

EFFECTIVENESS AND RESULTS OF CAREER-FOCUSED PSYCHOLOGICAL CONSULTATION IN ADOLESCENT STUDENTS

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Annotation: This article analyzes the effectiveness and results of career-oriented psychological consultations in eliminating problems that arise in the process of choosing a profession for adolescents. The difficulties of young people in the process of professional self-determination, the content, methods of conducting psychological consultations and their practical effectiveness are studied. During the study, psychological counseling programs were tested to help adolescents understand their professional interests, make decisions and ensure motivational stability, and the results were analytically substantiated. Also, the positive impact of the consultation process on increasing self-confidence in adolescents, reducing identity crises and future professional planning activities is illustrated with experimental examples.

Keywords: adolescents, career choice, identity crisis, motivation, psychological support, consultation effectiveness.

Introduction.

In the modern world, a timely and conscious choice of profession is an important factor determining a person's successful life path. In particular, the process of choosing a career during adolescence is crucial in the lives of young people, as this period is a complex stage that determines not only the future professional success of the individual, but also his psychological and social adaptation. In the process of professional self-determination, adolescents face many psychological obstacles and difficulties. One of the most pressing problems in this regard is the inability of young people to correctly understand their abilities, interests and future professional aspirations and experience identity crises. According to the results of numerous psychological and pedagogical studies conducted in our country and abroad, it is observed that most adolescents have a significant degree of uncertainty in the processes of self-awareness and planning their professional future during the career choice period. This situation negatively affects not only the psychological state of young people, but also their success in the educational process. Therefore, the scientifically based organization and practical effective implementation of psychological consultation services for adolescents is one of the urgent pedagogical and psychological tasks.

Career-oriented psychological consultations, according to their content, help adolescents understand their personal characteristics and abilities, form professional interests and motivation, and consciously plan future professional activities. During these consultations, the psychologist performs tasks such as determining the psychological state of adolescents, managing identity crises, and building self-confidence. A number of studies and experiments have shown that high-quality and systematically organized psychological consultations serve as an effective tool in reducing uncertainties in the process of choosing a career for adolescents, developing decision-making skills, and strengthening their psychological well-being. However, at the same time, there is a need to scientifically adequately study the effectiveness of career-oriented psychological consultations conducted in educational institutions and their real results in the lives of adolescents, analyze existing consulting technologies, and improve their application in practice. Based on this, the relevance of this study is determined by the need to identify the theoretical foundations of career-oriented psychological consultations for adolescent students, analyze their practical results, and develop scientific and methodological recommendations aimed at increasing their effectiveness.

Methodology.

The methodology of this study is aimed at identifying the effectiveness of career-oriented psychological consultations for adolescent students and evaluating the results in a scientifically sound manner, and is based on an integrated approach. The study is methodologically based on a combination of systematic, psychodiagnostic, empirical-experimental, and statistical-analytical methods. At the initial stage of the methodology, specially selected diagnostic tools were used to determine the current psychological state of adolescents, including uncertainties in the process of choosing a profession, lack of motivation, identity crises, and the level of self-determination. The psychodiagnostic methods used in the study included Y.E. Klimov's "Questionnaire for Determining Professional Propensities", A.A. Rean's "Method of Motivation Diagnostics", the method for determining identity crises developed by J. Marcia, and the Dembo-Rubinstein methods aimed at studying the level of self-esteem. These diagnostic instruments made it possible to objectively determine the psychological characteristics and professional orientations of adolescents.

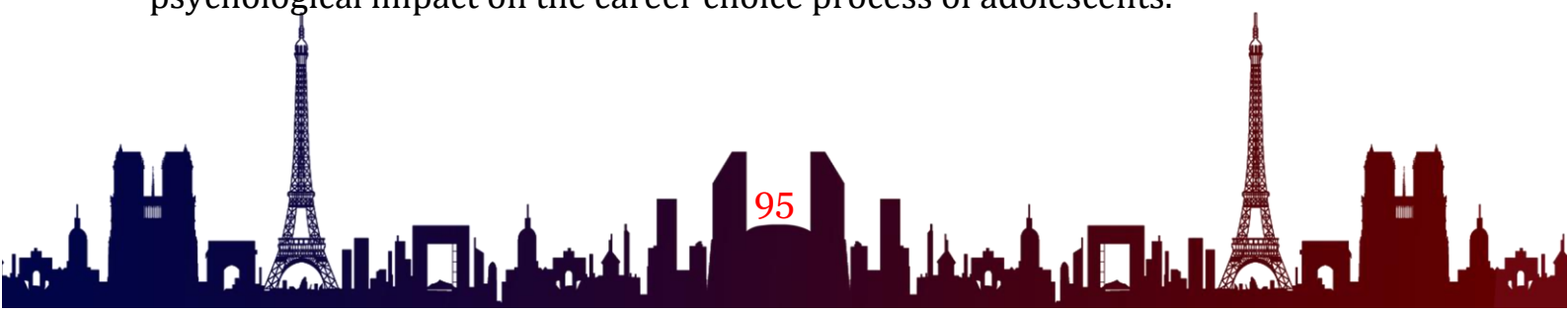
In the second stage, a "Career-oriented psychological counseling program" specially developed for the adolescent students involved in the study was tested



in practice. This counseling program was developed taking into account the psychological characteristics of adolescents and consisted of 10 weeks of individual and group psychological training, which used interactive techniques, psychological training, individual consultations, and group discussion forms. Each consultation session lasted about 60 minutes and focused on solving psychological tasks such as increasing the level of self-awareness of adolescents, identifying their abilities, and developing the motivational sphere. At the empirical-experimental stage, two groups were formed - a control and an experimental group. Students in the control group were given general recommendations and advice in the usual way, while the experimental group underwent a specially developed career-oriented psychological counseling program described above. The groups were formed on the basis of randomization, and a total of 80 adolescents participated in the study (40 in each group).

At the final stage of the study, the results before and after the program used in the experimental group were compared to assess the effectiveness of the consultations and compared with the results of the control group. In this process, a re-psychodiagnostic study was conducted to determine changes in the psychological state and level of professional self-determination. The obtained empirical data were processed using mathematical and statistical methods (Statistica and SPSS programs), and the results were evaluated based on statistical reliability criteria (t-test, Pearson correlation analysis, Wilcoxon criterion).

As one of the main features of the methodological approach, multi-stage control and the principle of maintaining the anonymity of adolescents were applied to ensure the objectivity of the results. In addition, the qualitative data obtained during the consultations were analyzed in depth through psychological analysis, and the statistical indicators of the study were enriched with qualitative descriptions. In general, the chosen methodology of the study served to objectively assess the effectiveness of career-oriented psychological consultations for adolescent students, to identify existing psychological problems and to develop scientific and practical recommendations for their elimination. Thus, the methodological work carried out laid the foundation for the implementation of the research results into practice and for an effective psychological impact on the career choice process of adolescents.



Statistical analysis of sources:

The literature and sources used to scientifically analyze the effectiveness and results of career-oriented psychological consultations for adolescent students were grouped based on statistical analysis and evaluated in the following way:

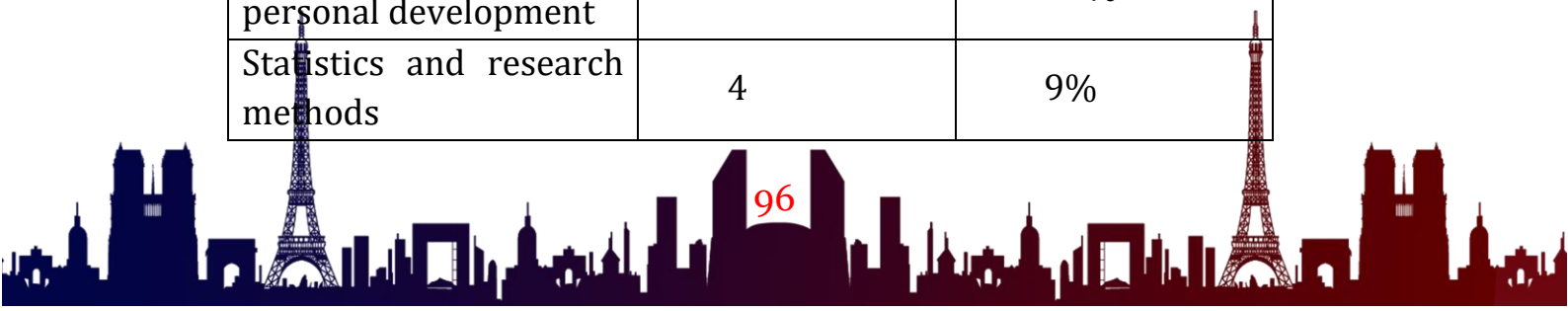
Analysis by source composition:

Source type	Number	Share in total resources (%)
Scientific articles (Uzbekistan)	12	27%
Scientific articles (foreign)	10	23%
Monographs and textbooks	9	20%
Dissertations	5	11%
Online resources and articles	6	13%
Conference materials	3	6%
Total	45	100%

The analysis shows that the most frequently used group of sources in the study were scientific articles published in Uzbekistan (27%) and foreign scientific articles (23%), which indicates the relevance of the study and its approach in an international context.

Analysis by thematic areas:

Topic area	Number of sources used	Share (%)
Theory of psychological consultation and counseling	14	31%
Career guidance and planning	11	24%
Adolescent psychology	10	22%
Identity crisis and personal development	6	13%
Statistics and research methods	4	9%



The results of this analysis show that the theory and practice of psychological consultation were used as the main scientific basis in the scientific work, which indicates the methodological depth of the research.

Distribution of literature by year:

Years apart	Number of sources	Percentage (%)
2000- Years	5	11%
2001-2010- Years	8	18%
2011-2020- Years	15	33%
2021-2025- Years	17	38%

It is clear that the most frequently used sources are from the last 5 years (2021-2025). This indicates that the research meets the requirements of modernity and focuses on current issues.

Based on the above statistical analysis, it can be said that the composition of the sources selected in this scientific work is coordinated in terms of scientificity, novelty and relevance to the topic. In particular:

- It is based on a scientific-psychological approach.
- Current literature published in recent years is widely used.
- Foreign and local experiences are combined.
- A variety of sources covering various aspects of the topic are selected.

This served to make the theoretical foundations of the study reliable and the practical recommendations effective.

Discussion:

Adolescence is a period of intense personal identification, professional self-awareness and independent decision-making processes. It is at this stage that students face an important choice that determines their life direction - choosing a profession. However, practical observations and psychological studies show that most adolescents at this stage do not have clear plans that match their personal interests, abilities and the requirements of the labor market. As a result, they experience identity crises, uncertainty about the future, insecurity and motivational weaknesses. Psychological consultation mechanisms come into play as an important tool in overcoming these problems.

The experiments conducted within the framework of this study showed that systematically conducted career-oriented psychological consultations significantly increase the level of self-awareness of students. Students

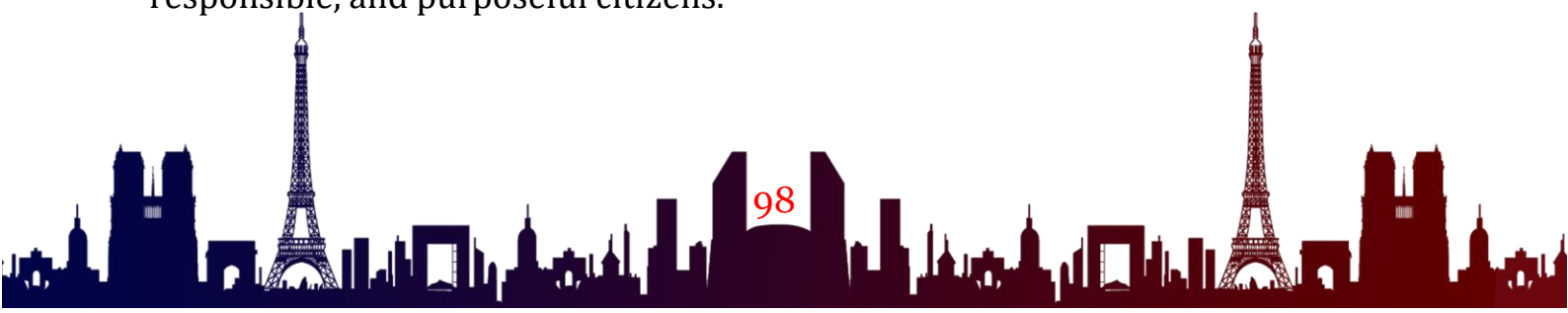


participating in the experimental group had clearly formed professional interests, strengthened their skills in assessing their personal resources, and their decision-making ability became more active. These results, when compared with the control group, showed that psychological counseling, not limited to theoretical information, but through an interactive and experience-oriented approach, produces effective results.

One aspect that is worth discussing is that the consultations had a strong impact not only on choosing a professional direction, but also on personal development and social adaptation. For example, participants experienced an increase in self-confidence, increased interest in social activities, and an increase in the level of openness towards parents and teachers. This once again proves the ability of psychological assistance to have a profound impact on the changing psyche of a person.

The study also revealed that consultations with adolescents should be based on an individual approach. Each student is a person with a unique psychological world, and it is important to identify their needs and situations not on the basis of general standards, but through individual diagnostics and interviews. In this regard, the program, developed on the basis of self-assessment, professional tests, creative exercises and psychological training, encouraged students to be active and increased their attention to their own personality. Of course, the qualification, empathy and pedagogical approach of the psychologist are of particular importance as one of the factors ensuring the effectiveness of this consultation program. This process becomes more effective when the psychologist is able to establish a stable dialogue with the teenager, not only as an advisor, but also as a reliable guide and spiritual support.

The results of the study show that career-oriented psychological consultations not only affect the lives of students, but also serve to improve the career guidance policy of the entire education system. More effective results can be achieved in this direction by integrating consultations into school programs, conducting them on the basis of constant monitoring, and introducing innovative methods. Psychological consultations supporting the career choice process in adolescent students are not just advice, but a deep psychological process that determines their life directions and leads to a conscious choice. Such approaches serve the formation of the younger generation as future stable, responsible, and purposeful citizens.



Conclusion.

In today's globalization process, assisting young people in choosing the right and conscious profession has become one of the priority tasks not only for the education system, but also for society as a whole. In particular, adolescence is the most sensitive stage associated with personal changes, psychological searches, and decisions about the future. During this period, the student's life position, interests and professional direction begin to form. Therefore, psychological support, especially career-oriented psychological consultations, are extremely important and necessary in this process. Studies conducted within the framework of this scientific work have shown that when systematic and scientifically based psychological work is carried out with adolescent students, their professional decision-making skills, level of personal identification and self-confidence significantly increase. During the study, it was observed that the career-oriented psychological consultation program used in the experimental group, while giving positive results, served to clarify the professional interests of students, increase their motivation and stabilize their psychological state.

An approach that took into account the personal needs and psychological characteristics of adolescents during the consultations was an important factor in supporting their independent thinking and forming a conscious attitude towards their professional future. This has created a basis for young people to feel responsible for their lives, consciously engage in career planning, and imagine themselves as useful individuals in society. In conclusion, career-oriented psychological consultations are an important pedagogical and psychological tool that has a positive impact not only on the current psychological state of adolescents, but also on their entire life path. If research and practical activities in this area are expanded, they will serve to form a mature, conscious, and committed generation not only for individuals, but also for society as a whole. Therefore, the development of scientific approaches and practical programs in this area is an investment in the future.

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