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## Relationship between career aspirations and self-confidence among higher secondary students

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### Abstract

The major determinant of career aspiration, self-confidence plays a major role in developing career orientations among higher secondary students. The present descriptive survey research conducted on 50 higher secondary students (25 male and 25 female) studying in CGBSE affiliated government school, is intended to explore the relationship between career aspiration and self-confidence among higher secondary students. After analysis and interpretation of data using descriptive and inferential statistics techniques, it was found that majority of the students have low levels of career aspirations and average level of self-confidence. Significant correlation was found between career aspirations and self-confidence of higher secondary students. Career aspiration of female students were higher than the male while male students were having higher self-confidence than the female. The findings of the study indicate the need for develop career aspirations and enhancing self-confidence among higher secondary students by providing conducive atmosphere for learning, setting realistic and challenging goals, etc. It is also recommended that career guidance programs should be organized systematically in institutions to augment the career aspiration of higher secondary students.

**Keywords:** adolescents, gender, career aspirations, self-confidence, higher secondary students

### 1. Introduction

Adolescence is a time when teenagers develop certain aspirations regarding their educational and future careers. During adolescence, aspirations are especially important because they allow teenagers to evaluate the degree to which various choices help or hinder their chances of attaining desired goals. Education is a process and kind of activity for human beings. It is a continuous effort to develop all capacities of the students to control their neighboring environment and to fulfill their needs. Today we live in a society characterized by technological advancements, knowledge explosion, and globalization. Competition is an essential consequence in such a scenario. Now the process of education has become the most important factor which determines one's destiny. Pinpointing the goal, selecting appropriate and effective strategies to achieve it, and working out the strategies without fail is crucial in the process of education.

Aspirations play an important role in career decisions because they reflect the goals and intentions that influence individuals toward a particular course of action. Career aspirations are the desire and intention to pursue an occupation or a particular position within an occupation. Aspiration as the success and strong desire to something, the aim of such desire. British Dictionary defines Career aspirations are defined as a cluster of needs, motives, and behavioral intentions that individuals articulate concerning different career field options. Self-confidence is the process of knowledge that we can do something and do it well. Self-confidence gained from at firsthand knowledge of the task for knowing your strengths and weakness, using your skill for a situation, and conforming as fast as situation and unfolds. A student who shows self-confidence knows they take the task to master difficult situations and they don't afraid of failure. Self-confidence is an outlook that permits individuals to have a positive and realistic attitude of themselves and their situations.

### 1.1 Review of related literature

Pattanayak & Naik (2014) <sup>[10]</sup> investigated the Career aspirations and career development barriers of tribal students. The results found that aspirations of tribal students are influenced by gender roles, socialization, parental expectations, teacher attitudes, as well as the

gendered occupational landscape in which they exist. Obura & Ajowi (2012) <sup>[9]</sup> investigated the gender and students' perceptions of career aspiration in secondary schools. Finding results indicate that there was a gender disparity in the career aspirations of secondary school students. There was a positive correlation between career aspiration and gender. Khan (2014) <sup>[7]</sup> studied the impact of parent-child relationship on social maturity and self- confidence of the students of higher secondary schools of. Findings revealed that there is no significant relationship between the parent-child relationship on social maturity and self- confidence of the higher secondary students. Gurubasappa (2009) studied intelligence and self-confidence as correlates of the academic achievement of secondary school students. The findings results indicate that highly intelligent students achieved high self-confidence in school i.e. the academic achievement of students was certainly influenced by psychological factors like intelligence and self-confidence. There was a positive/high significant correlation of academic achievement with intelligence and self-confidence of secondary school students.

## 1.2 Significance of the study

The senior secondary level is the most crucial period when career decisions are taken by adolescents. Adolescence would be an ideal time to study the career development of young men and women, as many changes occur during this time that strongly influence the formation of career aspirations and preferences. The period of higher secondary education is a turning point in the life of students; they make career choices during this period of study. Most of the students develop career aspiration based on the information they get regarding various occupation from different sources. They plan for their expectations at this period. Therefore it is worthwhile to study the relationship between career aspiration and self-confidence among higher secondary students.

**1.3 Statement of the problem:** Relationship between career aspirations and self-confidence among higher secondary students.

## 1.4 Objective of the study

1. To study the level of career aspirations and self-confidence of higher secondary students. (i)
2. To study the relationship between career aspirations and self-confidence of higher secondary students.
3. To find out the significance of gender differences in the career aspirations and self-confidence of higher secondary students.
4. To find out the difference between the career aspirations of secondary school students with high, average and low self-confidence.

## 1.5 Hypothesis

1. There is a significant relationship between the career aspirations and self-confidence of higher secondary students.
2. There is a significant gender differences in the career aspirations and self-confidence of higher secondary students.
3. There is a significant differences in the career aspirations of higher secondary students with high, average and low self-confidence.

## 1.6 Delimitations of the study

1. The present study is confined to the higher secondary students of Dhamtari district in Chhattisgarh only.
2. The study is confined to the higher secondary students of CGBSE affiliated Government school only.

## 2. Methodology

The present study has been conducted through a descriptive survey method in which questionnaires were given to the sample higher secondary students in the study.

## 2.1 Population of the study

In the proposed study, population refers to all the higher secondary students studying in class XII of CGBSE affiliated school of Dhamtari district in Chhattisgarh.

## 2.2 Sample of the study

To conduct the present study the investigator adopted descriptive survey method. The sample for the study consisted of 50 (25 male and 25 female) students selected randomly from various higher secondary students of Dhamtari district in Chhattisgarh.

## 2.3 Research Tools used

Career aspiration scale by Dr. Sarita Anand (2014) and Self-confidence scale Prof. (Dr.) Madhu Gupta and Ms. Bindiya Lakhani (2018) <sup>[4]</sup> were used to collected data pertaining to career aspirations and self-confidence of higher secondary students.

## 2.4 Statistical Techniques

For the purpose of statistical analysis of data, following statistical technique were employed.

Descriptive Statistics: Mean and Standard Deviation.

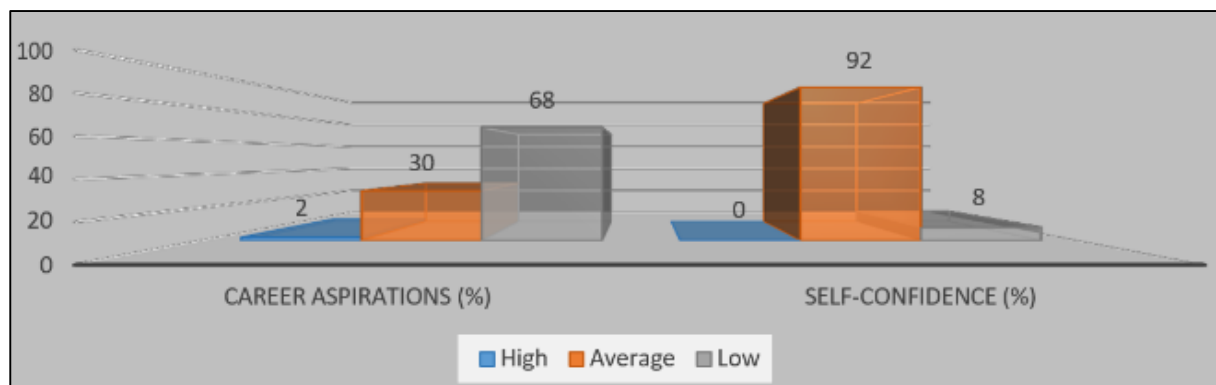
Inferential Statistics: Pearson's coefficient of correlation t-Test and ANOVA.

## 3. Results

### 3.1 Level of career aspirations and self-confidence of higher secondary students

**Table 1:** Showing level of career aspirations and self-confidence of higher secondary students.

Level	Career Aspirations		Self-confidence	
	N	%	N	%
High	1	2	0	0
Average	15	30	41	92
Low	34	68	4	8
Total	50	100	50	100



**Level of career aspirations and self-confidence of higher secondary students**

Table and Figure No.1 shows that the majority of higher secondary students are having low level of career aspirations and average level of self-confidence. Students having high level of career aspirations are very few. Also student having

high self-confidence are zero in number.

### 3.2 Relationship between the career aspirations and self-confidence of higher secondary students

**Table 2:** Correlation between career aspirations and self-confidence of higher secondary students

Sr. No.	Variables	N	r	Level of Significance
1.	Career Aspirations	50	0.334*	$P < 0.05$
2.	2.	50		

\*Correlation is significant at the 0.05 level

It is depicted from the table 2 that the coefficient of correlation between career aspirations and self-confidence of higher secondary students is 0.334 indicating that the career aspiration and self-confidence of higher secondary students are significantly and positively correlated. It indicates that there is high inverse relationship between

career aspirations and self-confidence score which means higher the career aspirations higher will be the score on self-confidence, hence more confident will be the child.

### 3.3 Gender differences in the career aspirations and self-confidence of higher secondary students

**Table 3:** Mean and SD for career aspirations and self-confidence of male and female higher secondary students

Source of Variance	Sum of Squares	df	Mean Square	F	Significance
Between Groups	184.320	1	184.320	1.559	0.218
Within Groups	5676.160	48	118.253		
Total	5860.480	49			

Table 3 clearly depicted that the obtained t-value for career aspirations and self-confidence are significant at 0.05 level. Also the calculated mean shows that career aspirations of female higher secondary students are higher than that of male higher secondary students while on the variable of

self-confidence, male higher secondary students excels their female counterparts.

### 3.4 Comparison of the career aspirations of higher secondary students in high, average and low self-confidence groups

**Table 4:** Showing summary of Analysis of Variance (ANOVA) for difference in career aspirations of higher secondary students with high, average and low self-confidence

Variables	Gender	N	Mean	SD	df	Level of Significance
Career aspirations	Male	25	103.60	12.23	48	$P < 0.05$
	Female	25	107.44	9.32		
Self-confidence	Male	25	177.28	15.93	48	$P < 0.05$
	Female	25	174.64	13.76		

Table 4 shows that the calculated F-value 1.559 is significant at 0.05 level (i.e.,  $p < 0.05$ ). This implies that there is the statistically significance difference in the mean career aspirations of higher secondary students with high, average and low self-confidence levels.

### 3.5 Findings of the study

- Findings revealed that the career aspirations of higher secondary students has low level.

- Findings revealed that the self-confidence of higher secondary students has average level.
- It is found that there is significant correlation between the career aspirations and self-confidence level of higher secondary students.
- It is confirmed that there exists significance gender differences in the career aspirations and self-confidence of higher secondary students. It has been found that female students are having higher career aspirations as compared to the males but the male

students are having higher levels of self- confidence than their female counterparts.

5. From the analysis it is observed that the career aspirations of higher secondary students in high, average and low self-confidence groups differ significantly from each other.

#### 4. Conclusion

Present study was an attempt to find out the relationship between career aspirations and self-confidence of higher secondary students of Dhamtari district in Chhattisgarh. It has been found that majority of the students have low levels of career aspirations and average levels of self-confidence, hence teachers in schools should try to organize more co-curricular activities like drama, role play, debate etc. to expose the hidden talents of the students and to raise their self-confidence level. Allow students to know their strengths and weakness, provide favorable atmosphere for learning in school and home. Provide career and life planning education programs for higher secondary students. Moreover findings of the present study will be helpful for Counsellor, parents and educators by developing a deeper understanding of adolescents career aspirations in order to assist them in the exploration of career options, help them seek career related information and obtain support for their career plans. The suggestions were made based on the finding of the study in order to develop career aspirations and to enhance self-confidence of higher secondary students.

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