

Factors That Lead to Career Indecisiveness Among Adolescents

Sarvjeet Kaur

Assistant professor

Lovely Professional University, Punjab

Abstract

This is a review of existing research to explore the factors that lead to career indecisiveness among youth. The major problem that adolescents face during their transition from school to college is career indecisiveness. Many adolescents are not able to find out their own choice. They find it difficult to understand what makes them happy. Parents and children both need to understand the factors that are responsible for this. A wrong decision can spoil a student's precious time as well as money. Moreover it leads to stress and depression among youth. This review is to help both parents and children understand these factors so that they can take required steps at right time.

Key Words: Adolescents, Youth, career indecisiveness, problem, barriers, challenges, lack of awareness, fear of failure, peer pressure.

Introduction

Career indecisiveness means the difficulty faced by students in making decisions regarding which career to choose and pursue. Career indecisiveness is increasing in students these days, though they have technology at hand to help them search all the viable options. There are many factors responsible for contributing to this indecisiveness: lack of awareness among student and his family, fear of failure, peer pressure, inability to map personal skills with available career options. In many cases it has been found that the parents are not aware of the new career options, they have their minds set on the ones that were available during their times. Parents are not able to come to terms that a different career path can also lead to success and a bright future. So, there is sometimes too much pressure from the family that does not allow the student to think out of the box and explore new horizons. There can be peer pressure also, if a student experiences that his seniors have excelled in a particular career path, he/she may be inclined to follow in their footsteps.

Another important factor can be fear of failure. It's a natural human tendency to look for guaranteed success in whatever we want to do. So students may have the craze to follow career paths with already 'guaranteed success'. However, they fail to realize that if they lack the relevant skills they may end up being at the bottom of the talent pool in such careers, because the much sought after careers means many skilled workers are already pursuing that field and may pose tough competition to the new comers. All these factors can really confuse a student who may be left alone in uncharted waters. What we really need to teach our students is to follow their passion. They should pursue careers in fields they would love to work for a lifetime. And it's these fields that may not sound lucrative initially but will lead a person towards a bright future.

Educational institutions and parents can play a major role in mentoring students about right career choices for them. Career Counselling should be an integral part of their high school curriculum. Students should be asked to identify their skills themselves, rather than following the mad rush of pursuing some 'specific' career paths providing 'guaranteed success'. We need to teach the students that had there been a success mantra only associated with glorified professions like Doctors and Engineers, the world would not have witnessed other eminent personalities like Mozart (music Composer), M.F. Hussain (painter), Sudarshan Pattnaik (sand artist)

Key Factors Leading to Career Indecisiveness

Transitional phase from school to college is both exciting as well as stressing. The biggest challenge that adolescents confront at this stage is to make a right career choice (Vignoli 2009). The reasons for this are numerous. Family, friends and their ambitions are amongst the top factors to influence their decision making.

Adolescence in itself is transitional age in one's life, where many changes are taking place inside as well as outside world of an adolescent. Many adolescents at this stage are confused about what to choose and what not to choose. Many of them are in a dilemma whether to make a decision on their own or to take guidance as many of them are in confusion whom to trust and whom not to trust.

Personal interest is a major factor that leads to career choice. Every person has his own choice and preference; everyone has not got the same attitude and same frame of mind. Few people stick to what they

fantasized when they were a child while others keep on changing their taste, now these students whose taste keeps on changing are the ones who face this problem of career indecisiveness as they are unable to find out their interest without external help. Many young people admit that they are not aware of their own choice.

Gender also plays an important role in this decision making. Now our society is such that we have got some set roles for men and women, society defines what is appropriate for them and what is not. Society has made some careers as male or female specific. Now it puts our youth in a state of dilemma like they might be thinking whether to go against their society or not.

Obliviousness is another important factor that contributes towards this indecision. Most of the times students are not aware of all the career options available to them. They go with whatever they know and later on realize that they are not happy, now this poses a big concern to a student as well as parents and leads to wastage of money and their precious time.

Another factor that equally contributes towards this confusion is family and peer pressure. Parents in their desire to select better opportunities and lucrative career for their children forget to take care of a child's desire, ambition and interest. Family often pressurizes a child to opt for a career that helps to earn more and secure a better place in society. Career has become a reflection of social status. On the other hand a child is struggling to pursue his /her own interest or sometimes being unaware just wants to go with peers. Many students opt for a particular stream just because their friends or seniors opted for that and they have become very successful in that area but here they forget to map their own skills and abilities with requirement of that particular career option and later on end up with a dissatisfying choice and many a times it leads to stress and depression.

Conclusion

Adolescents face these problems because of inadequacy of skills and practical knowledge, self-concept and career information (Gati et al.,1996). Today's youth is not aware of all the possibilities that are available in different streams. Other factor are job prospects, career counseling, society and parents or family (Keller and Whiston 2008) that play a key role in career decisiveness Researchers have established a crucial role of friends, family and parents on career decision of a person. In my 20+ years of teaching I have

observed that students join a particular stream but are not clear with their goals, they are not aware of the possible opportunities available to them or the prospects of pursuing a particular course.

References:

http://www.raijmr.com/ijre/wp-content/uploads/2017/11/IJRE_2014_vol03_issue_06_08.pdf

https://osumarion.osu.edu/assets/marion/uploads/What_Factors_Influence_a_Career_Choice.pdf

<https://www.frontiersin.org/articles/10.3389/feduc.2018.00058/full>

<https://rrjournals.com/past-issue/understanding-career-decision-making-difficulties-of-adolescents-in-institutional-care/>

https://uknowledge.uky.edu/cgi/viewcontent.cgi?article=1018&context=hes_etds

https://shodhganga.inflibnet.ac.in/bitstream/10603/149833/10/10_chapter2.pdf

<http://www.indjst.org/index.php/indjst/article/viewFile/103839/74693>

http://yadda.icm.edu.pl/yadda/element/bwmeta1.element.baztech-a26cb51c-eb1e-4519-b51d-3a83ef66d754/c/Ukil_PJMS_13_1_192.pdf

https://www.researchgate.net/profile/Laura_Nota/publication/247729117_Career_Search_Self-Efficacy_Family_Support_and_Career_Indecision_With_Italian_Youth/links/5665a41508ae192bbf925722/Career-Search-Self-Efficacy-Family-Support-and-Career-Indecision-With-Italian-Youth.pdf?origin=publication_detail

https://www.researchgate.net/profile/Laura_Nota/publication/247729117_Career_Search_Self-Efficacy_Family_Support_and_Career_Indecision_With_Italian_Youth/links/5665a41508ae192bbf925722/

[Career-Search-Self-Efficacy-Family-Support-and-Career-Indecision-With-Italian-Youth.pdf?origin=publication_detail](#)

Indian Journal of Science and Technology, Vol 9(41), DOI: 10.17485/ijst/2016/v9i41/103839, November 2016

