



INDIVIDUAL-PSYCHOLOGICAL AND PSYCHOPHYSIOLOGICAL APPROACH TO THE PROBLEM OF CHOOSING A PROFESSION

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ANNOTATION

The urgency of research on psychological propensity activity is determined primarily by a large practical significance of this problem. The steady increase in the number of jobs increases the importance of the study of human abilities and aptitudes for different activities. These practice areas as vocational guidance and counseling, professional selection and placement of personnel in work posts, job training, will require the development and implementation of reliable and predictive diagnostic techniques level of development tendencies and their qualitative uniqueness.

The value of the work lies in the fact that the results of the study contribute to the development of scientific bases of professional self-determination. We believe that the results of the study are significant for the development of the early manifestations and development dispositions in adolescence, as well as vocational guidance in schools and other educational establishments, with a view to the effectiveness of self-determination to the student activities.

KEYWORDS: *human abilities and propensity, individual psychological and psychophysiological approach, psychological preconditions, human factor, "external through internal", "internal conditions", typological properties of the nervous system, natural prerequisites, individual differences, properties of the nervous system, typology, motivation*

DISCUSSION

The relentless attention to the human factor indicates the fundamental importance of human resources for the further development of our society. The professional preparedness of an employee is increasingly acquiring not only moral and psychological significance, but also substantially economic, social significance, the quality of vocational training of young people depends not only on the development of a network of various professional educational and technical bases, material, living and other social conditions, and on the fact to what extent, the individual has chosen the right profession, whether the chosen profession corresponds to his individually psychological qualities, whether the profession meets his needs.

The relevance of research on the psychological activity of propensity is determined primarily by the great practical significance of this problem. The steady increase in the number of professions

increases the importance of studying a person's abilities and propensity in relation to various activities. Such areas of practice as vocational guidance and consultation, professional selection and placement of personnel in jobs, industrial training require the development and use of reliable, predictive methods for diagnosing the level of development of propensity and their qualitative originality. Such methods are also necessary to diagnose the direction of the propensity of children, the severity of their creative, musical, artistic abilities, etc. The orientation contributes to the choice of the most appropriate capabilities and propensity of a person, professions, ways and methods of building learning, taking into account individual characteristics.

All this significantly affects the formation of positive professional motivation and job satisfaction, and, consequently, satisfaction.



An individual psychological and psychophysiological approach to the problem of choosing a profession today is becoming an urgent task of professional training for young people. One of the goals of the unfolding school reform is to promote better choice of occupation by young people, in accordance with their propensity and interests. However, this task, in addition to practical measures for broad professional education in order to correctly orientate in the world of professions, includes a number of fundamental scientific research. In understanding propensity, we proceed from the concepts that were developed in the works of S.L. Rubinstein / 1940 /, B.M. Teplova / 1941 /, V.N. Myasishcheva / 1962 /, M.G. Davletshina, / 1977 /, B.R. Kadyrova / 1990 / and others, where the inclination was considered as an orientation towards the corresponding activity, as a need for certain occupations.

Frequent cases of coincidence of propensity and abilities are explained precisely by the internal connection of individual characteristics in activity and its self-regulation, which are the main psychological prerequisites for the development of both abilities and propensity.

In the context of our research, propensity and interests can be attributed to the needs of knowledge "inherent in all living things." These basic needs are the source of self-expression of self-development, the source of self-improvement of a person, prompting the unknown, the unknown.

A number of works emphasize the role of a complex complex of unconditioned reflexes as functions of the subcortical formations of the brain and are direct prerequisites for the formation of dominant needs, special, organic impulses.

Propensities - gravitation towards certain types of activity, internally motivated positive attitude towards activity.

Attention to individual differences in propensity stems from the general attitudes of our society, which has embarked on the path of restructuring, when the "human factor" is brought to the fore, concern for the identification and implementation of the creative powers of the individual. As you know, it is activity that gives the greatest satisfaction and allows you to bring the greatest benefit to society.

We proceed from the premise that the development of propensity, which occurs under the decisive influence of socio-historical conditions, life experience, fashion and other social factors, envy and from individual "internal conditions" through which external influences are refracted. This understanding of the determination of psychological properties, in particular, propensity, goes back to the well-known formula of S.L. Rubinstein - "external through internal", which characterizes both the mechanism of

psychological reflection and the principle of development of the psyche.

The inclination as a specific tendency of a person to prefer this or that activity is not the result of only external influences, although they play a fundamentally important role in mental development. Obviously, along with the various factors of the external environment / education, etc. /, "internal conditions" through which external influences are refracted are of no small importance.

There is no doubt a close connection between propensity and needs, leading motives. It is the dominant motivation that gives a meaningful orientation to classes, gives them a personal meaning, value.

At the foundation of developing propensity lie neurophysiological and psychophysiological processes that ensure the expression of needs, selective activity. From the actual needs and leading motivations of envy, in addition to the content side of propensity, the dynamics of manifested propensity, their tension, gravitational force, stability, etc. At the same time, the formal-dynamic side of propensity cannot but depend on the typological properties of the nervous system, i.e. from the natural prerequisites of individual differences in neurodynamics.

Thus, the manifestation of a tendency as a gravitation towards certain types of activity is associated with a certain level and originality of dynamic regulation.

This means that the internal prerequisites of inclination - not only dynamic, but to some extent also its content sides - can be attributed to the totality of individual natural characteristics of the brain.

All this indicates the need for complex, multilevel psychophysiological studies of the determination of propensities. Their multifaceted study, in particular, from the side of individual natural preconditions, is an urgent scientific task.

Differential psychophysiology provides the existing basis for the psychophysiological study of the premises of propensity. As you know, in the scientific school of B.M. Teplova, on the basis of the concept of the basic properties of the nervous system, the origins of individual differences in the sphere of abilities are in-depth explored. Taking into account the closeness of propensity and abilities, one can suggest closeness, interpenetration of their natural prerequisites. We proceed from the idea that mental activity and its self-regulation in their natural conditioning can be considered a common factor in the development of propensity and abilities.

Especially of great practical and theoretical importance is the study of the individual natural prerequisites of propensity in relation to adolescents. In a transitional age, a growing person can already clearly give preference to certain types of activity / or unconsciously reach for them / that are more consistent with his internal prerequisites for



development, individual characteristics / for example, by the pace of execution, by the role of imagery of thinking or memory, by the degree of tension and dr./.

The tendencies of adolescents were studied by us in a complex: in the psychological and psychophysiological aspects. A certain system of psychological techniques was used to diagnose propensity. Further, on the same subjects, individual differences in the ratio of signaling systems were studied. A systematic comparison of psychological and psychophysiological indicators of individual differences related to the sphere of propensity was carried out. We tried to identify internal connections between certain types of propensity and the individual-natural prerequisites for such connections.

We were convinced that during adolescence, preferences for certain types of activity, formed during the interaction of a growing person with social reality, are influenced not only by social requirements, expectations, one or another awareness of professions, conscious attitudes, life plans, etc. .d., but to a certain extent due to psychophysiological prerequisites for development, which are not always conscious.

Disclosure of some of the internal conditions of the selective attitude of adolescents to certain types of activity provides an orientation towards understanding the complex processes of the development of propensity, can help optimize these processes.

CONCLUSIONS

In contrast to the traditional understanding of the development of propensities for a certain type of activity, as a typologically determined system of ways to most effectively perform an activity, it develops only in people with active positive motivation for activity, we proceed from the fact that:

1. Propensities develop always and under all conditions.
2. Propensities develop on the basis of not only the individual typological properties of the nervous system, but also the personality characteristics of adolescents.
3. One of the main features of the development of propensity are motivational factors.
4. The best understanding and performance of the activity is the process of developing addiction.

The study provides a holistic view of the development of addiction in adolescence. For the first time, a systematic comparison of the psychological indicators of individual and group differences related to the sphere of propensity was carried out. Thus, it has been experimentally established that the development of propensity depends not only on environmental influences, but also in relation to this

sphere of individual differences: external factors act through internal conditions.

LITERATURE

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