A Study of Career maturity in relation to Self Esteem of Secondary School Students

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Abstract

The present study was designed to explore the area of career maturity in relation to self esteem of secondary school Students.The study was done on the sample of 50 secondary school students of border area district Fazilka of punjab. Career Maturity Inventory by Dr. Nirmala Gupta (2013) ,Self Esteem Inventory by Dr.S.K. Sharma and Md. S. Hossain (2015) were used to collect the data. Coefficient of correlation was calculated to find the relationship between career maturity and self esteem and and t-value to find the difference in Career maturity of secondary school students with respect to gender. The study concluded that career maturity has positive relationship with self esteem. Male are more career mature as compared to female.

Keywords   : Career maturity ,Self Esteem and Secondary School Students

Introduction:

Each individual has to adopt some career. To prepare him for career is therefore a social responsibility. For more than a decade a new form of career education has started taking shape in India. It is different from all that has existed before in the form and finer objective, but similar in respect of the overall aims. This is the vocationalization of school education itself with its particular focus on the higher secondary stage.

Maturity is that stage at which development has reached its maximum and growth has ceased, applied to cells, organs, functions both physical and mental and entire organism. The maturity depends upon inheritance but the effect of environment cannot be overlooked. By effective change in the environment, change may be brought about in normal motivation.

Career maturity has been defined as the individual's ability to make appropriate vocational choices, including awareness of what is required to make a vocational decisions and the degree of which one's choices are both realistic and consistent over time.

Coetzee (2006) were of the view that vocational maturity refers to a person's ability to make vocational decisions that reflect decisiveness, self-reliance, independence, and willingness to compromise between personal needs and the requirements of one's vocational situation

The career maturity is not a single act; it is rather a continuous process. It finds its roots in the early life of a person and develops over a period of years. It is a maturing process of learning about oneself and one's choice options.

Self esteem is how we feel about ourselves, and our behaviour reflects those feelings. Self esteem is a major key to success in life. The foundation of self esteem is laid early in life when an infant develops

attachment with the adults. Self esteem originates early in life and its structure becomes increasingly elaborate with age.

Self Esteem is the individual evaluation of the gap between self-image and ideal self. Self-esteem is not fixed and we are all constantly engaged in the processes that test modify and restructure it. Self-esteem refers to person's evaluation regarding one's self, judgment of worthiness and feelings about ones goodness.

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Concise Oxford English Dictionary (2008) defined self-esteem as confidence in one's own worth or abilities. Thus self-esteem is a particular way of experiencing the self.

The present study aimed to study the relationship of career maturity with self esteem. No doubt career maturity is important in each phase of life. But secondary school students face many problems to choose the career. 'Improvement of vocational efficiency' is the major aim of education. To achieve these aims we require career mature individuals. Career maturity also influence the self esteem of students. Thus the field of career maturity and self esteem was chosen for study.

Review of Related Studies:

Crook(2001) tested whether self-esteem and mature career attitudes related to one another and complemented one another in predicting academic and work achievement for 174 college students. Analysis showed both constructs related to achievement and supported the thesis that self-esteem facilitates development of mature career attitudes, which in turn promote academic and work achievement.

Peter (2003) assessed for levels of career maturity (attitude and knowledge), work commitment, work value, career decidedness (indecision and certainty), career decision-making self-efficacy and self-esteem, and indicated their age, gender, socioeconomic status, school achievement and work experience. Self-efficacy, age, career decidedness (certainty) and work commitment were the main predictors of career maturity attitude. Age, gender, career decidedness (certainty), work commitment and career decidedness (indecision) were the main predictors of career maturity knowledge

Gyun Heo, andTaesung Kim (2015) examine the reciprocal relationship among early adoloscents between self-esteem and career maturity from the developmental/longitudinal perspective. The results indicated (a) a positive autoregressive longitudinal relationship between career maturity and self-esteem over time, (b) no cross-lagged longitudinal relationship from career maturity to self-esteem over time, but a cross-lagged longitudinal relationship from self-esteem to career maturity over time, and (c) no gender difference in the adolescents with self-esteem and career maturity.

Alam (2016) conducted the study to investigate home environment and academic self- esteem as predictors of career maturity among adolescents. Findings of the study revealed that (1) there is significant relationship between home environment, academic self- esteem and career maturity of students. (2) there is significant

difference between boys & girls and rural & urban in respect of their home environment, academic self-esteem and career maturity and (3) there is significant difference between rural and urban students in respect of their home environment and career maturity, however insignificant difference is found in case of rural and urban on the measure of academic self esteem.

Objectives:

1. To study the relationship between Self Esteem and Career maturity of secondary school students.

2. To study the significance of difference between Career maturity of secondary school students with respect to gender.

Hypotheses:

1. There will be significant relationship between Self Esteem and Career maturity of secondary school students.

2. There will be significant difference between Career maturity of secondary school students with respect to gender.

Methodology:

Descriptive survey method of research was employed to investigate the relationship between self esteem and career maturity of secondary school students.

Sample:

The sample of the present study consist of 50 secondary school students taken from Government schools of Border area District; Fazilka. Data was collected from the students of 12th standard. Out of 50 secondary school students 25 male and 25 female students were selected.

Tools:

Career Maturity Inventory by Dr. Nirmala Gupta (2013) was used to measure the career maturity of secondary school students with reliability of attitude scale0.78 to 0.82 and reliability of competence test is 0.54 to 0.88 with validity 0.30 to 0.42 .Self Esteem Inventory by Dr. S.K. Sharma and Md. S. Hossain (2015) was used to measure self esteem of secondary school students with reliability 0.809   with high content validity.

Results and discussion:

Co-efficient of Correlation Career maturity and Self Esteem of secondary school students

Table-1

Variables	N	Df	Co-efficient of Correlation
Self esteem	50	48	

Career maturity	50	48	0.42**

N = 50   -   0.05 - 0.273*
0.01-0.354**

In the present study the data was analyzed by using co-efficient of correlation between two variables. Table-1(testing hypothesis-1) indicates the coefficient of correlation of career maturity with self esteem, The coefficient of correlation value (r=0.42;r>0.01), indicates the significant positive relationship of career maturity with self esteem.

Mean difference   in Career maturity of secondary school students with respect to gender

Table-2

Career Maturity	N	Mean	Sd	t-value
Male	25	71.48	18.86	16.58**
Female	25	66.20	13.94	

N=25   0.05-2.06*
0.01-2.79**

The table-2 shows t value (16.58)   which indicates that there is significant difference   in career maturity of secondary school students with respect to gender.Hence our hypothesis "There will be significant difference between career maturity of secondary school students with respect to gender is accepted. As the mean scores of male students(71.45) were more as compare to mean scores of female students (66.20). Hence male are more career mature as compare to female.

Educational Implications:

1. Career courses should be arranged for students of ignorant parents and they must be guided according to their mental level, so that may select the right career and be able to avoid mal-adjustment and frustrations.

2. There is need of reorganization and effective functioning and employment exchanges to facilitate the students towards job opportunities so that they may think for better career options.

3. Publc awareness campaigns should be initiated to highlight the value of women's education.

4. The courses in higher education should be more diversified so that women students opt for a variety of courses to opt for new careers.

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