

FINDING YOUR PURPOSE: HOW IKIGAI ENCOURAGES STUDENT SELF- PREPARATION FOR SUCCESS IN SELF-LEARNING

Umarova Zakhro Abdurakhim qizi

*Associate professor, Doctor of Philosophy in pedagogical Sciences,
Doctoral student of Tashkent state pedagogical university, Uzbekistan. email:
umarova.zakhro@gmail.com*

Abstract: *In today's dynamic world, self-learning is crucial for future professionals to adapt and thrive. This article explores the potential of "ikigai" a Japanese concept signifying one's reason for being, to cultivate a self-learning mindset in students. Ikigai, defined as the intersection of passion, mission, vocation, and profession, can empower individuals to discover their unique strengths and interests, fostering a sense of purpose and motivation. By aligning learning with individual passions and connecting it to a larger purpose, students become more engaged, focused, and resilient in their academic and personal pursuits. This article discusses how educators can leverage ikigai principles to guide students towards fulfilling careers and academic endeavors, ultimately promoting self-directed learning and a lifelong commitment to growth.*

Keywords: *self-learning, students' self-preparation, IKIGAI, purpose, motivation.*

In today's rapidly evolving world, self-learning is no longer an advantage, but a necessity. The evolving labor market demands future professionals who can adapt, learn and grow on their own. Often referred to as 'T-shaped professionals', these individuals have a deep understanding of their core area of expertise (the vertical bar of the 'T'), while also possessing broad knowledge and skills across a range of disciplines (the horizontal bar). Employers are increasingly seeking these versatile individuals, recognizing their ability to tackle complex challenges and thrive in dynamic environments [1].

But how do we cultivate this self-learning mindset? Enter ikigai, a Japanese concept that translates to "reason for being" or "a reason to get up in the morning". Ikigai encourages individuals to identify their passions, skills and what the world needs, creating a powerful intersection that fuels their purpose. By embracing Ikigai, students can discover their unique strengths and interests, paving the way for them to become self-directed learners driven by a sense of purpose and fulfillment.

What exactly is ikigai? The Japanese concept ikigai reinforces the role that purpose plays in our lives. The word originated in Okinawa, Japan - a combination of “iki” - meaning life and “gai” - meaning value or worth. Applying the ikigai framework to learning plays a fundamental part in increasing motivation, momentum and focus. It is essentially a pathway that can lead to individual purpose.

Ikigai, a Japanese concept that refers to the intersection of one's passion, mission, vocation, and profession (figure-1), can play a significant role in the development and self-preparation of students. When students are able to discover and cultivate their ikigai, they are more likely to be motivated, focused, and fulfilled in their academic and personal pursuits.

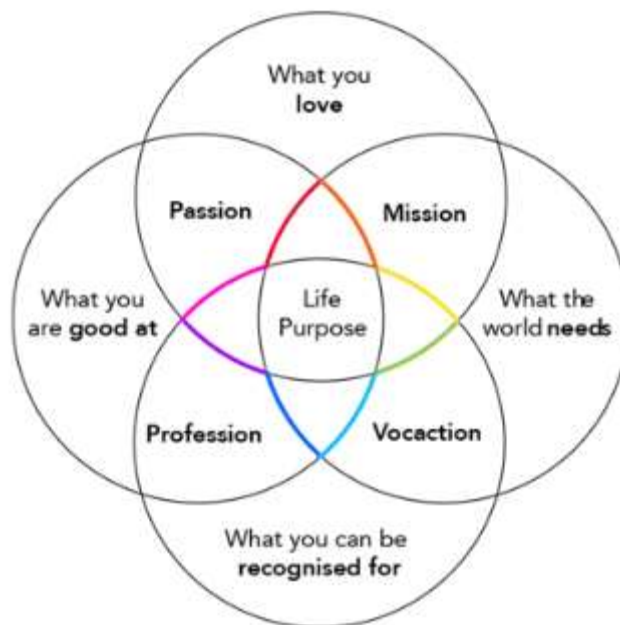


Figure – 1. Ikigai concept

One key aspect of ikigai in the development of self-preparation for students is the focus on passion. By helping students identify their passions and interests, educators can guide them towards areas of study and career paths that align with their strengths and values. This can lead to greater engagement and perseverance, as students pursue activities and goals that truly resonate with them.

With learning, if the students can find their purpose, or their why, then motivation comes much more easily. Having a purpose creates the drive to push through the pain points that come when it gets tough. Learning is not always easy, but having a clear purpose can help foster the passion to drive success [3].

Another important element of ikigai is the emphasis on mission or purpose. When students are able to connect their learning and future

aspirations with a sense of purpose, they are more likely to approach their education with a greater sense of meaning and direction. This can also lead to a greater sense of resilience and persistence, as students are able to see the bigger picture and understand the impact of their actions on the world around them.

Enthusiastically accepted educational information makes the process of assimilation and understanding easier. Research conducted in recent years shows that the best results are shown by students who not only strive to achieve high academic performance, but who are truly passionate and interested in the subjects they are studying. [2]

Additionally, vocation and profession are integral components of ikigai, as they relate to the practical application of one's skills and interests. By helping students explore various career paths and understand how their talents can be translated into meaningful work, educators can support them in making informed decisions about their future endeavors.

There are some best foreign experiences in introducing IKIGAI for students. Since 2020, the LearningPlanet Alliance , powered by the Learning Planet Institute and UNESCO, nurtures a community of over 500 LearningPlanet Youth Fellows.

The program 's design helps participants discover their life's purpose and align their passions with the needs of the world. Finally, the program's aim is to develop the skills and mindset to create positive change in their lives and communities. In this pioneering cohort, 130 Youth Fellows across six continents and 42 countries embarked on an IKIGAI journey. Over 8 weeks and 10 online sessions, they navigated through the IKIGAI journey's three pivotal stages. These internships are: discovering, deepening, and connecting their IKIGAI with the broader community[4].

Chapter 1: Discover Your IKIGAI– Begins with self-discovery, exploring passions, talents, and what brings joy. Participants crafted their initial IKIGAI statements, laying the groundwork for understanding their motivations and strengths.

Chapter 2: Deepen Your Understanding – Engages participants in eight diverse workshops, exploring aspects of self-growth and purpose. They reflect on global and local needs, and how their purpose aligns with the world. Moreover, they identified personal strengths, aligned actions with values, and envisioned life paths reflecting their IKIGAI. Each workshop was designed to deepen their understanding and provide practical skills for personal and professional development.

Chapter 3: Connect Your IKIGAI with the Community– In the final chapter, participants applied their IKIGAI to their communities. This involved action and inspiration, implementing their purpose, and sharing their journey. The program culminated in a celebration of personal growth and collective achievements[4].

Overall, ikigai can serve as a guiding framework for students as they navigate their educational journeys and prepare for the future. By encouraging them to explore their passions, identify their purpose, and pursue meaningful vocations, educators can help students develop a strong sense of self-preparation and personal fulfillment. This can ultimately lead to a more motivated, engaged, and purpose-driven generation of young adults.

REFERENCES:

1.Zakhro Umarova. The issue of improving self-preparation of students in future teacher training in the new development period of Uzbekistan // Proceedings of the conference “Problems of training optimization of the disciplines of technological education in the new development period of Uzbekistan” Fergana:2023. -p.110-111

2.Zakhro Umarova Psychological aspects of improving self-preparation of students in digital education conditions // Proceedings of the international scientific and practical conference on “Prospects for improving the integration of science - education - production in the training of competitive personnel” –Tashkent:2023, - p. 669-670

3. Bryan Gibson. Ikigai for students and purpose-inspired learning [https://blog.learnlife.com/ikigai-for-students]

4. <https://www.learningplanetinstitute.org/2024/04/15/ikigai/>