

# Assessment of the Attitude Regarding Parental Aspiration for Career Choices Among Adolescents in Selected School: A Descriptive Study

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## ABSTRACT

**Introduction:** Career choices are often a significant turning point in an individual's life, impacting their personal and professional development. While adolescents make their own decisions, parental influence plays a crucial role, particularly in shaping their aspirations and setting them on a particular path.

**Objectives:** Primary Objective: To assess the attitude regarding Parental Aspiration for Career Choices among Adolescents in selected School. Secondary objective: To associate the Attitude regarding Parental Aspiration for Career Choices among adolescents in selected school with their demographic variables.

**Assumption:** 1. Adolescents may have indifferent attitude regarding parental aspiration for career choices. 2. There may be association between attitude regarding parental aspiration for career choices and selected demographic variables.

**Methodology:** The study employed quantitative approach, this study assesses the attitude regarding parental aspiration for career choices among adolescents using non-experimental research design conducted at selected school with 100 adolescents. The subjects are selected using non probability convenient sampling technique. The tool consists of semi-structured questionnaire on demographic variables and self-administered parental aspiration scale consist of 30 questions.

The research tool was reliable with a correlation coefficient ( $r$ ) value of 0.996, the pilot study was conducted on 10 samples and study was feasible.

**Results:** Assessment of The attitude regarding parental aspiration for career choices among adolescents using self-administered attitude test result revealed that 29% of adolescents had favourable attitude and 71% of them had highly favourable attitude. Minimum attitude score was 52 and maximum attitude score was 90. Mean attitude score was  $74.24 \pm 7.62$  and mean percentage of attitude score was  $82.48 \pm 8.47$ . Item wise assessment of level of the attitude score regarding parental aspiration for career choices among adolescents shows that; A high percentage 92% of adolescents agree that their parents have aspirations for their career, and 81% agree that their parents are aware of their career goals. Additionally, a majority 70% feel supported by their parents in pursuing their aspirations, with 76% reporting that their parents provide resources or opportunities for career exploration.

**Conclusion:** The study concluded that the 71% of adolescents had highly favourable attitude score, 29% adolescents had favourable attitude score and none of adolescents had unfavourable attitude score. At last, this attitude score regarding parental aspiration for career choices among adolescents found to be positive. Association was seen with age, standard of studying and Occupation of mother.

**Keywords:** Parental Aspiration for Career Choices, Attitude, Adolescents.

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## INTRODUCTION

Adolescence is the period of transition between childhood and adulthood. Children entering adolescence are going through many changes in their bodies and brains. These include physical, intellectual, psychological and social challenges, as well as development of their own moral compass. The changes are rapid and often take place at different rates. It can be an exciting yet challenging time in the life of a teenager. Adolescence is the time when the child becomes more independent and begins to explore their identity.<sup>1</sup>

Attitudes regarding parental aspiration for career choices in adolescents refer to the feelings, beliefs, and perspectives that adolescents hold towards the career expectations set by their parents. These attitudes can vary greatly, depending on the individual adolescent's personality, their relationship with their parents, and the broader societal context. Parental aspirations can have a profound influence on

adolescents, shaping their career goals, choices, and the paths they pursue. However, adolescents may not always align with or agree with their parents' expectations, which can lead to varying attitudes such as agreement, resistance, or ambivalence.<sup>2</sup>

#### **BACKGROUND OF THE STUDY:**

Indian parents continue to be involved in their child's careers indeed after their education, 84 per cent Indian parents stated that they were apprehensive of what their child does on a day- to- day base at the plant. This is advanced than the global normal (77 per cent). About 37 per cent of professionals surveyed championed this by describing their parents' as 'Lighthouse Parents' who advise and encourage, without being over involved." Contrary to the popular belief that Indian parents are over involved, this study shows that a significant number of Indian parents also follow the 'Lighthouse Parenthood' style and that professionals admit.<sup>3</sup>

#### **NEED OF THE STUDY:**

Identity is a system of thinking about oneself that develops during adolescence Erikson explains that the period between 12-18 years is important in the process of identity development as during this period adolescents seek to construct their various types of identities. One of the most important identities that starts developing in adolescence is the career identity. Adolescents progressively involved in career development by exploring career-related options and thinking about the career identities to which they will get committed in the future.<sup>4</sup>

Parental involvement in children's education is a significant predictor of academic achievement across various social group categories. However, there is limited research on parental involvement in children's career exploration and how parents' own career experiences influence their approach to career education with their children.<sup>5</sup>

In accordance with the above cited studies, all adolescents are influenced by their parental aspirations in varying degrees while deciding upon their career. Some may be highly influenced, others to a moderate degree and some may be less influenced by their aspiring parents while making their career choice. It must also be mentioned that the degree of influence of an adolescent by his or her parental aspiration may have both a positive aspect and a negative aspect. However still there's a dearth of information in relation to adolescents' attitude towards parental aspiration for career choices. Hence investigator felt the necessity to assess the attitude regarding parental aspiration for career choices among adolescents in selected school.

#### **ETHICAL ASPECT:**

This study proposal was accepted by Institutional ethical committee. Permission was obtained by the concerned authorities before conducting the study. Consent letter was obtained by individuals 'parents and participants after explaining them the research process in their own language. Confidentiality about the participants information was maintained by using code numbers by the investigator.

#### **CONCEPTUAL FRAMEWORK**

The conceptual framework selected for the study was based on "Modified Roy adaptation Model Roy adaptation model was developed by Sr. Callista Roy.

#### **REVIEW OF LITERATURE**

In the present study the literature review is classified into the following sections.

- I. Literature related to adolescents.
- II. Literature related to career choices.
- III. Literature related to attitude of adolescent on career.
- IV. Literature related to parental aspiration for career choices among adolescents.

#### **METHODOLOGY: OBJECTIVES OF THE STUDY:**

##### **Primary Objectives:**

1. To assess the attitude regarding Parental Aspiration for Career Choices among Adolescents in selected School.

### **Secondary Objectives:**

1. To associate the Attitude regarding Parental Aspiration for Career Choices among adolescents in selected school with their demographic variables.

### **ASSUMPTION:**

1. Adolescents may have indifferent attitude regarding parental aspiration for career choices.
2. There may be association between attitude regarding parental aspiration for career choices and selected demographic variables.

### **RESEARCH APPROACH**

In this study quantitative approach is used.

### **RESEARCH DESIGN**

The research design selected for the present study was non-experimental Descriptive Research design.

### **SETTING OF THE STUDY**

The present study was conducted in selected school after obtaining permission from concerned authority.

### **VARIABLES**

#### **Research variable**

The research variable in this study is attitude regarding parental aspiration for career choices among adolescents.

### **POPULATION**

The population in the study are all adolescents in school.

#### **Target population**

In this study the target population include adolescents studying in school.

#### **Accessible population**

In this study, the accessible population include adolescents studying in selected school and are available during data collection who were fulfilling the inclusion criteria

### **SAMPLING TECHNIQUE**

In the present study non probability convenient sampling technique was used.

### **SAMPLE SIZE**

In this study, sample size consists of 100 adolescents in selected school.

### **VALIDITY AND RELIABILITY**

The tool was validated by 23 experts, includes 18 child health nursing experts, 3 physician and 2 statisticians. The correlation coefficient 'r' of the tool was 0.996, which was more than 0.87 and hence the tool was found to be reliable.

### **PILOT STUDY**

A sample of 10% adolescents was selected from selected school. The pilot study was feasible in terms of man money and resources.

### **DESCRIPTION OF TOOL**

#### **Section A-Questionnaire on demographic Variable.**

It includes total 10 demographic variables such as age, gender, standard, religious, occupation of father, occupation of mother, monthly family income, area of residence, birth order and supportive member.

#### **Section B - Attitude Scale on Parental Aspiration of Career Choices.**

The self-administered Attitude scale on parental aspiration of career choices consisted of 30 questions for assessment of the attitude regarding parental aspiration of career choices among adolescents. Total

score was 90.

## RESULTS:

**Table IV 1: Table showing the frequency and percentage wise distribution of adolescents according to their demographic characteristics.**

n=100

Demographic Variables	Frequency (f)	Percentage (%)
<b>Age(yrs)</b>		
15	27	27
16	21	21
17	22	22
18	30	30
<b>Gender</b>		
Male	50	50
Female	50	50
<b>Standard</b>		
9 <sup>th</sup>	20	20
10 <sup>th</sup>	30	30
11 <sup>th</sup>	21	21
12 <sup>th</sup>	29	29
<b>Religion</b>		
Hindu	50	50
Muslim	10	10
Christian	19	19
Buddhist	21	21
Others	0	0
<b>Occupation of father</b>		
Govt Service	24	24
Private Service	51	51
Homemaker	1	1
Self Employed	20	20
Labour	4	4
Other	0	0
<b>Occupation of mother</b>		
Govt Service	12	12
Private Service	41	41
Homemaker	40	40
Self Employed	6	6
Labour	1	1
Other	0	0
<b>Monthly family income (Rs)</b>		
Below 10000	3	3
10001-15000	5	5
15001-20000	19	19
Above 20000	73	73
<b>Area of residence</b>		
Rural	5	5
Urban	79	79
Semi urban	16	16
<b>Birth Order</b>		
First	56	56

Second	34	34
Third and above	10	10
<b>More Supportive</b>		
Father	11	11
Mother	8	8
Both	81	81

**Table IV 2: Table Showing Assessment of Level Of Attitude Score Regarding Parental Aspiration For Career Choices Among Adolescents.**  
n=100

Level of attitude score	Score Range	Level of Attitude Score	
		No of adolescents	Percentage
Unfavourable Attitude	30-49	0	0
Favourable Attitude	50-69	29	29
Highly Favourable Attitude	70-90	71	71
Minimum Score		52	
Maximum score		90	
Mean Attitude Score		74.24±7.62	
Mean % Attitude Score		82.48±8.47	

The above table shows that 29% of adolescents had favourable attitude and 71% of them had highly favourable attitude. Minimum attitude score was 52 and maximum attitude score was 90. Mean attitude score was 74.24±7.62 and mean percentage of attitude score was 82.48±8.47.

**Table IV 3 – Table showing Item wise assessment of level of Attitude Score regarding parental aspiration for career choices among adolescents**  
n=100

Sr. No.	Statements	Agree (3)	Neutral (2)	Disagree (1)
1.	My parents have aspirations for my career.	92%	8%	0%
2.	My parents are aware about my career aspirations.	81%	14%	5%
3	My parent's career goals align with mine.	42%	40%	18%
4.	My parent's support me to pursue my career aspiration.	70%	24%	6%
5.	My parent's provide resources or opportunities to explore my career.	76%	17%	7%
6.	Myparents are open for discussing different career options.	79%	16%	5%
7.	My parent's try to understand my thoughts, feelings and opinions about my choice of career.	77%	18%	5%
8.	Myparents prioritize my			

	happiness and satisfaction in my career choice.	67%	27%	6%
9.	My parent's value career happiness over financial success.	67%	31%	2%
10.	My parent's help me to connect with mentor or role models for choosing career.	63%	29%	8%
11.	My parents believe that my academic performance is the most important factor in Determining my future career.	72%	22%	6%
12.	I feel free to express my career aspirations with my parents without fear of judgement.	69%	27%	4%
13.	My parent's value my own interests and goals in career choices.	73%	23%	4%
14.	My parent's express pride in my achievements.	76%	20%	4%
15.	My parents avoid comparing me to others in terms of career achievements.	54%	31%	15%
16.	My parents are supportive of My extra-curricular activities and hobbies.	14%	36%	50%
17.	My parents are not involved in my school activities.	9%	40%	51%
18.	My parent not attend career counselling session with me.	9%	31%	60%
19.	My parent's expectations for My career are based on their own personal experience.	16%	37%	47%
20.	My parents are not open to pursue a non- traditional career. (for e.g. music)	18%	27%	55%
21.	My parents think that I should choose a career that is stable and secure, even if I am not Passionate about it.	30%	29%	41%
22.	I wish to go as per my parent's will.	17%	39%	44%
23.	My parent's pressure me to choose a career they think is best for me.	12%	42%	46%
24.	I believe that my parent's expectations are unrealistic.	8%	45%	47%
25.	My parents often use 'when' statements (e.g. when you become) in conversation.	27%	32%	41%
26.	My parent's cultural values influence their career Expectations for me.	17%	53%	30%

27.	My parent's career aspirations align with societal or family expectations.	14%	39%	47%
28.	My parents believe that my friends and peers are a bad influence on my career decisions.	22%	36%	42%
29.	My parents discourage me from taking risks in my career.	8%	40%	52%
30.	My parents think that I should choose a career that will make a lot of money, even if I am Not interested In it.	24%	23%	53%

**Table IV 4: Table Showing Association Of Attitude Score Among Adolescents In Relation To Demographic Variables.**  
n=100

Demographic variable	Calculated value			df	Table value	Level of significance < 0.05	Signification
	T-value	F-value	p-value				
Age (in years)		16.70	0.0001	3,96	2.68	p<0.05	S
Gender	1.04		0.29	98	1.28	p>0.05	NS
Standard of studying		12.29	0.0001	3,96	2.68	p> 0.05	S
Religion		0.39	0.75	3,96	2.68	p> 0.05	NS
Occupation of father		0.63	0.64	4,95	2.45	p> 0.05	NS
Occupation of mother		6.28	0.0001	4,95	2.45	p> 0.05	S
Monthly family income (Rs)		2.61	0.056	3,96	2.68	P<0.05	NS
Area of residence		1.47	0.23	2,97	3.07	p> 0.05	NS
Birth Order		2.12	0.12	2,97	3.07	p> 0.05	NS
Supportive member		0.48	0.61	2,97	3.07	p> 0.05	NS

**S - Significance  
Significant**

**NS - Not**

## DISCUSSION

Present study was conducted to “assessment of the attitude regarding parental aspiration for career choices among adolescents in selected school.” A descriptive research design was used for this study, the sampling technique used in the study was convenient sampling technique. Total 100 samples selected on the basis of inclusion criteria using non-probability convenient sampling technique. the 71% of adolescents had highly favourable attitude score, 29% adolescents had favourable attitude score and none of adolescents had unfavourable attitude score. The study also reveals there was significant association of attitude score with age, standard of studying and Occupation of mother and there is no significance association of attitude score with gender, religion, occupation of father, monthly family income, area of residence, birth order, supportive member.

Similar study was conducted to assess the Influence of Parental Aspirations in the Career Choice of Adolescents, aims to systematically explore how parental aspirations affect the career choices of adolescents. The objectives are diverse, seeking to compare career choices between boys and girls, urban and rural adolescents, and examine parental aspirations across these groups. The research employs the Descriptive Method, with a sample size of 300 adolescents and their parents from Kamrup (M) district, utilizing Cluster Sampling and Stratified Random Sampling techniques. Tools such as the Parental Aspiration Scale and self- prepared questionnaires were used for data collection. All parents had aspirations (beliefs and behaviour) for their adolescent's career choice. Parental aspirations are of three levels – Low Aspirations, Average Aspirations and High Aspirations. The findings highlight that while no significant difference exists in parental aspirations between boys and girls, there is a marked difference

between rural and urban adolescents. Out of the total of 300 parents of adolescents, 105 had low aspirations, 98 had average aspirations while 97 had high aspirations for their adolescents' career. This study provides valuable insights into the role of parental influence in shaping adolescents' career paths.<sup>6</sup>

## CONCLUSION

This study concludes that the 71% of adolescents had highly favourable attitude score, 29% adolescents had favourable attitude score and none of adolescents had unfavourable attitude score. At last, this attitude score regarding parental aspiration for career choices among adolescents found to be positive.

## IMPLICATION OF THE STUDY NURSING PRACTICE

In the context of nursing practice, understanding parental aspirations can be crucial in-patient care, particularly when dealing with adolescents or families from diverse backgrounds. Parental expectations may influence adolescent health behaviours, mental health, and career choices, which can impact their overall well-being. Nurses who are aware of the pressures or aspirations placed on adolescents can provide more holistic and empathetic care.

## NURSING EDUCATION

Parental influence on career choices also has profound implications for nursing education. Nurses' decision to enter the profession is often shaped by the educational environment, available career guidance, and family encouragement or expectations.

## NURSING ADMINISTRATION

In nursing administration, understanding the aspirations of both parents and adolescents can help shape recruitment strategies, workforce planning, and employee satisfaction. Encouraging young people to consider nursing as a viable and rewarding career option is crucial for ensuring that the nursing workforce is diverse, motivated, and capable of meeting healthcare needs.

## NURSING RESEARCH

In nursing research, understanding the relationship between parental aspirations and career choices among adolescents can provide valuable insights into how these expectations impact the nursing workforce, the well-being of future nurses, and the delivery of patient care.

## RECOMMENDATIONS

- Similar studies can be replicated on a larger population for generalization of findings.
- Similar studies can be carried out to evaluate the influence of parental aspirations in the career choice of adolescents
- Comparing the career choice of adolescents and their parental influence from private and government schools could also be considered as an area ripe for research.
- Studies could also be conducted on career choice of adolescents and the influence of their peers.
- On a similar vein study could be conducted on the influence of media on an adolescent's career choice.
- Studies could also be conducted on career choice of adolescents and the influence of their peers.
- Influence of various parenting styles on an adolescent's career choice may provide an aspect to be examined.
- Studies may be conducted to determine the positive aspects of the influence of parental aspirations and the negative aspects of influence of parental aspirations.

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