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## The Problem Of Vocational Guidance Work With Young People, Who Have Limited Health Opportunities In Modern Russia.

**Bikbulatova AA, Karplyuk AV, and Medvedev IN\*.**

Russian State Social University, st. V. Pika, 4, Moscow, Russia, 129226

### ABSTRACT

For a modern person, the basis for its productive, comfortable life in societies and inclusion in a purposeful process of socialization is a high-quality professional education. A clear professional orientation of education is designed to solve one of the most important tasks of teenager socialization - the task of professional self-determination. In the course of mastering the profession, the intellectual potential of young people is realized and conditions for its social integration are provided. In this regard, professional orientation in modern Russia is seen as a very important moment for young people and suggests the need for innovative approaches to its professional orientation. It is recognized that it is necessary to apply special approaches to work with young people experiencing difficulties in professional self-realization due to limited health opportunities. It becomes clear that a systematic algorithm for career-oriented work with young people is needed, which has limited opportunities for health, including students in vocational education institutions. In this regard, active work is continuing on mechanisms for realizing the professional potential of such young people. This should be part of the overall system of professional education in modern Russian society.

**Keywords:** professional orientation, youth, disabled people, limited health opportunities, Russia.

*\*Corresponding author*



## INTRODUCTION

The ontogeny of a living organism does not always proceed without the development of dysfunctions [1,2] of pathological changes [3,4] in its individual organs and systems [5,6]. This is true for all mammals [7] and is particularly pronounced in humans [8]. Modern medicine has made great strides in the treatment and compensation of the pathology emerging at all stages of individual development [9]. However, it is far from always possible to completely eliminate the existing pathology, including in a young person [10], even after applying a complex healing effect [11,12]. In this connection, it becomes necessary to search for techniques and technologies that ensure the successful existence of a young person and his maximum integration into society in the presence of various pathologies that are difficult to treat [13,14].

To realize the possibility of a productive and comfortable life in society, a person needs to be included in a purposeful process of socialization, one of the most important institutions of which is the education system. Its clear professional orientation solves the most important task of socialization of the adolescent's personality - the task of professional self-determination. Mastering the profession is one of the conditions for realizing the potential of youth and one of the main means of its social integration [15].

In the context of the consideration of tasks of vocational guidance, questions related to the detailed study of the problem of the professional orientation of youth with disabilities and limited health opportunities are of great importance. Mastering professional skills is one of the conditions for realizing the potential of a young person with disabilities and one of the basic ways of his rehabilitation and adaptation in society [16,17].

The purpose of the work: to consider the problem of vocational guidance work with young people, who have limited health opportunities in modern Russia.

## FUNDAMENTALS OF PROFESSIONAL ORIENTATION

Vocational guidance implies a large-scale, beyond the boundaries of medicine, pedagogy and psychology, a set of measures to assist not only in choosing a profession, but also in vocational guidance throughout the period of getting a profession, entering the profession. At the current time from a professional educational institution, it is necessary to create conditions for the formation of an individual educational request for a teenager, a personal need for a balanced choice of the direction of continuing education, readiness for further self-realization in the chosen professional and educational profile, and for further professional self-identification in new economic and socio-cultural conditions [18].

Awareness of professional self-determination is conditioned by awareness of the most common and claimed types of work, their significance for society [19], knowledge of the ways of acquiring a profession and the requirements that are imposed on the individual in terms of her physical and mental abilities, and, finally, Assess your data for mastering a chosen specialty.

Vocational guidance of children and young people with disabilities is a specially organized help to optimize the processes of professional self-determination. That is why important tasks here are the all-round development of the individual, and the activation of the students themselves in the processes of identifying themselves, their place in the world of the opportunities for the profession they are getting. In this sense, it is important to work to understand their own professional success, both at the stage of training and in the process of future professional activity. It is necessary to create optimal conditions for each teenager to achieve success. In order for professional self-determination of trainees with disabilities to be successful, there is a need to develop in them an active attitude towards themselves and their abilities in connection with the understanding of the importance and need for self-determination as a whole, as well as an adequate attitude to the pristine situation of choosing a profession based on the awareness of one's own desires, possibilities, as much as possible adequate evaluation of their psycho-physiological characteristics [20]. Accordingly, specialists in the process of solving the problems of professional self-determination by persons with disabilities should bear in mind the need to develop a comprehensive, multifaceted approach to vocational guidance work, one of the most important aspects of which is the selection and modification of methodological tools taking into account individual health characteristics. The selection of methodological tools taking into account the specifics of persons with disabilities makes it possible to give a more accurate

assessment of the current state, thanks to which professional counseling is built with him, and, in general, a complex of further individual and group work.

The specificity of vocational guidance for students with disabilities is determined by a variety of objective and subjective factors. The main of them is the heterogeneity of the allocated groups according to the principle of limited health opportunities, characterized by specific psychological, cognitive, emotional, volitional processes, the characteristics of personal development, interpersonal relations and communication. [21]. For example, it is recommended to include in the professional counseling of students with disabilities and limited health opportunities medical and psychological counseling (due to the presence of these individuals on the basis of the main defect in the development of various disorders in mental health), and psychological and pedagogical counseling (since in the process of learning , education, development, these children have specific difficulties), and socio-psychological counseling, helping, for example, an adolescent with a limited opportunity To integrate health into small groups and be accepted into a wider social environment; professional - educational counseling. In general, in the work of vocational guidance for adolescents with disabilities, it is necessary to use various forms of work, such as group trainings to develop professionally significant skills, role games that allow you to "try on" various professional roles, view and discuss video materials, and the like.

Thus, to increase the effectiveness of career guidance work with young people with persistent pathology, it is possible to involve not only teachers, but also active involvement of parents and young people with disabilities in the process.

#### **A LOOK AT THE FILLING OF CAREER GUIDANCE IN MODERN RUSSIA**

It becomes clear that strict individual and personally oriented approaches must be mandatory in professional counseling. Also, the predominance of individual forms of work on group work [20] is necessary. That is, professional counseling, on the one hand, stands on the general principles of career guidance, on the other, has its own organizational and content specificity.

In vocational guidance work, it is necessary to conduct a portfolio with a student with disabilities, where to regularly mark the results of occupational diagnosis, possibly the data of medical diagnostics, educational and professional dynamics, taking into account the specifics of its basic violation. It is important to understand that the presence of dysfunctions in the body, being a prerequisite for the violation of interaction with the surrounding world, can cause the emergence of abnormalities in mental development. This feature complicates vocational guidance work with these groups, both in methodological support and in the selection of the profile of vocational training [22]. Competently aligned career guidance route for a teenager with limited health capabilities, allows to successfully solve this problem. First of all, it is the formation of a professional choice and motivation for activities that are adequate to their capabilities, because they experience the following difficulties: due to limitations in the knowledge of the world around, they often do not have enough ideas about the types of professional activity; orientation of adolescents to obtain prestigious professions can make employment difficult due to high competition in the labor market; the compilation of vocational and educational routes is hampered by the lack of specialized educational institutions, the opportunities to obtain a chosen profession. Given these characteristics, it is necessary to observe the principle of correspondence of the chosen profession to the interests, inclinations, abilities and abilities of the adolescent, correlated with the real state of his health and the limitations that exist. In addition, the adolescent should be aware of their prospects for implementation in future professional activities [23].

The use of vocational guidance technologies in methodological outfitting is reflected in the projected programs and teaching and methodological complexes for the pre-profile training and vocational guidance of children with disabilities, which specify the types, stages and conditions for the realization of vocational guidance for children with disabilities [24].

Currently, as part of the overall activation of career guidance in Russia, young people with disabilities and limited opportunities for health in general, secondary and higher vocational education within the framework of vocational guidance are provided with social and psychological assistance in professional and

personal self-determination, and active support is provided in the choice of profession and the continuation of education [25].

Thus, vocational guidance in modern Russia is a very important area of work with young people. Its success is seen as a serious foundation for the well-being of society and its stability.

### CONCLUSION

Realization of the main goals of vocational guidance in modern Russia assumes the need to implement innovative approaches to the professional orientation of young people. Especially it is necessary to apply special approaches to work with young people experiencing difficulties of professional self-realization in connection with limited health opportunities, which leads to an objective narrowing of the choice of future professional activity and difficulties in obtaining vocational education. In this connection, a system algorithm for career-oriented work with young people, which has limited opportunities for health, including students in vocational education institutions, becomes necessary. It is impossible to stop in this direction. Active work on implementation mechanisms should become part of the overall system of professional education in modern Russian society.

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