



## PSYCHOLOGICAL FEATURES OF THE PROCESS OF STUDENTS' PROFESSIONAL SELF-AWARENESS IN A DIGITAL ENVIRONMENT

Ma'mun University Department of "General Professional Disciplines" PhD, Associate Professor

**Khudaynazarov Nuraddin Shavkatovich**

[nxudaynazarov1987@gmail.com](mailto:nxudaynazarov1987@gmail.com)

### ABSTRACT

This article analyzes the role and importance of internet resources in students' career choice, as well as ways of their effective use. It also examines the impact of the digital environment on young people's career orientation, including its positive and negative aspects.

**Keywords:** career choice, internet resources, students, career orientation, digital technologies, motivation.

### ANNOTATSIYA

Mazkur maqolada o'quvchilarning kasb tanlash jarayonida internet resurslarining o'rni, ahamiyati va ulardan samarali foydalanish yo'llari tahlil qilinadi. Shuningdek, raqamli muhitning yoshlar kasbiy yo'nalishiga ta'siri, ijobiy va salbiy jihatlari ham ko'rib chiqiladi.

**Kalit so'zlar:** kasb tanlash, internet resurslari, o'quvchilar, kasbiy yo'nalish, raqamli texnologiyalar, motivatsiya.

### АННОТАЦИЯ

В данной статье анализируются роль и значение интернет-ресурсов в процессе выбора профессии учащимися, а также пути их эффективного использования. Кроме того, рассматривается влияние цифровой среды на профессиональную ориентацию молодежи, включая ее положительные и отрицательные стороны.

**Ключевые слова:** выбор профессии, интернет-ресурсы, учащиеся, профессиональная ориентация, цифровые технологии, мотивация.

### INTRODUCTION

In the era of rapid globalization and the development of digital technologies, all spheres of social life, including the education system, are undergoing significant transformations. The widespread implementation of information and communication technologies has greatly expanded opportunities for acquiring knowledge, searching for information, and utilizing it effectively. In particular, the internet has become not only a source of knowledge for students but also an important factor influencing their worldview, social activity, and future career choice.

Today, in addition to traditional career guidance methods, students have the opportunity to obtain detailed information about various professions through the internet, learn from the experience of leading specialists, take vocational tests, and even acquire certain skills remotely. This contributes to making their career orientation process more conscious and well-founded. From this perspective, internet resources serve as a modern and effective tool in students' career selection process [1].

At the same time, along with its vast opportunities, the internet also presents several challenges, such as the unreliability of information, information overload, and distracting content. As a result, students may make career decisions based on incorrect or superficial information, which can lead to career dissatisfaction and decreased motivation.

Therefore, organizing the proper, purposeful, and effective use of internet resources in students' career choice process is considered an urgent pedagogical issue. In this process, not only students' independent activity but also the guiding and advisory role of teachers and parents is of great importance [2].



The main purpose of this article is to analyze the impact of internet resources on students' career choice, identify their opportunities and limitations, and develop scientific and practical recommendations for their effective use.

### **1. The role and importance of internet resources in career choice:**

In the modern information society, internet resources play an important role in students' career self-awareness. In the traditional career guidance system, students mainly relied on teachers, parents, or people around them when making decisions. Today, however, they have access to vast information databases independently. Through the internet, students can obtain detailed information about professions, their social significance, working conditions, demand levels, and future prospects.

Moreover, the internet enables students to gain an understanding of the global labor market. This helps them consider not only local but also international demands when choosing a profession. As a result, students develop strategic thinking, future planning skills, and the ability to assess their own capabilities [3].

### **2. Types and characteristics of online career guidance tools:**

There are various career guidance tools available on the internet, each with different functional capabilities. Online career tests help identify students' interests, abilities, and personal characteristics. Based on these tests, students can form a list of suitable professions.

In addition, educational platforms allow students to gain basic knowledge and skills in their areas of interest. Video lessons, webinars, and online courses help them understand the practical aspects of professions. Activities of professionals on social networks, blogs, and vlogs provide real-life experience, helping students form a more realistic understanding of careers [5].

### **3. Positive pedagogical impact of internet resources:**

The effective use of internet resources positively influences not only career choice but also the overall intellectual development of students. First, students develop independent learning, information analysis, and selection skills, which enhance their critical thinking abilities.

Furthermore, the internet allows students to acquire knowledge based on their interests, increasing their internal motivation. Choosing a career based on personal interests increases the likelihood of future professional success. In addition, internet resources contribute to developing creativity, generating new ideas, and forming innovative thinking approaches [4].

### **4. Problems and risks of internet use:**

Despite its advantages, improper use of internet resources can lead to negative consequences. Not all information available on the internet is reliable or scientifically grounded. Students may sometimes make decisions based on unverified or incorrect information.

Moreover, information overload may distract students, reduce their focus, and divert them from their main goals. Excessive use of social networks leads to inefficient time management. In some cases, students may be attracted to "popular" or "trendy" professions without considering their abilities and interests, resulting in poor career choices [6].

### **5. Pedagogical conditions for effective use of internet resources:**

To ensure the effective use of internet resources in students' career choice process, certain pedagogical conditions must be created. First, students should be taught how to identify reliable and useful internet sources. Teachers play an important role in providing methodological guidance in this regard.

Parents should also monitor and guide their children's internet usage. Educational institutions should implement specialized career guidance platforms and organize practical training sessions to increase effectiveness.



In addition, it is important to develop a culture of purposeful internet use among students. With a clear and conscious approach, internet resources can become a powerful tool in students' professional development [7].

### CONCLUSION

In conclusion, internet resources are becoming an important and inseparable factor in modern students' career choice process. Through digital technologies, students gain access to comprehensive, fast, and diverse information about various professions, which helps them understand their career interests and abilities more clearly and make informed decisions.

However, the effectiveness of internet resources depends largely on the culture of their use. If students use the internet without purpose or control, it may lead to negative consequences such as misinformation, wasted time, or incorrect career choices. Therefore, it is necessary to use the internet consciously and critically.

Research results show that an integrated approach is required to ensure the effective use of internet resources in students' career orientation. This includes methodological support from teachers, parental control and encouragement, and the establishment of a modern career guidance system in educational institutions.

Furthermore, it is essential to develop students' information literacy skills, such as the ability to identify reliable sources, analyze information, and draw independent conclusions. This not only ensures correct career choices but also prepares students to become competitive professionals in the future.

Overall, the proper and effective use of internet resources serves as an innovative and powerful tool in determining students' career orientation. Therefore, organizing this process on a scientific basis and continuously improving it is one of the most important tasks of today.

### REFERENCES:

1. Karimov I.A. High Spirituality is an Invincible Force. – Tashkent: Ma'naviyat, 2008.
2. Decrees of the President of the Republic of Uzbekistan. On improving youth spirituality and organizing their leisure time effectively. – Tashkent, 2019.
3. Abduqodirov A.A. Information Technologies in Education. – Tashkent: Fan, 2015.
4. Ishmuhamedov R.J. Innovative Pedagogical Technologies. – Tashkent: Iste'dod, 2017.
5. Tolipov O., Usmonboyeva M. Theoretical Foundations of Pedagogical Technologies. – Tashkent, 2010.
6. G'oziyev E.G'. General Psychology. – Tashkent: O'qituvchi, 2002.
7. Davletshin M.G. Developmental and Pedagogical Psychology. – Tashkent, 2005.