

Studying The Influence Of Parents' Idealization, Emotional Pressure, And Desires On Adolescents' Personal Decisions Related To Choosing A Profession From A Psychoanalytic Point Of View

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Abstract: This scientific article describes the most important factors influencing the choice of a profession by adolescents - parents and their attitude, the role of parents in the choice of a profession by their adolescent children, positive and negative influences, as well as psychological methods and techniques that should manifest themselves in the correct choice of a profession by adolescents.

Keywords: Psychoanalysis, unconsciousness, emotional states, emotional pressure, desires, stress, motivation, self-esteem, repression, neurosis, neurasthenia.

Introduction: Adolescence is a very complex and unique period from a psychological perspective. During this period, young people not only grow physically, but also undergo significant changes in mental and emotional aspects. According to psychological interpretation, adolescence is an important stage associated with the formation of personality, the search for identity, and the development of relationships with society. During this period, young people strive for a deeper understanding of their inner world and their connections with the external world. At the same time, the first important changes and decisions are made in one of the main issues, namely, in choosing a profession. The choice of a profession by adolescents is one of the life decisions, based on their personal growth, interests, talents, and social conditions. The process of choosing a profession is very complex and psychologically important for adolescents, influencing their future successful life and happiness. Adolescents during this period strive to identify their interests and abilities, but they often try to find a balance between their dreams and the expectations of society.

Adolescents often choose a specific profession based on their interests and abilities, family influence, financial interests and demands, the influence of mentors and teachers, the influence of peers, or their experience in a particular profession. Each of these factors affects the individuality of the adolescent differently depending on the environment and place of education. However, we can observe young people in adolescence who have no interest in any professional activity or face difficulties and hesitations in choosing a profession. It is necessary to timely and fully study their problematic aspects, as well as to effectively eliminate these problems. Because one of the main pillars of the future and development of adolescents is choosing the right profession. Therefore, a comprehensive approach is necessary to assist them in choosing a profession.

Providing psychological support to adolescents in choosing a profession is a complex and multifaceted process. Adolescents strive to identify themselves, understand their interests, strengths and weaknesses, and make decisions based on factors such as their place in society, social and economic conditions. A broader analysis of psychological support in career choices

includes several aspects, ranging from the personal and social aspects of the adolescent to the development of the skills necessary to achieve the goal. We will discuss them in more detail below.

The main stage of choosing a profession is the adolescent's self-understanding and identification. Adolescents often do not have a clear idea of what professions they see themselves in and in which areas they can succeed. In such situations, it is necessary to provide them with effective psychological assistance. Psychologists can help adolescents analyze their interests and understand how they can use them, as well as choose professions that match these interests. For example, they can offer professions based on interest in sports or art, inclination towards scientific research, or desire to help and serve people. Adolescents also need to understand their strengths, such as mental, physical, or emotional skills. In such a situation, psychologists help determine the abilities of adolescents using psychometric tests and interactive activities, which is one of the main steps that helps adolescents choose their future profession. It should also be noted that when providing psychological counseling, it is necessary to take into account the personality characteristics of the adolescent. For example, being introverted or extroverted, leadership skills, or the ability to work cooperatively are important in choosing a profession. A psychologist can identify their personality and offer them suitable career paths.

Choosing a profession can be perceived by adolescents as a major step and, as a result, cause many anxieties, uncertainties, and worries. In such situations, adolescents ask themselves: "What will happen if I choose the wrong profession?" "What profession should I choose? What qualities of current professions should I look at?" and "How will I behave if I fail?" In such anxious situations, psychological support is absolutely necessary for adolescents. Through interviews with adolescents, psychologists need to understand their inner anxieties and address them. In this case, psychologists can teach adolescents the right methods of decision-making, as well as a positive approach to uncertain and difficult situations. As a result, adolescents learn not to be afraid of mistakes by knowing their abilities and capabilities. At the same time, adolescents should learn to create a concrete plan when choosing a profession. Psychologists can explain to them step by step what profession they should pursue, what goals they should set, and what actions they can take to achieve these goals.

In our society, there are situations where adolescents may encounter family and social influences in choosing a profession. In this case, expectations set by parents or society can often influence the adolescent's

decisions, as a result of which adolescents experience hesitation and difficulties in choosing a profession. In this situation, the psychologist should teach adolescents to express their thoughts and help improve communication with parents, while encouraging them to make their own independent decisions. In situations where adolescents can choose professions they don't like under social pressure, the psychologist analyzes social influences and teaches adolescents to make decisions based on their feelings and interests.

It is also natural that adolescents experience a lot of emotional stress in the process of choosing a profession. In this situation, psychological support is aimed at managing the emotional state of adolescents. That is, a psychologist can teach adolescents techniques and strategies such as breathing exercises, meditation, and creating positive images to manage stress and control their emotional state. At the same time, the psychologist encourages the adolescent to value their successes and learn from their failures. This helps the adolescent maintain a positive approach in the process of choosing a profession.

Parental attitudes play a very important role in adolescents' career choices, as they feel responsible for their children's future. Parents are a source of inspiration for adolescents, guides, and sometimes important advisors in decision-making. Their attitude towards such an important stage can influence various directions in the adolescent's career choice. Most importantly, it is important that parents provide positive support and advice to adolescents in choosing a profession, helping their children make decisions based on their own desires and capabilities. According to the results of a survey conducted among Uzbek parents, 97.9% of them spoke with their children about choosing a profession. Of these, 86.3% fully approved of their children's choice, 11.1% almost approved, and 1.3% were not satisfied with their children's answers. These results show that the majority of parents support their children's career choices or at least take their opinions into account. At the same time, 12.7% of parents asked their children to change their career choices. Of course, from these indicators, we can see that the influence and participation of parents in the choice of profession by adolescent children is high.

We must remember that the development of adolescents' ability to make independent decisions serves as the basis for their successful and happy life in the future. Parents can influence their teenage children's career choices in different ways, mainly by giving advice on different views. Below, we will examine the currently widespread types. Some parents pay great attention to their children's education and learning. Sometimes they also share their thoughts

about which field their children should study. Some recommend studying medicine or economics, while others advise learning foreign languages or legal specialties. However, there are some parents who recommend that adolescents choose professions according to stereotypes accepted in society, that is, professions that have a high status among close family members (relatives) or are perceived by society as having a high status, such as lawyers, doctors, representatives of military service. In our society, we can also see such parents who have extensive experience and achievements in their professional field and, as a result, can advise their child on their chosen profession.

It should be emphasized that, although the role of parents in adolescents' career choices is very important, they should allow adolescents to make their own decisions. Because now some parents are directing adolescents to choose professions based on their own desires rather than their own. In this case, psychological conflicts arise between parents and adolescents, since the adolescent wants to choose a profession based on their own desires and interests.

Parents can influence adolescents' choice of profession not only directly, as indicated above, but also indirectly, that is, through emotional pressure. More precisely, any relationship, contradiction, or solidarity between parents contributes to the formation of a child's emotional state. If parents overly control their child or exert excessive pressure, this can increase the child's stress levels and create misunderstandings and fears in making decisions about their future career choices. Also, from a psychoanalytic point of view, the idealizations of parents towards their adolescent children and the expected high results can have a great influence on their choice of profession. If parents expect their children to achieve a certain ideal, the child perceives that they are obliged to fulfill this ideal and sets such an attitude. This situation can lead to the child making decisions that contradict their personality and professional desires, resulting in pathology of various mental processes in the adolescent. According to the theory of the founder of this direction, Sigmund Freud, relationships with parents play an important role in the formation of a person's personality. Through the child's interaction with parents, their actions and desires, the child's subjective decisions in choosing a profession and views on social role are formed. A child's feelings towards a parent can significantly influence decision-making processes in their future life.

According to another theory of Freud, if adolescents leave the choice of professions based on their interests and desires to their parents' choice or reject them, it can lead to repression. That is, the teenager forcibly

pushes out the desire to choose the profession he is interested in from his parents' consciousness, depending on their wishes, and tries to express it, but this desire does not completely leave the consciousness, it is hidden in the subconscious. And, as a result, throughout the adolescent's subsequent life, these suppressed desires can manifest in their fantasies, dreams, or in the form of mistakes. At the same time, Z. Freud emphasizes that dreams are not accidental, they are a direct path to the human subconscious, and through errors, a person sometimes makes mistakes in pronouncing words or in understanding other people. Eventually, any suppressed feelings and desires can lead to psychopathological conditions such as neurosis or neurasthenia, if suppressed and held for a long time. This condition leads to a decrease in self-confidence as a result of incorrect self-assessment in a person's daily life, a constant state of anxiety along with fear and, on this basis, a sense of hesitation in making a decision.

As mentioned above, preventive work should be organized by parents and school psychologists to prevent negative situations and their prevention. In this case, it is mainly recommended that parents initially have a free, sincere conversation with their child about the adolescent's interests and desires, without manipulation and other influences. Subsequently, parents are asked to provide initial concepts, advice, and relevant guidance about that profession based on their teenage children's interests, to further increase their interest in that profession, to create conditions for deeper study of knowledge related to that profession, to work on themselves, to increase their experience, and to provide them with appropriate assistance. School psychologists, on the other hand, can conduct methodological surveys aimed at identifying special professional interests and professional motivations of adolescent students, process and analyze their results, and discuss them with the adolescents themselves and their parents. Also, during this period, it is requested that educational institutions where adolescents study, as well as various state and non-state institutions and organizations of our country, together with relevant specialists, conduct constant promotional work with the participation of specialists who have achieved high results in their field and special professional experience. As a result, the emergence of deeper and more practical knowledge in the field of a special profession in adolescents, their ability to make specific decisions in choosing a future profession, suppression of feelings of hesitation and anxiety, ensuring emotional stability, as a result, an increase in self-confidence and achieving an adequate level of self-esteem, especially the development of

characteristic traits, responsibility, and mental stability that help them achieve their goals and plans, is achieved.

CONCLUSION

In conclusion, unconscious desires of parents can have a great influence on the choice of profession and personal development of adolescents. From a psychoanalytic perspective, parents can limit their children's ability to think independently, realize their intentions, and achieve personal goals by imposing their desires on them. This situation can negatively affect adolescents' self-awareness, the process of choosing a profession, and achieving success in the future. Thus, psychoanalytic approaches confirm the importance of understanding the unconscious desires of parents, establishing effective relationships with adolescents, and helping them choose a profession based on their personal interests and desires.

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