

PSYCHOLOGICAL PROBLEMS AFFECTING YOUTH IN CAREER CHOICE

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Abstract: This article examines in detail the social problems encountered by young people in today's rapidly developing era when choosing an appropriate profession. It also analyzes the psychological processes and challenges that influence their career decision-making.

Keywords: profession, problem, career choice, youth, professional skills, school, family, psychologist, psychological problems

Introduction

As a person is born and grows up, he or she chooses a suitable profession based on personal desires, experiences, abilities, and interests. Choosing a profession is one of the most important decisions in a person's life.

Today, our independent state is one of the countries developing in all spheres. Educated, intelligent, and professionally competent youth play an irreplaceable role in further strengthening the nation. Many opportunities have been created to ensure that young people in our country receive quality education. From school age, students are taught the importance of choosing the right profession and are guided in career orientation.

Career choice is a complex process connected with a person's psychological, physiological, social, and material capabilities. At the core of choosing a profession lies the individual with his or her needs, interests, abilities, and unique psychological characteristics. This indicates the necessity of an individualized approach based on each student's psychological traits.

Many factors influence young people in making career decisions.

Among the primary factors are:

- the individual's need for a particular profession,
- motivation,
- aptitude,
- interest,
- talent and ability.

Gender also plays a significant role in career orientation. Considering these factors when guiding students in their career paths is an important component of professional education. Professional education involves familiarizing students with the nature of occupations, the requirements and responsibilities associated with each profession, and their significance to society. Career orientation varies depending on age, gender, intellectual level, knowledge, and cognitive abilities.

Family Environment as a Factor in Career Choice

One of the major issues affecting youths' career choice today is the family environment. In such cases, the child may be unable to choose a profession based on personal interests, abilities, or

aspirations. Some children are forced to choose the “father’s profession” and continue the family occupation. This is considered one of the major mistakes affecting the child’s future. Career choice is not a simple or easy process. The decision should be left to the child. As noted earlier, every young person chooses a profession based on personal interest.

Career Choice as a Psychological Challenge for Adolescents

Career choice is one of the most significant issues for adolescents. The wider the spectrum of available choices, the more psychologically complex the process becomes. A person’s subjective inclinations and abilities form a unified whole. Interests and inclinations develop and change through activity. However, adolescents often do not have clearly formed, stable professional interests. The suitability of an adolescent to a certain field can only be identified through observation, practice, and experience.

Social-psychological factors influencing the motivation for career choice are numerous and interconnected. According to their level of influence:

1. **Friends and peers** – the primary factor influencing adolescents.
2. **Mass media** – books, newspapers, magazines, films, TV programs, and especially the Internet.
3. **School staff** – class teachers, subject teachers, administration, and community members.
4. **Family environment** – including moral and educational climate at home.
5. **Academic performance** – the better a student masters subjects, the more positively it affects career choice.

Next come extracurricular activities, socially useful work, and involvement in production-related tasks.

The Role of Interests and Abilities in Career Choice

Choosing a profession based on personal interests and abilities is recognized by many psychologists as the most effective factor ensuring youth’s professional development. Every individual has unique interests, social environments, abilities, and potentials. Working in one’s area of interest brings satisfaction, motivation, and resilience during difficulties.

Those who choose a profession based on personal interest usually grow into mature individuals with well-developed critical thinking and independent judgment (Betz & Vuyten, 1997). Many studies show that individuals who choose careers according to their interests have a higher level of job satisfaction.

Conclusion

In conclusion, the correct career choice of young people today is beneficial from all perspectives, including economically. If psychological issues arise during the career choice process, youths should seek support from experienced psychologists. Our nation needs specialists who are highly competent in their fields.

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