

A STUDY OF DEPRESSION CAUSED BY CAREER INDECISIVENESS OF COLLEGE STUDENTS

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ABSTRACT

This study was conducted to evaluate the career indecisiveness and depression of college students in relation to gender, family income and place of residence. The sample of this study included 120 students selected by using simple random sampling from students of Vaishali district. Objectives of the study were to study the impact of gender, family income and place of residence on the career indecisiveness and depression among college students. For the purpose of drawing out the results the investigator used statistical techniques like t-tests, mean and standard deviation and Pearson product moment. The T-S Depression Scale by Prof. G.P Thakur and Dr. R.N Singh and Career Indecisiveness Scale by Verma and Vaisnavi were used. The results indicate that there would be significant impacts of gender, family income and place of residence on the career indecisiveness and depression among college students.

Keywords: *Career indecisiveness, Depression, Family, Gender, Stressors*

Introduction

Education is the steppingstone for a good quality of life to students. Small improvements in education theoretically have large social returns, in health, wealth and well-being. Education is most powerful instrument to reduce poverty and inequality. Therefore, ensuring quality education for all particularly for poor and rural population is must for economic and social development of India. When students pass out from XII/Intermediate examination and if decided to option in higher education for further study, they may not be able to decide where they should take admission and which subject will be beneficial for them. Most students leaving the school after completing their higher secondary education are neither well acquainted with the employment avenues nor have any information regarding the scope of job opportunities. Many of them are not conscious of their own suitability in relation to the job requirements. Those who are keen to continue education do not necessarily make a choice of subjects and courses which may be in line with their special aptitude and capabilities. There are so many advisors like their parent, friends, relatives and others even then students may confuse to choose the path. Hence, they have carrier indecision problem.

Career Indecisiveness

Students are considered as doing nothing but study in which the family assures all their inputs and relieving them from the psychological burden (Singhal. 2004). For the college students, stressors are inherent in the maintenance of grades, friends, limited opportunities of developing social circle, political freedom and lack of employment etc. (Beard, Elmore & Lange, 1982). The process of career exploration and decision-making can be particularly stressful time in an adolescent's life (Taveira et ah, 1998). Vocational students must decide in a short amount of time, which area best suits their personality, values, abilities and interests. They struggle to balance the immense pressure of determining which path to pursue following their education and their social life, extracurricular activities and academic achievement. The contextual factors of career-related decisions compound the difficulties for students. College can thus, be a turbulent time for youth which causes an enormous amount of stress and confusion, and may lead to depression (Austin et ah, 2010).

Depression is positively related to dysfunctional career thoughts and indecision (Degenhart, 2004). Indecisiveness has been noted as one of the core symptoms of depression.

The selection of a kind of work has important implications both for the individual and for the total society. It means individual occupation decision has important implications both for society and for his future life activity and satisfactions. Behind every decision about occupations many factors play an important role, and the important factor is individual aspiration & occupational choice. An interesting area for research in education is development of aspiration and occupational choice among students. This is of value for educational planning curriculum designers, career guidance personnel and educational administrators. Aspiration & occupational choice influence maturity in later life which in turn affects job satisfaction and optimization of job performance. These fields are rather independent and within each field an individual may opt for a very high or a very low occupation. It is of immense practical value to evaluate the subjects, personality, and the socio-economic background of the individual in addition to his future to assist them and also their guardians in the inchoate process. If an individual opts for a branch of which he never thought or for which he has little liking or interests he may make himself misfit. Every student must have that opportunity to get an education and must have the choice. Students should not have to make absolute yes or no choices about jobs. There are many types of work associated with every occupation. The chances are that a person's desires and skills can be matched with some aspect of the field he or she may want to enter. Occupational choice and aspiration is now the need of the hour, personality, gender and socio-economic status of family play important roles in career making up of a student. The students in colleges are often preoccupied with many thoughts of future career prospects. This often predisposes these students to irrational thoughts. Such irrational thoughts could be debilitating to the society and psychological well-being of students. Transition from college to workplace or university is a critical path through which every student must pass through. For many, this is an important time for career-related matters that will be beneficial to them, as they face the need to choose an academic major, as well as to develop career goals for the future. Career related problems often become a developmental phase for students they pass through in making proper career choices for life. Learning about different careers early, could enable students have a better understanding of types of jobs they would want to explore in the future. Research in this area has suggested that an individual's behaviour is influenced by the interaction between cognitions, behaviours and environments and is often cognitively mediated. Individuals who express and verbalize positive cognitions regarding the career decision making process tend to make effective decisions. On the other hand, individuals who express and verbalize negative or dysfunctional cognitions regarding the career decision making process tend to have trouble and avoidance. With the potential of career cognitions affecting the career decision making process, researchers have focused efforts on developing an understanding of career thoughts and their potential impact on career and behaviour. One cognitive process that has received attention and has been found to affect career decision making and behaviour is the construct of career thoughts.

Depression

Depression is one of the four major diseases in the world and is the most common cause of disability from diseases. The aim of this study is to estimate the prevalence of depression among university students using meta-analysis method. University students are a special group of people that are enduring a critical transitory period in which they are going from adolescence to adulthood and can be one of the most stressful times in a person's life. Trying to maintain good grades for the future and be away from home often causes anxiety for a lot of students. As a reaction to this stress, some students get depressed. They cannot get themselves together. They may cry all the time, skip classes, or isolate themselves without realizing they are depressed. Previous studies reported that depression in university students is noted around the world and the prevalence seems to be increasing.

Methodology

Objective

1. To study the extent of career indecisiveness and depression among college students.
2. To study the impact of gender, place of residence and family income on the career indecisiveness and depression among college students.
3. To examine the relationship between career indecisiveness and among college students.

Hypothesis

1. The extent of career indecisiveness and depression among vocational college students vary among sub-groups of college students.
2. There will be significant impacts of gender, place of residence and family income on the career indecisiveness and depression among college students.
3. Career indecisiveness and depression will be correlated with each other.

Sample

The sample for the study consisted of 120 students, who were selected from different colleges located in Vaishali district, Bihar. Students belonged to different colleges stratified making a factorial design of (2x2x2) 8 sub-groups.

Analysis and conclusion

The study was aimed to examine empirically the predictive influence of career indecisiveness and depression among college students. Therefore, in quest of testing the hypothesis of the study, following statistical techniques were used:

1. **Descriptive Analysis**

Descriptive analysis was carried out to find the nature of variables under study viz. career indecisiveness and depression. Mean (M), Standard Deviation (S.D.), skewness (Sk) and kurtosis (Ku) of the total sample and sub-sample groups on study variables were used to describe the nature of variables.

2. **Differential Analysis**

Differential analysis was done by using t-test to find out the stream differences on the variables of career decision-making and depression. Graphical representation was used to show the stream differences on the variables under study.

3. **Correlation analysis**

Correlation analysis was carried out to find the relationship between career indecisiveness and depression by employing Pearson's product moment method.

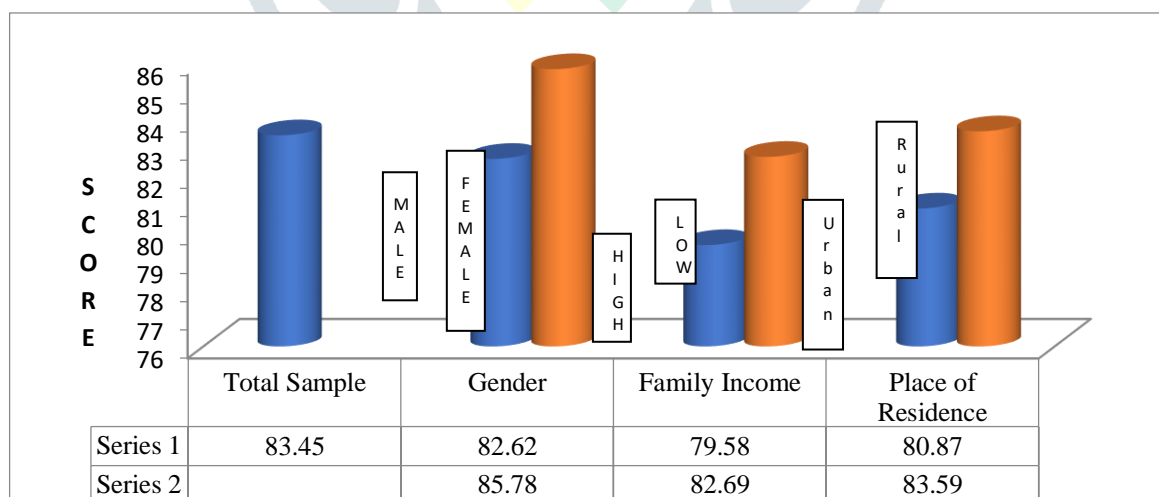
Analysis

Table-1
Analysis of total sample and sub-sample groups on Psychological Variables of scores on career indecisiveness derived from Career Indecisiveness Scale

Group		N	Score	S.D.	Sk	Ku
Gender	All	120	83.45	9.28	-0.772	1.213
	Male	60	82.62	8.47	-1.108	0.960
	Female	60	85.78	10.68	-1.006	0.795
Family Income	High	60	79.58	6.32	0.146	0.281
	Low	60	82.69	8.69	-1.763	4.126
Place of Residence	Urban	60	80.87	7.62	-0.643	0.550
	Rural	60	83.59	11.62	-0.088	-0.048

Graph – 1

Graphical representation of total sample and sub-sample groups on Psychological Variables on Career Indecisiveness Scale



Discussion based on Table 1

Table 1 presents the Mean, S.D., Sk and Ku of the variables under study i.e. gender, family income, and place of residence on the career indecisiveness scale of college students. Transition from college to workplace or university is a critical path through which every student must pass through. This is an important time for career-related matters that will be beneficial to them, as they face the need to choose an academic major, as well as to develop career goals for the future. Career related problems often

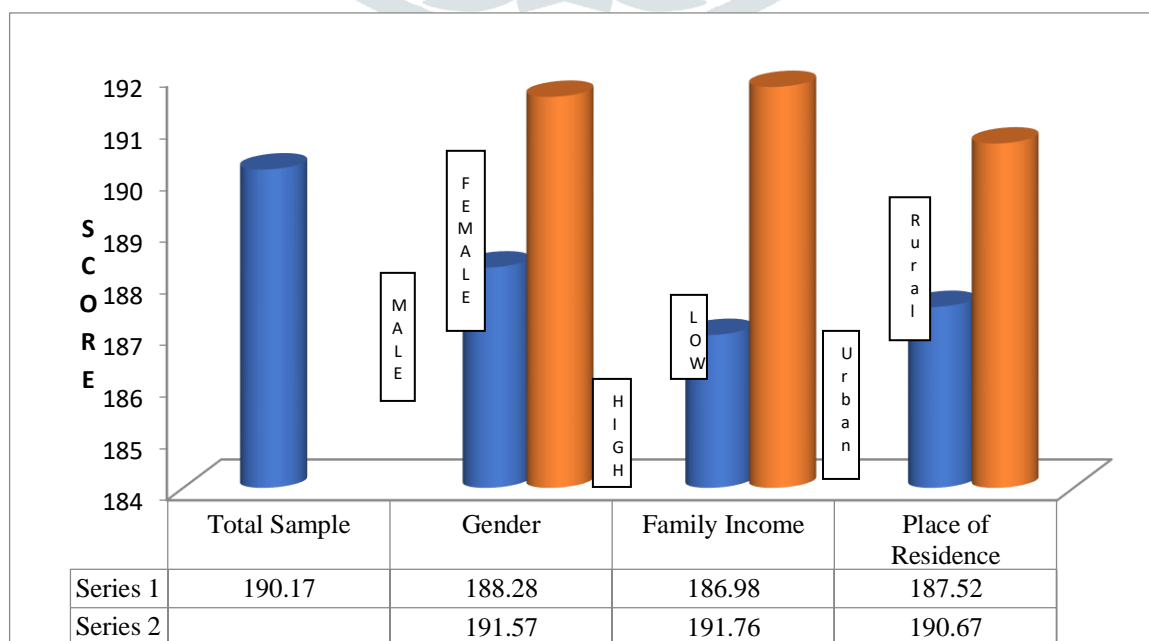
become a developmental phase for vocational students they pass through in making proper career choices for life. These are defined as outcomes of one’s thinking about assumptions, attitudes, behaviours, beliefs, feelings, plans, and/or strategies related to career problem solving and decision making. Deciding and judging are some of the most fundamental activities in our lives. Career indecision is defined as an inability to make a decision about the vocation one wishes to pursue. Career indecision has been related empirically to various intra individual constructs.

Table-2
Analysis of total sample and sub-sample groups on Psychological Variables of scores on depression derived from T-S Depression Scale

Group		N	Score	S.D.	Sk	Ku
Gender	All	120	190.17	12.65	-0332	-0.402
	Male	60	188.28	9.28	-0.378	-0.614
	Female	60	191.57	11.26	0.132	-0.224
Family Income	High	60	186.98	9.58	0.264	-0.567
	Low	60	191.76	11.49	2.483	6.147
Place of Residence	Urban	60	187.52	8.69	0.497	-0.653
	Rural	60	190.67	7.75	-0.158	0.004

Graph – 2

Graphical representation of total sample and sub-sample groups on Psychological Variables on T-S Depression Scale



Discussion based on Table 2

Table 2 presents the Mean, S.D., Sk and Ku of the variables under study i.e. gender, family income, and place of residence on the T-S Depression Scale of college students. Depression is an inseparable part of human existence. It affects all individual's male and female, rich and poor, and young and the old across the developed and developing nations. Career decision is a source of tension and depression for many students as they are highly pressurized by their parents and teachers to perform well in the life. This situation of extreme depression often leads them to score less and thereby have a negative impact on their academic performance. Depression leads to development of a range of psychological problems and impact of depression varies from person to person. For the college students, depressions inherent in the maintenance of grades, friends, limited opportunities of developing social circle, political freedom and lack of employment etc.

Above results from table 1 and 2 justified that the extent of career indecisiveness and depression varied among gender, family income and place of residence of college students. Hence the hypothesis 1 is accepted.

Differential analysis

Table 3

Mean, SD and 't' value of career incisiveness and depression in relation to gender, family income and place of residence of college students

		N	Career indecisiveness			Depression		
			Mean	S.D.	t	Mean	S.D.	t
Gender	Male	60	82.62	8.47	2.54**	188.28	9.28	2.47**
	Female	60	85.78	10.68		191.57	11.26	
Family Income	High	60	79.58	6.32	2.87**	186.98	9.58	3.13**
	Low	60	82.69	8.69		191.76	11.49	
Place of Residence	Urban	60	80.87	7.62	3.17**	187.52	8.69	2.86**
	Rural	60	83.59	11.62		190.67	7.76	

NS = Not Significant, * = 0.05 levels of significant, ** = 0.01 levels of significant

Above table 3 reveals the following main points:

- There is difference between the means of two gender, male (M=82.62) and female (M=85.78) on career indecisiveness scale and it is significant at 0.01 levels. It means female have more career indecisiveness problem than male.
- There is difference between the means of two gender, male (M=188.28) and female (M=191.57) on depression scale and it is significant at 0.01 levels. It means female have more stress than male.
- There is difference between the means of two family's income, high (M=79.58) and low (M=82.69) on career indecisiveness scale and it is significant at 0.01 levels. It means low income family has more career indecisiveness problem than high income family.

- There is difference between the means of two family's income, high (M=186.98) and low (M=191.76) on depression scale and it is significant at 0.01 levels. It means low income family have more depression problem than high income family.
- There is difference between the means of two places of residence, urban (M=80.87) and rural (M=83.59) on career indecisiveness scale and it is significant at 0.01 levels. It means rural have more career indecisiveness than urban.
- There is difference between the means of two places of residence, urban (M=187.52) and rural (M=190.67) on depression scale and it is significant at 0.01 levels. It means rural people have more stress than urban.

Conclusion

Students make many decisions every day. Some of these decisions are made as a part of one's daily routine, whereas, others are perceived as being more important and require more attention. Most career-related decisions belong to the latter kind because they typically have significant long-range implications on student's lifestyle. Transition from school to university is a critical path through which every student must pass through. For many, this is an important time for career-related matters that would be beneficial to them, as they face the need to choose an academic major, as well as to develop career goals for the future. Career related problems often become a developmental phase for students they pass through in making proper career choices for life.

This is because of that boys are expected to be stronger than girls, so they hide their indecisiveness. They are more emotionally stronger than girls. They can take care of themselves in any situation. They are less vulnerable to criticism or disapproval of others than girls. Girls are emotionally weak; they get tensed and worried easily as compared to their counterparts. Moreover, girls tend to exhibit more indecisiveness problems during adolescence than boys, including symptoms of depression. Furthermore, due to rapid rate of growth during adolescence girls especially tend to exhibit more depression and frustration. This finding is in tune with previous research findings which reported that boys are significantly better adjusted than girls on the indecisiveness area (Shalu and Audichya, 2006; Raju and Rahamtullah, 2007).

Above results justified that career indecisiveness and depression are significantly different among college students. Hence the hypothesis 2 is accepted.

Table 3

Correlation among career indecisiveness and depression

(For Male)variables	Career indecisiveness	Depression
Career indecisiveness	1	
Depression	0.549**	1

The Pearson's product moment r of correlation between career indecisiveness and depression is 0.549 which is significant at 0.01 levels. Positive sign indicates that there is correlation between career indecisiveness and stress but if career indecisiveness increases then depression of students also increases.

Above results justified that career indecisiveness and depression are correlated to each other among college students. Hence the hypothesis is accepted.

Suggestions for students

College students should always pay attention to their physical and mental health and examine their emotions to avoid onset of stress-induced depression or physical disorders. Besides, they should learn to understand, accept, and recognize themselves, take a positive attitude toward getting along with their friends, learn to express and manage their indecisiveness, and effectively manage their depression so as to develop positive relations and an optimistic view of life. In their learning process, they should cultivate an undaunted spirit. Once any depression-induced they should relax the depression through an appropriate channel, examine their own problems, and seek solutions. In face of depression, they can take a different perspective and learn to cope with it by changing their views.

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