



Social Psychological Factors of Adaptation to Professional Activity

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Abstract

This article is devoted to the problems that arise in the process of adaptation of young professionals to professional activities and the elimination of these problems. How quickly the owners of any activity can adapt to their activities depends on the achievement of successful results.

Keywords: adaptation, professional activity, professional skills, teacher, education, competence, abilities, motivation, specialist.

The development, social, political, and economic stability of any society depends on the highly developed intellectual and moral potential of its citizens. Vocational formation is understood as a person's mental abilities, physical capabilities, abilities, interests and aspirations for one or another field, as well as values and worldviews. The specialization acquisition stage of personality formation is distinguished from other periods of development by the uniqueness of acquisition of professional activity, consisting of young men and women aged 17-18 and 21-23. These situations are manifested by their uniqueness: individuality in the acquisition of knowledge, skills and qualifications; the emergence of an individual style of activity; priority of professional motivation; spiritual need, stable interest, determination leadership; that the attitude to the specialty is subordinate to the personal position; the expression of the uniqueness of the environment of the educational institution in their personality; differences in the quality of adaptation to practice and environment.

The next stage of personality formation consists of the period of youth and reflects professional maturity. Often, the signs of maturity are expressed in the following: the emergence of professional, specialized individuality, uniqueness, originality; achievement of a professional, specialized skill level; demonstrate initiative in their field; social assessment expertise - full compliance with the inspection criteria. Despite the level of education of a person, the achievement of high indicators indicates his maturity. Demonstrating professional, specialized skills in one's field indicates a high level of maturity and leaves a warm impression in public opinion. Initiative proposals, inventions represent success in the field and serve to prove that he is a unique person. The formation of a mature person with a unique profession, phenomenal ability, and talent is highly valued as a social-historical reality.

The substantiation and description of the requirements for a profession (craft) has its own characteristics and reflects general and private aspects:

1. Psychological description of the profession and its specialties.
2. Importance of the profession (craft) for the country's economy.
3. Social description of profession and specialization.



4. The socio-psychological significance and description of the profession: its social status (prestige) among young people, specific characteristics of the team, characteristics of interpersonal relations on vertical and horizontal.
5. Pedagogical description of the scope of knowledge and skills necessary for successful acquisition of professional activity (professional skills are determined through special criteria).
6. Suggestions for improving the pedagogical process, preparation periods, general description of measures.
7. Hygienic description of working conditions.
8. Consistency of medically prohibited factors to work in the profession.
9. Psychological imbalance to the profession, or professional unfitness.
10. Self-activation and identification.

The set of requirements of the profession covers psychological, social, economic, technical and pedagogical aspects. Young people who acquire the basics of profession and specialization will develop their professional skills by adapting to all students of these subjects. Career guidance consists of a system of measures of the state and is chosen by a person, serves to ensure the scientific basis of his life path, determines his place in life and is carried out in the following forms:

- 1) providing professional information;
- 2) to engage in vocational education;
- 3) campaigning on radio, television, film, press;
- 4) career advice;
- 5) career selection (according to ability);
- 6) Adaptation to the profession.

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Despite the level of education of a person, the achievement of high indicators indicates his maturity. Demonstrating professional, specialized skills in one's field indicates a high level of maturity and leaves a warm impression in public opinion. Initiative proposals, inventions represent success in the field and serve to prove that he is a unique person. The formation of a mature person with a unique profession, phenomenal ability, and talent is highly valued as a social-historical reality.

The next stage of human development is called the subject and is distinguished from other stages of life by its own characteristics. Not every person can rise to the level of a subject, but has the opportunity to acquire some of its characteristics. The subject differs from the individual by these characteristics: the priority of independence in behavior, activity, behavior; owning a personal position in every aspect of social life; to promote advanced humanitarian ideas and stand out for originality, non-standardity, innovation; overcoming objective and subjective obstacles in deciding ideas.



The most important indicator of the subject is the achievement of professionalism and demonstration of socio-political maturity. Famous specialists, science and technology, public figures, creative-historical thinkers, politicians, state leaders can operate at the subject level. Therefore, in this situation, the desire to reach the masses leads to the acceleration of the development of the society, serves to expand the ranks of selfless, tireless people.

The idea of a perfect person is the age-old dream of humanity, and reaching this level is considered an important source of knowledge about existence, nature, and society. From the point of view of the present time, it is appropriate to interpret the perfect humanity by dividing it into four stages.

By this stage of a person's development, he reaches the level of expertise in his field. As a result of this, a mature person moves to the stage of socio-historical psychological model in his life and activity, becomes a source of development of the field with his potential. The model of individuality acquires national and human significance, acts as a driving mechanism for development. The main characteristics of people at this stage are reflected in the following: high intelligence - possession of intelligence, productivity in intellectual activity; the fact that anticipation has become a product of daily activity, that is, implementation, creating a preliminary model of the planned activity result; to rationally assess one's own potential in the processes of behavior, activity, and dealings and to achieve the same level by others; ensuring the practical expression of talent and potential in the field.

Interdisciplinary knowledge is the next high stage of perfect human development, and is characterized by the possession of excellent knowledge and views in several fields. Due to the expansion of fields, the opportunity to reach this level is becoming more and more limited, because the rapid growth of science and technology, the weight of information increases every second, creates a shortage of time. Quantitative and qualitative changes in spatial and visual relations create conflicting situations between human claim and its potential.

Interdisciplinary knowledge is distinguished from other maturity stages by its two characteristics: the ability to continuously make discoveries; to achieve excellence, productivity and dynamism in the views of each subject of specialization.

The next stage of perfection of a perfect person is called mental wisdom and is characterized by the achievement of super-consciousness in relation to nature and society, the biosphere and the noosphere. Mental wisdom reigns in harmony with moral culture, high feelings, etiquette, nature and social norms. Moral maturity provides a rational approach to political, legal, and economic manifestations of consciousness. If mental wisdom is directly based on the source of moral, intellectual, aesthetic and praxic (enjoyment of the result of work) high feelings, it reflects the model of completeness and perfection. Universal genius is a product of opportunity or necessity that arises with the demands of society and development. Historical figures who make drastic changes in the fields of science, technology, politics, religion, and state building can reach the final stage of maturity. Those who have reached such a level are characterized by the fact that they are far ahead of the era and time with their vale and predictability.

The general conclusion is that it is desirable for persons engaged in pedagogical activities to embody professional and personal qualities in their fields. Because the development of the society is also related to the fact that the pedagogues are competent in their fields and possess high-level skills. Let our children, based on the correct approach of pedagogues, become mature specialists in their fields and contribute to the development of society. In order to realize social development, it is necessary to train highly qualified specialists in the country and raise them to the level of world standards. In order for science and technology to respond to today's progress, it is permissible to form professionals who create competitive products that can withstand the market



economy in our country by developing a wide-ranging, knowledgeable, self-sacrificing person. So that they grow up to be people who respond to the requirements of the time, have broad interests, strong skills, stable memory, thorough thinking, inquisitive, hardworking, patriotic, and religious people.

List of used literature

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