



THE PROBLEM OF CAREER CHOICE AMONG MODERN YOUTH

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Abstract: *Career choice is one of the most important decisions in the life of a young person. In the modern world, rapid technological development, changes in the labor market, the emergence of new professions, and increasing competition make the process of choosing a profession more complex. Young people often face difficulties because their personal interests, abilities, social expectations, family opinions, and information about the labor market may not always coincide. This article examines the main problems faced by modern youth in choosing a profession and analyzes the importance of career guidance, psychological support, family assistance, and educational institutions in this process. Particular attention is paid to the necessity of considering individual abilities, interests, values, and professional motivation. The article also emphasizes the importance of informing young people about modern professions and developing practical skills that correspond to changing labor market requirements. Effective cooperation between educational institutions, parents, psychologists, employers, and young people can contribute to more conscious and responsible career choices.*

Keywords: *modern youth, career choice, professional orientation, career guidance, profession, motivation, abilities, interests, labor market, psychological support, professional development.*



Choosing a profession is one of the most significant decisions in a person's life because professional activity occupies an important part of adulthood. For young people, career choice is not simply a decision about obtaining a source of income. It is also connected with personal development, social adaptation, self-realization, professional identity, and future life satisfaction. Therefore, the problem of career choice among modern youth has both pedagogical and psychological significance. The development of digital technologies and the transformation of the labor market have created new professional opportunities for young people. At the same time, these changes have increased the number of possible career directions. Modern youth can choose from traditional professions as well as new fields related to information technology, digital services, creative industries, engineering, biotechnology, business, and other developing areas. This situation provides more opportunities but can also make the decision-making process more difficult. Uzbek researchers emphasize that career orientation should take into account young people's abilities, interests, psychological characteristics, motivation, and social environment. Research conducted in Uzbekistan also highlights the importance of systematic career guidance and cooperation among educational institutions, families, and other social institutions.

One of the major problems in career choice is the lack of sufficient information about professions. Some young people choose a profession based on its popularity without having a clear understanding of its requirements, responsibilities, working conditions, and opportunities for professional growth. As a result, there may be a discrepancy between the expectations of a young person and the actual nature of the profession. Another important factor is the influence of parents and relatives. Family support is essential for young people's professional development, but excessive pressure can sometimes make independent decision-making difficult. A young person may choose a profession because it is considered prestigious or desirable by family members rather than because it corresponds to personal interests and abilities. Therefore, parents should support young people by discussing different career



options and helping them understand their strengths rather than making the decision for them.

Individual psychological characteristics also play an important role in professional choice. Interests, abilities, temperament, motivation, self-confidence, communication skills, creativity, and personal values can influence a young person's professional orientation. Uzbek studies on professional orientation emphasize the importance of considering individual and psychological characteristics during the career guidance process. Professional motivation is another important element. A young person's motivation may be connected with financial stability, social status, personal interest, opportunities for creativity, helping other people, or professional development. Motivation based only on external factors may not always provide long-term professional satisfaction. For this reason, career guidance should help young people understand both external and internal motives for choosing a profession.

Educational institutions have a particularly important role in solving the problem of career choice. Schools, colleges, universities, and vocational education institutions can organize career days, meetings with specialists, professional workshops, psychological consultations, practical training, and career orientation programs. Such activities allow students to obtain realistic information about different professions and compare professional requirements with their own abilities and interests. Career guidance should not be limited to providing theoretical information. Practical experience is also important. Young people can learn more about professions through internships, project-based activities, professional competitions, meetings with employers, laboratory work, and practical training. Such experiences help students understand whether a particular professional field is suitable for them. The modern labor market is another important factor influencing career choice. The demand for specialists changes over time, and technological development can transform existing professions while creating new ones. Therefore, young people need to develop not only professional knowledge but also transferable



skills such as communication, critical thinking, creativity, teamwork, problem-solving, digital literacy, and adaptability [1].

The career guidance system should therefore provide young people with updated information about labor market requirements. Zafar Arslonov's 2024 research specifically emphasizes the growing importance of systematic career guidance for Uzbek youth in connection with economic development and changing labor market needs. Psychological support is also important during the career choice process. Young people may experience uncertainty, fear of making the wrong decision, social pressure, or lack of confidence. School and university psychologists can help students identify their interests, abilities, personal characteristics, and professional preferences. Psychological diagnostics should not determine a young person's future by itself; rather, it should provide additional information that can support conscious decision-making [2].

Another important issue is the influence of social media and popular culture. Young people can encounter many attractive images of professional success online. However, such representations may not always show the difficulties, responsibilities, education requirements, or long-term development associated with a profession. Therefore, young people need reliable information and opportunities to communicate with professionals who can provide realistic perspectives on different occupations. Career choice should also be viewed as a continuing process rather than a single decision. A person may change professional interests, acquire new qualifications, or move into another field during life. Consequently, young people should develop a culture of lifelong learning. The ability to learn new skills and adapt to changing professional conditions is becoming increasingly important. The social environment also influences professional orientation. Teachers, parents, friends, professional communities, and educational organizations can provide useful information and emotional support. However, the final career decision should be based on a young person's informed understanding of their own interests, abilities, values, and professional opportunities [3].



The analysis of career choice among modern youth demonstrates that professional orientation is influenced by a combination of psychological, social, educational, economic, and technological factors. Young people today have access to a much wider range of professions than previous generations. At the same time, the increasing number of professional opportunities does not always make career choice easier. On the contrary, the abundance of alternatives can create uncertainty and make it difficult for young people to identify the profession that corresponds to their personal characteristics and future expectations [4].

One of the most important factors in career choice is the relationship between a young person's interests and abilities. A profession selected without considering individual abilities may lead to dissatisfaction, low motivation, and difficulties in professional adaptation. Therefore, career guidance should help young people identify their strengths, interests, talents, and areas of personal development. Psychological diagnostics, interviews, observation, questionnaires, and practical activities can provide useful information for this process [5].

The analysis also shows that professional motivation has a significant influence on career decisions. Some young people choose a profession primarily because of expected financial income, social prestige, or employment opportunities. Others are motivated by personal interest, creativity, social usefulness, and opportunities for self-development. Although economic considerations are important, professional motivation should not be based exclusively on material factors. Long-term professional development requires an internal interest in the chosen field and a willingness to continuously improve knowledge and skills.

Family influence represents another significant factor. Parents often play an important role in shaping children's ideas about future professions. Positive family support can increase confidence and help young people make informed decisions. However, excessive parental pressure may result in a situation where a young person chooses a profession according to family expectations rather than personal interests.



Consequently, family members should create conditions for open discussion and respect the young person's individual professional preferences.

Educational institutions also have a major responsibility in the career orientation of young people. Schools, colleges, and universities should provide students with systematic information about professions, educational pathways, labor market requirements, and opportunities for professional growth. Career guidance should not be limited to occasional meetings or theoretical information. It should be integrated into the educational process through practical activities, professional workshops, meetings with specialists, internships, career fairs, and individual consultations.

Conclusion

The problem of career choice among modern youth is a complex social, pedagogical, and psychological issue. The rapid development of technology and changes in the labor market have expanded professional opportunities while simultaneously increasing the complexity of career decisions. Young people need reliable information, psychological support, practical experience, and opportunities to explore different professional fields. Effective career guidance should consider individual abilities, interests, motivation, personal values, and psychological characteristics. Parents should provide supportive guidance, while educational institutions should create opportunities for professional exploration and practical learning. Cooperation between teachers, psychologists, parents, employers, and young people can make the career orientation process more systematic and meaningful. A conscious career choice can contribute to professional development, personal self-realization, and successful integration into society. Therefore, improving career guidance among young people should remain an important direction of modern education and youth policy in Uzbekistan.

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