

## Need and Importance of Career Guidance During Adolescence



### Home Science

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### ABSTRACT

*Adolescence is an important period in the life span because of their immediate effects on attitude and behavior. The attitudes of older adolescents towards education are greatly influenced by their vocational interests. Most adolescents change their minds often about their future occupations. Hence academic education alone won't bring the success in their professional life, more over they need social skills such as self esteem, communication and the ability to make decisions. The present paper attempts to know the importance of career guidance during adolescence. This definitely help adolescents to acquired and develop skills and tools that will help them, be successful in their lives. Through a series of exercise and guidance, adolescents explore their own qualities to reinforce a positive image of themselves and be more confident in achieving their goals.*

### INTRODUCTION

Today modern technology and various industrial revolutions all over the world have expanded the career options enormously and more and more people switch jobs easily at any period in life. Career development is a lifelong process of choosing from the various occupations available for a person (Brown & Brooks, 1996).

Boys and girls of high school are begin to think seriously about their futures. Boys are usually more seriously concerned about an occupation than girls, many of whom regard a job as just a stopgap until marriage. The traditional views hold that later development can not be separated from human development process because career choice and human development are influenced by the personality development (Super, 1994).

Career counseling in schools and colleges are designed to facilitate student's development and their ability to make optimal choices regarding their roles in occupational, familial and social structures. In India, where guidance services are very minimal in schools and colleges, young people are often confused in their career choice.

Mini (2010) who made a study of placement cell in Kerala colleges has identified a strong influence of parental preference in academic discipline as well as job selection. Some studies have also substantiated the role of intelligence, socio-economic status of the family, parental influence, school influences, needs and values motivating factor in specific career preferences of adolescents.

### OBJECTIVES OF THE STUDY

1. To know the courses preferred by school going adolescents.
2. To understand and find out the professional preferences of parents.
3. To know, who inspires the students in their academic and career choices.
4. To find out the career choices of school age boys and girls.

### METHODOLOGY

The study was conducted in Tirupati town of Andhra Pradesh. A total sample consists of 200 (100 boys and 100 girls) of X Class studying students were chosen for the study. Three schedules were prepared by the investigator to collect the data from students and parents. The collected data was pooled and percentages were calculated.

**Table No.1: Showing the sample distribution**

**N = 200**

S. No.	Name of the School	Boys	Girls	Total
1.	Goutham Model English Medium School, Tirupati.	50	50	100
2.	Chaitanya E.M. School, Tirupati.	50	50	100
	Total	100	100	200

**Table No.2: Showing the data on educational preference by School going adolescents**

**N = 200**

Sl. No.	Name of the course	No. of students			Percent-age	Rank order
		Boys	Girls	Total		
1.	Engineering	30	22	52	26	I
2.	Medicine	10	6	16	8	IV
3.	Agriculture Science	10	8	18	9	III
4.	Veterinary Science	14	2	16	8	IV
5.	Maths Degrees	9	3	12	6	VI
6.	Language studies	2	12	14	7	V
7.	Computer Studies	16	12	28	14	II
8.	Commerce	14	2	16	8	IV
9.	Management	11	5	16	8	IV
10.	Other Studies	4	8	12	6	VI
	Total			200	100	

**Table No.3: Showing the data on Professional preference of parents**

**N = 200**

Sl. No.	Name of the course	No. of Parents	Percentage	Rank order
1.	Engineering	64	32	I
2.	Medicine	12	6	VI
3.	Computer Studies	20	10	IV
4.	Science Degrees	17	8.5	V
5.	Arts Degrees	11	5.5	VII
6.	Vocational Studies	30	15	III
7.	Children Choice	46	23	II
	Total	200	100	

**Table No.4: Showing the data on inspiring persons of students in career choices**

Sl. No.	Inspiring person	No.	Percent
1.	Teachers	23	11.5
2.	Parents	44	22
3.	Siblings	36	18
4.	Relatives	12	6
5.	Friends	48	24

6.	Neighbours	10	5
7.	Self decision	27	13.5
	Total	200	100

### INTERPRETATION OF RESULTS

Table No.1 Clearly showing the data on sample distribution. A total sample of 200 students was chosen from two schools. 50 boys and 50 girls from each school was selected. Both the schools the medium of instruction is English.

Table No. 2 indicating the data on educational preferences by students of X Class of both boys and girls. 10 different educational courses check list was given to students to mark their preference in a order. Out of 200 students, 52 respondents (30 boys and 22 girls) expressed that Engineering will be their best choice. 14 per cent of respondents given their preference to computer course. The third preference given by students on courses like Agricultural Science.

Table No. 3 showing the information and parental preference regarding the choice of course. From the table it is clear that highest per cent of parents preference is towards engineering course. The reason may be that technical knowledge might help their children to settle in their lives. Only few per cent of parents were preferred the medicine course because longer time to settle in their lives at the same time the course was also difficult to complete. Majority of the students choice their course by themselves depends upon the situation.

Table No. 4 gives us clear information regarding the person who inspire the students in their academic and career choices. Surprisingly 24 per cent of students are inspired by their friends in career choice. This directly indicates that adolescents were more influenced by their peers. Next to friend's parents plays a major role in inspiring their children. Significant role played by siblings in choosing career, considering them as their role models and for timely suggestions would help them in academic spheres. Development of self identity and level of maturity in adolescent paves them to take individual decisions. Least per cent was identified, role of relatives and neighbors were limited in inspiration of career choice. Reasonable per cent of students were inspired by their teachers.

### MAJOR FINDINGS OF THE STUDY

- On the whole, majority of school going adolescents were giving preference to choose engineering courses. Boys showed more favourable preference towards engineering and technical courses.
- Computer related courses were preferred by majority of students irrespective of gender.
- Engineering course stands first in rank order by the parental preference.
- 1/3<sup>rd</sup> of the respondents stated that friends inspired most in choosing the academic careers.
- Less preference were given to arts courses by school going adolescents.
- Reasonable per cent of adolescents were taking decision by themselves in education.

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