

Wanlong Sun, master's student
754318759@qq.com

Krestsyaniy T.Yu., Associate Professor PhD in Biology
auta@bk.ru

VSU named after P.M. Masherov, Vitebsk, Republic of Belarus

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THE MOTIVES BEHIND CHOOSING THE PROFESSION OF A PSYCHOLOGIST

This article provides an in-depth analysis of the reasons that encourage psychology students to choose their profession

Keywords: motivation, motives for choosing a profession, early decisions.

МОТИВЫ, СТОЯЩИЕ ЗА ВЫБОРОМ ПРОФЕССИИ ПСИХОЛОГА

В данной статье проводится глубокий анализ причин, которые побуждают студентов-психологов выбирать свою профессию

Ключевые слова: мотивация, мотивы выбора профессии, ранние решения.

Introduction. The field of psychology has witnessed a significant surge in interest among young professionals. This growing trend begs the question: what drives individuals to pursue a career in psychology? Understanding the motivations behind this choice is not only crucial for the development of tailored educational programs but also for guiding students towards a fulfilling professional path.

Choosing a profession is one of the most important events that largely determine a person's life path. Professional self-determination is a part of the life self-determination of the individual as a whole, the choice of lifestyle, profession, as well as its entry into both professional and social groups [1]. The nature of this choice is influenced by many different factors, such as inclinations, the level of claim to public recognition, informativeness, the position of older family members, however, scientists agree that the determining role is assigned to the family. Parents can either consciously transfer their own knowledge and ideas to their children, or completely unconsciously. Is it safe to say that the choice of profession is an absolutely free, conscious decision of the individual? For the first time, E. Bern said that a person's life has a certain scenario, and his actions are programmed [2]. Based on this, according to transactional analysis, a person's choice of profession is also programmed by her scenario, however, there are few studies devoted to this problem. Is it possible that the specific decisions that a child makes in deep childhood in response to the instructions of his parents can determine the direction of his activities? Often, the choice of a profession is inadequate, which leads to dissatisfaction with it, the inability of a person to reveal his full potential in work. It is for this reason that the correct identification of a child's professional interests and inclinations is so important. The reasons for an inadequate choice of a professional path may be external or social factors that prevent the implementation of a choice based on the interests of the individual, as well as internal or psychological factors caused by a student's lack of awareness of his own inclinations, or inaccurate ideas about the content of future activities. In addition, there is a possibility that a person lives as if not his life, follows a path that is not really close to him, but he can no longer change it, which is why it is so important to understand how strong the decisions we make in early childhood are [3].

The purpose of the study is to study the early motives that motivate psychology students to choose their profession.

Material and methods. This study used a literature review and a questionnaire to analyze the motives for choosing a profession, with a sample of 100 students of psychological

specialties of the Faculty of Social Pedagogy and Psychology of Establishment of education "Vitebsk state university named after P.M. Masherov". The study involved 100 people, including 7 men (7%) and 93 women (87%) in the age range from 18 to 28 years. There are no gender restrictions in this study, so the sample can be considered normal. Students of exclusively psychological specialties participated in the study. The nature of the sample is due to the fact that students' early decisions can be diagnosed to a greater extent than those of established psychologists, whose early decisions have already been independently determined and overcome by them.

Descriptive statistics, correlation analysis, verification of the mediating effect and verification of the mitigating effect of the data were carried out using SPSS and AMOS software.

Results and their discussion. As part of the theoretical study, the following main motivational components of choosing a profession as a psychologist were identified: helping people; human cognition; self-knowledge and self-help; a sense of vocation; an accident; an interest in psychological knowledge; the main values in the profession; the ability to provide assistance to people; human Cognition; self-knowledge and self-development; prospects for the application of knowledge; scientific activity; absent; child/an adult decision-making choice [4].

The subjects were asked to undergo the "Children's Thoughts" methodology developed by the Institute of Systemic Counseling. This technique is aimed at identifying an early decision of the personality. Using the "Children's Thoughts" technique will make it possible to trace whether there is an influence of early decisions on the content of choosing a profession as a psychologist, and if so, what is the nature of this influence. The subjects need to evaluate 50 statements on the scales "often", "sometimes", "never", on the subject of how often such thoughts visit them.

The technique allows you to diagnose the severity of the following early decisions, each of which includes several statements: "Don't be/don't live"; "Don't grow up"; "Don't be a child"; "Don't reach"; "Don't be close"; "Don't be healthy"; "Don't be yourself"; "Don't be significant"; "Don't belong"; "Don't think"; "Don't feel it".

The processing of the obtained data was aimed at finding the dependence of the content of the choice of a psychologist's profession on children's decisions. The most pronounced indicators for early decisions were selected for analysis. As methods of statistical analysis used to identify the influence of early decisions on the choice of profession, Multinomial logistic regression was applied, since the object of the study was the influence on nominal scales.

The causal relationship has exactly this sequence, since early decisions are made by a person earlier (up to 6 years old) than decisions about choosing a profession. As a result of data processing, a relationship was revealed only between the age of making a decision about choosing a profession and the decisions "Don't be a child" and "Don't be yourself". The overall significance coefficient of the likelihood ratio test is 0.048. Since $p > 0.05$, this allows us to talk about the presence of a statistically significant influence of the factor on the dependent variable. It is for the solutions "Don't be a child" and "Don't be yourself" that the significance is below 0.05. As shown in Table 2, people with early decisions "Don't be a child" and "Don't be yourself" make decisions about choosing a profession of a psychologist more often in adulthood (83.3% and 87.5%) than in childhood (16.7% and 12.5%).

When analyzing the relationship of the remaining early decisions with the contents of the choice of the profession of a psychologist, no influence was found, since the significance turned out to be higher than 0.05. Thus, we can say that people with early decisions of "Don't be a child" and "Don't be yourself" more often made a decision about choosing a profession as an adult [5].

Conclusion. The main objective of this study was to find a possible connection between early decisions and the content of choosing a profession as a psychologist. Based on the

hypothesis of the study, it can be assumed that the choice of profession is based on scenario prerequisites, therefore, the first stage of data analysis was the verification of this assumption. As a result of processing the data obtained during the study, a relationship was revealed between the age of making a decision about choosing a profession and the decisions "Don't be a child" and "Don't be yourself". The found dependence makes it possible to assume that people with attitudes of "Not being a child" and "Not being themselves" tend to make career choices in adulthood more often than when they were children. The decisions "Don't be a child" and "Don't be yourself" most severely limit and negate the spontaneity of a personality, its ability to be arbitrary, the ability to feel free in its choices, dreams and aspirations. In response to the order not to be a child, a person may decide that he will never do anything childish again, which also implies such a simple action, characteristic of almost every child, as dreaming. In games, dreams, children try on different images, roles, professions, at this moment for the first time a vague idea of who the child sees himself, the first aspiration, is laid.

In other words, in dreams, games, a choice is born. "Don't be yourself" – don't be who you are, stop wanting what you want. As a result of such a limiting attitude, childhood ceases to generate far-reaching actions. Deprived of the opportunity to dream in childhood, a person approaches the stage when it becomes necessary to determine the choice of a future profession, place of study, with an absolute misunderstanding of what is interesting to him, what he wants to devote himself to, who he generally, in general, sees himself in the future [6].

As it was revealed during the analysis, early decisions are closely related to the Adult age of decision-making in general. One possible explanation for this connection is that having an early decision, a person gets the opportunity not to reflect on their own decisions as Childish.

In contrast to the assumption that there are links between early decisions and the choice of a psychologist's profession, in the future, the probability that the basis for choosing a psychologist's profession is the need to actualize the potential of the individual will be considered.

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