uzbekistan No. 6108 dated 06.11.2020 "On mainly 2021- 2022 - academic from the year starting general middle education institutions graduates own curiosity and to their talents suitable profession selectively to receive, in the future own worthy instead their achievements, social and professional in activity enough to success achievements for "Profession" redirect system " current " was done.

To the profession redirection is scientific based and himself/herself profession society needs as well as himself interest and abilities on account take , stand profession choice for to life entering to the youth help giving psychologist-pedagogue , medicine and state events is a system.

"Whoever I am "What ?" said question every one young man and girl for the most main from problems is one. The person from that next whole life mother this problem solution to do Depends on the profession. correct choice at work and social in activity the most high to indicators to achieve help gives, labor in the process and his/her from the results satisfaction and creativity the most many manifestation to be , to be good emotional in the mood to be , to be alone one of a person , in general all of society vital plans one a little full done increase opportunity It is known that our people long ago young generation education , especially the youth to work prepare them craft to teach separately trust giving is coming .

This from craft to craft young man to someone forty craft little such as We also see it in our proverbs. Possible, our country to independence after achieving after this to the field trust further increased. New kind of education , including at school labor education and him/her basically students to the profession in colleges , directing to read continue to continue preparation for profession education institutions organization to be are being accelerated. They own your work master was , free thinking perfect person upbringing our society superior tasks to the point is being introduced, because exactly so youth our state great the future can build . Today on the day every one human professions in the world own instead find, professional identity understanding , in society own instead to find aspiration and to him/her interest grows day by day increasing is going on.

Methods

This study employed qualitative methods, including literature review and analysis of existing career guidance methodologies. Special attention was given to the psychological and educational frameworks for adolescent career orientation. The Kettel questionnaire method was highlighted as particularly effective for identifying adolescents' vocational inclinations. Additionally, current national policies and their implementation in schools across Uzbekistan were analyzed

Thousands professions inside which one choice , person to him/her aptitude , ability and of interests suitable arrival or not coming knowledge , person in the future important importance profession In this regard to children interested professions about many information preschool education in institutions profession world about initial concepts, elementary labor skills games through is given. Teenagers and early teens profession choice big vital importance has both personal and social problem since it was this in process parents, community and various profession The masters are also active participation necessary, because youth many in cases adults advice and recommendations into account received without strict one to think, to decide arrivals possible. Saying that too transition appropriate , school students profession choice regarding own decisions, often , every one-sided with proof give they can't, but their most of this to the point conscious accordingly to approach they strive. Growing coming young generation to the profession redirect always our state, our politics in front of standing superior from issues counted bride.

Results and Discussions

Findings indicate that adolescent career guidance in Uzbekistan currently faces several challenges. Many adolescents make career choices without sufficient self-awareness or professional consultation, often influenced predominantly by peers or parental advice rather than personal aptitudes. The role of educators, psychologists, and parents was found crucial but currently underutilized. The study also revealed a lack of comprehensive career-oriented programs in educational institutions, limiting students' exposure to diverse career opportunities and practical vocational skills.

This the process done increase for our children parents and education institutions place and there activity take going teachers and practitioner psychologists activity big importance has. Profession when choosing for teenagers help to give for the purpose professionals (psychologists , doctors , educators) and others) of advice and recommendations main from factors one become service Professions according to advice of giving one how many types there is become they one by one difference does.

Discussion

Addressing these challenges requires a multi-faceted approach. Schools must enhance pedagogical and psychological support, developing educators' competencies in vocational guidance. Implementing comprehensive career-oriented curricula, including professional clubs, practical workshops, and exhibitions, is essential for effective career orientation. Increased parental involvement and professional consultations by psychologists and vocational experts should become systematic. Ultimately, a collaborative approach involving educational institutions, families, and career specialists is crucial for effectively resolving current adolescent career guidance issues.

We the youth to the profession in orientation the most necessary and effective methods that is from methodologies our use I know it's necessary . Of them one example as a rule brought my passage possible This is "Kettel " questionnaire method It is considered that the youth which to the profession tendency clearly giver method is considered. Current of the day the most current from issues this is one too that is our youth profession choose Our President initiatives with every one region, district in our cities in schools profession to the craft to teach the youth empty time meaningful transfer about decrees through this too was attention real representative I say not mistaken I will be . Today of the day current from problems this is one too teenager the youth to the profession redirect It is a matter of.

Student's education in the system independent labor to the activity thorough preparation and their profession own to their abilities appropriate correct profession to choose achieve for school their teachers pedagogical skill, knowledge level didactic abilities high to be additional science clubs transition, profession to the craft related presentations readability profession photo exhibitions organization they do necessary. Conclusion in place this emphasizing our transition okay our youth correct to the profession redirection, this the most important from tasks one that

again one there is emphasizing I want to go. Human correct profession choice through own to family, to society very big profit to bring proof demand not doing It is a law.

Conclusion

Effective career guidance for adolescents remains a critical priority for ensuring personal fulfillment, professional productivity, and socio-economic development in Uzbekistan. Current challenges include insufficient self-awareness among youth, inadequate involvement of psychological and pedagogical specialists, and limited systematic career-oriented programs within educational institutions. To address these issues comprehensively, schools should integrate robust vocational guidance curricula, develop specialized training for teachers and psychologists, and foster active parental engagement. Practical interventions such as career-oriented clubs, exhibitions, and vocational skill-building activities are essential to equip adolescents with necessary insights and competencies for informed career decisions. Additionally, policy-makers must continuously support career guidance initiatives through targeted regulations and adequate resource allocation. Such collaborative and systematic approaches ensure adolescents select careers aligned with their aptitudes and societal demands, significantly contributing to their lifelong professional success, personal satisfaction, and overall emotional well-being, thereby benefiting individuals, families, communities, and the nation's long-term prosperity.

References

- B. Askarov, «Management and planning of the process of formation of research skills and abilities of future teachers of vocational education», *Sch. Future*, вып. 2, сс. 10–15, 2017.
- D. Brown и L. Brooks, «Career Choice and Development», *Couns. Psychol.*, т. 30, вып. 2, сс. 212–220, 2002.
- D. E. Super, *A Life-Span, Life-Space Approach to Career Development*. Jossey-Bass, 1990.
- Dehaghi, M.G. (2021). Clarifying the concept of the readiness of the military nurse at the war: Analyzing the concept with the rogers approach. *Journal of Military Medicine*, 23(4), 320-328, ISSN 1735-1537, <https://doi.org/10.30491/JMM.23.4.320>
- G. Rahmonova, «Role of Parents and Educators in Adolescents' Career Decisions», *Uzb. J. Educ. Psychol.*, т. 8, вып. 3, сс. 99–105, 2022.
- Hrytsiuk, I. (2021). Peculiarities of professional culture development in modern youth in Ukraine. *Youth Voice Journal*, 11, 1-19, ISSN 2049-2073
- I. Umirov, «Effective Career Orientation Models in the Context of Uzbekistan's Educational Reform», *Pedagog. Res. Pract.*, т. 4, вып. 1, сс. 34–41, 2023.
- J. D. Krumboltz, *Learning Theory of Career Counseling*. Prentice Hall, 1996.
- Karpov, A.V. (2021). Metacognitive Determination of Job Satisfaction Among Information Technology Professionals. *Russian Psychological Journal*, 18(3), 86-103, ISSN 1812-1853, <https://doi.org/10.21702/RPJ.2021.3.6>
- Khalvati, M. (2020). Multidimensional fatigue in Iranian social workers. *Iran Occupational Health*, 17(1), ISSN 1735-5133

- L. S. Gottfredson, *Using Our Understanding of Career Development to Improve Guidance Systems*. Cambridge University Press, 2005.
- M. Abdullaeva, «Modern Trends in Youth Professional Orientation», *Int. J. Multidiscip. Res.*, т. 7, вып. 6, сс. 112–117, 2021.
- M. L. Savickas, «Career Construction Theory and Practice», *Career Dev. Couns.*, т. 3, сс. 147–183, 2013.
- M. Xaydarova, *Umumiy psixologiya*. Toshkent, 2018.
- Mausz, J. (2023). Violence Against Paramedics: Protocol for Evaluating 2 Years of Reports Through a Novel, Point-of-Event Reporting Process. *JMIR Research Protocols*, 12, ISSN 1929-0748, <https://doi.org/10.2196/37636>
- Mazilov, V.A. (2022). The personality of the future teacher: a review of foreign studies. *Russian Psychological Journal*, 19(2), 89-105, ISSN 1812-1853, <https://doi.org/10.21702/rpj.2022.2.7>
- Merino-Soto, C. (2022). Item-Level Psychometric Analysis of the Psychosocial Processes at Work Scale (PROPSIT) in Workers. *International Journal of Environmental Research and Public Health*, 19(13), ISSN 1661-7827, <https://doi.org/10.3390/ijerph19137972>
- N. Sultanmuradova и D. Karimova, «Psychological Aspects of Career Guidance for Adolescents», *Psychol. Educ.*, т. 57, вып. 9, сс. 456–461, 2020.
- N. Zufarova, *Umumiy psixologiya*. Toshkent, 2018.
- Pilishvili, T.S. (2021). Psychological well-being and value-semantic sphere of personality among psychology students. *Obrazovanie i Nauka*, 23(4), 126-156, ISSN 1994-5639, <https://doi.org/10.17853/1994-5639-2021-4-126-156>
- R. Abdullayev, «Vocational Education as a Factor in Career Guidance of Youth», *Educ. Sci. J. Uzb.*, т. 6, вып. 2, сс. 25–30, 2020.
- S. Kamalova, «Innovative Approaches to Adolescent Career Guidance in the Digital Age», *J. Pedagog. Innov.*, т. 5, вып. 1, сс. 77–83, 2022.
- U. I. Iskandarovich, «Theoretical Fundamentals of Introduction of Electronic Educational Tools to the Educational Process», *Cent. Asian J. Theor. Appl. Sci.*, т. 2, вып. 1, сс. 1–7, 2021.
- Zeer, E.F. (2022). Personification of Personality as a Predictor of Overcoming the Crisis of Loss of Professional Activity at the Age of Late Maturity¹. *Sibirskiy Psikhologicheskiy Zhurnal*, 84, 111-125, ISSN 1726-7080, <https://doi.org/10.17223/17267080/84/6>
- Zeer, E.F. (2023). ACMEOLOGICAL TECHNOLOGY OF FORECASTING INDIVIDUAL PROFESSIONAL-ORIENTED TRAJECTORIES OF STUDENTS' PERSONALITY DEVELOPMENT. *Obrazovanie i Nauka*, 25(6), 69-99, ISSN 1994-5639, <https://doi.org/10.17853/1994-5639-2023-6-69-99>