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Career maturity among adolescents studying in secondary schools: A Review

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Abstract

The focus of this paper is on data reflecting the match between career maturity among adolescents studying in secondary schools. This paper describes a systematic literature review of peer reviewed journals. In this paper have two context- In first context described that what is adolescent and what difficulties do teenagers face in choosing up careers in teenage or adolescence. The second context described the review of the research done in past.

Keywords: Career maturity, adolescents, secondary schools

Introduction

Adolescence word has been derived from Latin word 'adolescere' which means to grow up. Adolescence is a transitional state of physical and psychological development that generally occurs during the period from puberty to legal adulthood. It is associated with the teenage years but its physical, psychological or cultural expressions may begin earlier and later.

Adolescence can be defined biologically, as the physical transition marked by the onset of puberty, changes to the sex organs, height, weight and muscle mass as well as major changes in brain structures and organization. In cognitive terms, adolescence may be defined as the changes in the ability to think abstractly and multidimensionality. Socially, adolescence is a period of preparation for adult roles.

Psychological disorders are more common during adolescence and much unhealthy behaviour may begin during adolescence for example- Mood swings, overly emotional, careless behaviour, eating disorder, substance abuse. The most common problems among adolescence relate to growth and development.

Career maturity

The final school years are critical in the career decision making process. Career maturity is needed for students because it assists student to make decisions and supports their successful transition from school to further education or work.

The term career maturity was introduced by Super (1957). Career maturity refers to the maturity of attitudes and competencies pertaining to career decision making. It has been found to be influenced differentially in different culture, race and gender groups by certain psychological, educational and demographic factors.

Adolescence is the period when a major turning takes place in life of a student because the career will depend upon the subject selected at this level. Any wrong decision of vocational choice due to pressure of the family or from indecisiveness on the part of adolescent, can block his/her growth and development in future. Therefore it was considered relevant to study this aspect namely career maturity among secondary school students.

Review of literature

Dhull (2018) ^[1] revealed that female students were more mature about their career than their male counterparts and private school students were more mature about their career than their counterpart government school students.

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Andleeb and Ansari (2016) [2] found that male students were found more aspired about their career and were more mature about their career than female students.

Rani and Gupta (2015) [3] revealed a significant difference in career maturity of male and female adolescents. Adolescents having high intelligence were more mature about their career as compared to adolescents having low intelligence.

Badola (2013) [4] revealed that the dimensions of home climate namely control, protectiveness, social isolation deprivation of privileges and rejection differ significantly on their career decision maturity where as the effect of school environment dimension namely only rejection differed significantly of senior secondary students on their career decision maturity.

Rev, Juds and Obionu (2010) [5] revealed that sex was not a significant factor and had not effect on the decision making process of the adolescent students. It was therefore concluded that whether one is male or female does not matter today in making a career choice.

Susran and Habib (2009) [6] found that there was a significant relationship between career decision making, self-efficacy and career maturity with socioeconomic status.

Salami (2008) [7] found no significant differences between the males and females in their career maturity and identity status.

Delese (2008) [8] explored various factors that lead to educational career choices and found that teachers, guidance counsellors and environmental factors influence students decision to choose vocational training.

Sharma and Kumar (2007) [9] found that there was no significant difference between the vocational interests of secondary students of rural and urban areas on ten different vocational interest areas.

Arulmani (2006) explained that the relevance of career research to the Indian context becomes sharper against the background of economic reforms that have helped India to become one of the world's fastest growing economies.

The optimal utilization of human resources to fulfill the demands of these occupational roles becomes vital to sustain growth and development.

Sharma, Mathur and Dube (2005) [11] found that 50.8% of the adolescents showed above average interest in "Enclave jobs like Mayor of Corporation, City Magistrate, Principal school inspector and Judge etc. He found that they did not show high interest in any of the professions. It was observed that only 7.5% of the total sample showed high interest in executive jobs. While in the Scientific, artistic and social jobs, more than 20% adolescents have shown average interest.

Hill and Taylor (2004) [12] found that adolescent's own aspirations are influenced by their parent's aspiration or expectations. Parental support and encouragement are important factors that influence career choice. Children may choose what their parents desire simply to please them.

Careed (2003) [13] studied two components (attitude and knowledge) as a predictor of career maturity in school based adolescents and found that these two components were important predictor of career choice.

Rottinghaus *et al.*, (2002) [14] found that self-efficacy, personality, interests and the learning environment subscale of the strong interests inventory predicted educational aspirations among college students.

De Witz and Walsh (2002) [15] found that self-efficacy contributed to college student's satisfaction but that social efficacy and general self-efficacy were not predictive of satisfaction. These finding suggest that career practitioners can assess self-efficacy, interests and personality jointly to

better understood client's career development.

Mark (2002) [16] studied relationship of career maturity to personality type and social adjustment. The results indicated that more mature attitudes toward career planning and exploration related to an adjustment style characterized by extroversion in interpersonal relationships and by a positive orientation to social norms.

Mathur and Sharma (2001) [17] found that boys have a more favourable attitude towards career choice in comparison with girls. Boys have better career competency than the girls. It was also found that most of the students have an average level of career maturity.

Bandura *et al.*, (2001) [18] stated that each individual undertaking the career decision making process is influenced by several factors including the context which they live in, their personal aptitudes, social contacts and educational attainment.

Mathur (2001) [17] conducted a study on career maturity among adolescents. The result showed that both boys and girls had equal level of career competency.

Kerka (2000) [20] stated that career choice is influenced by multiple factors including personality, interests, self concept, cultural identity, globalization, socialization, role model, social support and available resources such as information and finance.

Conclusion

The review underscores that career maturity among adolescents is influenced by various factors including gender, school type, intelligence, home and school environment, socioeconomic status, and self-efficacy. Key findings include mixed results on gender differences, higher career maturity in private school students, and significant impacts of intelligence and socioeconomic status. The role of self-efficacy is crucial in career decision-making. These insights highlight the importance of a comprehensive approach involving educators, parents, and policymakers to support adolescents in making informed career choices, ensuring their successful transition from school to further education or work.

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