

Imposed Career-Choices By Parents Influence Academic Achievements And

Mental Health Of Student

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Abstract

Career choice has long been a fascinating research issue because of its psychological findings; cultural and traditional views that lead to individuals taking risks and making decisions with or without external influences. In today's heightened competitiveness, children are expected and demanded to achieve in all academic topics in order to have better employment alternatives. The major goal of this study is to determine the impact of parental pressure on students who are pursuing careers in engineering, business, the arts, and science. Even though we have heard of instances where parents' choices had a negative impact on youngsters' academic performance, this issue hasn't received much empirical attention. The major goal of this study is to determine how much job choices are forced onto kids and how it impacts their academic performance. The goal of the study is to shed light on any other effects that might arise, such as the students' degree of contentment, sense of confidence and self-worth, and any other psychological factors. Additionally, the study seeks to pinpoint the factors that parents and students currently consider while selecting various academic fields. Demotivating a child while the career selection will have a destructive effect on the child's academic success and their mental health.

Key Words: Imposed Career Choices, Academic Achievement, Mental Health

Introduction

Intentional or accidental parental influence on a child's professional choices can have both beneficial and bad effects. When kids reach puberty, they start taking their futures seriously and frequently seek to their parents for guidance on what to do with their lives. The way a parent handles this situation may either encourage kids to consider a variety of prospective careers or encourage them to continue with a route they believe their parents would find acceptable. Research

has demonstrated that over 90% of people who were compelled to study a certain vocation against their interests do not even come close to being fulfilled in such, despite the fact that only a small percentage gets it properly. This issue has persisted because many parents still take pleasure in urging that their children choose a specific job path. There are various reasons when it comes to parental pressure such as: Ignorance, Personal frustration in past, Societal prestige, Economic status and etc. Selection of the desired career can be stated as the top most priority of every individual in the world. Individual gains in career decidedness and choice congruence were positively connected to participation in terms of self- and environmental inquiry, as well as active career planning (Andreas, Spencer G. and Patrick, 2009); attachment to parents, authoritative style, general anxiety, and fear of failing were related to some career exploration satisfaction scores, though differently for boys and girls (Emmanuelle V., et.al, 2005); boys reported higher career-related decision making difficulties than girls in external conflicts and dysfunctional beliefs, research and counselling implications are discussed (Itamar G. and Noa S., 2011); variability of advancement opportunities and learning experiences are the most influential factors affecting career choices among students (Kochung E. and Migunde Q., 2011); parental pressure, test anxiety, parent's economic status are interrelated, parent's occupation, mother's education, parent's income have significant impact on parental pressure (Huilin Chen, 2012); social cognitive career theory helped predict career aspirations in both male and female students and in those who identify more and less closely with Asian values (Kayi H. and Robert W. L., 2014); personal interest was highlighted as the major factor that influenced career choice in individualistic settings, and the youth were more independent in their career decision making (Peter Akosah-Twumasi, et al. 2018); career counselling helps students to link what they learn to their interests, capacities, aspirations, and match these with existing opportunities (Joshua-Luther N. U. 2020); parental influence on children's profession choices, the consequences of parental influence on career decisions (Maryam Kanwal, et al. 2021); career studies requires both vocational and career counselling as well as research to assist public policy from a more inclusive perspective (Fernanda Mendes P., et al. 2022); career choice status is relatively strong among those who have completed WIL (work integrated learning) as part of their academic studies, more specifically a work placement in their degree specialisation (Sanghamitra Buddhapriya, 2009); the pressure to choose a career that is stable and high paying is a phenomenon that continues to be passed down from generation to generation, and is an attitude that does not seem to be substantially weakened by starting life in a new country (Sabrina Eveland, 2012); academic stress is found to be positively correlated with parental pressure and psychiatric problems (Sibnath Deb, et al. 2015); students from private school experienced higher academic

stress than that of government school students, and private school students have higher mental health status than their counterpart, it was also found that academic stress had a significant relationship with the mental health of high school students(C. Subramani and Dr. S. Kadhirayan. 2017); the secondary school is considered as the transition phase for the students to achieve their prosperous careers, so it is necessary to evaluate such factors to promote sustainable culture of education in schools(Harleen Kaur and Bonita Davidson. 2018); various career choice influences that averages of variables of influence are statistically different and this would help students to opt right career path. (Nimra Sharif, et al. 2019); convenience, family background, societal status, family income and parental pressure are the factors that are responsible for career choices in India (Arghya Ray, et al. 2022); child with normal intelligence, good personality and having better grade in many aptitude tests can be advised to choose BBA/BBM degree from a good institution and consequently to MBA,MEC. MFC or MPC as options for himself in future(RosalinNayak and Lopamudra Das. 2014); majority of the female candidates choose dental as their profession due to limited working hours and lucrative income(Abhishek Pati, et al. 2015); importance of the parental trust and confidence in career choices of students, students who choose their carrier by themselves are more successful in academics and satisfied and show higher confidence level in their academics, whereas imposed career choices lead to frustration and depression (Sonu K. Singh. 2015); there is a significant effect on adolescent educational aspirations of parent's educational level, perception of fathers and mothers' aspiration for adolescent and parents influence on high school plans and career choices of students (Madan Biswal and Sujana Patel, 2017); strong motivation has a significant influence on learning achievement as well as a moderate predictor of average learning achievement (Dr Sarat K. Rout, 2018); counsellors were facing challenges due to lack of resources, time and professional training and skills, heavy work load and lack of parental support and support from school organization(SubhasishKhanda, 2019); due to more challenges and low self-esteem in sales job less female students take up sales as career,hence need to be carefully consulted and counselled(ManabhanjanSahu, 2019); higher level of career aspiration of indigenous students; economic and demographic status of their families' bearing social and economic disabilities;ICT playing a highly significant role in career aspiration of students(Pabitra Kumar Das, et al. 2019).In spite of these data, there has been a research gap detected that signifies that there has been no mention of career counselling classes or sessions that needs to be organised for students. This will help them to get a better view about their careers.Even there's no mention about the parents' role in providing proper guidance and support to their children during the time of career decision making.Although there are researches about the senior secondary school students and their career

choices but to a very limited extent. From the above review related literature study, conclusions can be derived that academic stress and stress on mental health arises when students are pressurized by parents and society. In order to fulfil the demands of parents, children tend to choose career against their interests and hence result in academic failure and mental stress. Many articles justified the fact that career counselling sessions introduced in schools face many challenges in the path of making the programme success in schools but due to lack of knowledge about the importance of career counselling and lack of support from teachers and parents make it a failure. Career counselling has to be administered in every school to guide children for choosing a better career choice that will them satisfied and will not regret in future due to their choices.

Objectives Of The Study

1. To identify the influence of imposed career choices by parents on academic achievement of students.
2. To identify the influence of imposed career choices by parents on mental health of students.
3. To explore student's interest on unconventional career choices.

Analysis And Interpretation Of Data

Summary Of The Influence Of Imposed Career Choices By Parent On Academic Achievement Of Students

We found that 68% of students are not happy about their choice of academic stream. When it comes to performance in current academic stream, the responses are moderate which says 46% are happy about their performance while 51% are unhappy about the same. Similarly, 84% of students have consulted to their parents before taking up the career path. And 63% of students give positive response when it comes to parental pressure while opting a career stream. 33% of students chose the current stream because of peer pressure and 29% of them opted due to societal pressure. 93% of students have chosen the academic stream due to high job probability and large pay scale in future whereas 87% have chosen the career stream as they have been influenced by their parent's profession. Most of them are aware of the pros and cons while we got mixed responses when asked if they are going to regret in future due to the career stream chosen by self. 62% agreed that they would regret in future as they chose the stream due to parental pressure and believe to have done better in other streams. Hence, we can conclude that career stream imposed by parents has adverse effects on students' academic performance, they score less and they believe to excel in the career stream chosen by self. Consultation to a career counsellor was negligible among the students.

Summary Of The Influence Of Imposed Career Choices By Parent On Academic Achievement Of Students

It is inferred that 82% of parents keep track on the academic performance of their child whereas only 69% of them discuss openly about their child's classroom performance with them. We observed mixed reactions when asked if they were satisfied with the performance and if they ever assess the child's calibre in a proper way of measure according to the child's capacity. Above average of the total (93%) parents suggest career choices to their child. 90% of them suggested a particular career stream due to job satisfaction and social status, 67% of them suggest as per their profession of family background and 84% of them suggested due to own interest and expectations. 34% of parents suggest career streams without knowing the pros and cons of the particular academic stream. We can conclude that 19% of parents take help of career counsellor while choosing career stream for their child, whereas majority of them suggest career streams for social status, their own expectations and interest.

Summary Of The Identification Of The Influence Of Imposed Career Choices By Parent On Mental Health Of Students

51% of students are not satisfied with the stream chosen where 79% of them didn't choose the current academic stream by themselves and 63% of them chose the stream due to parental pressure. 54% regret the decisions imposed by parents and 66% don't feel the pleasure in studying the same. 61% face trouble in concentrating on the studies. 50% feel anxious while appearing exams and 46% feel depressed and hopeless while studying. 59% face trouble in coping up with academics and 50% feel the parental pressure. 67% has lost their confidence level whereas 66% have the fear of failure in exams. 63% feel that the parental pressure has impacted their eating & sleeping habits and 73% are disturbed due to the comparison their parents do with other kids in accordance to academic performance. 64% of students say that repetitive comparison with other kids have negatively affected the mental health. Hence we can conclude that imposed career choices by parents have negatively impacted the mental health of students as they feel low confident, face fear in giving exams, disturbed sleeping-eating habits are observed and comparison with other children has made them feel depressed and hopeless.

Summary Of The Identification Of The Influence Of Imposed Career Choices By Parent On Mental Health Of Students

It was found that 48% of parents say their child don't agree with the career decisions suggested by them and 40% of them agree that their child is unhappy in the current academic stream. 75% of parents compare their child's academic performance with other children and 57% of them observed

that comparison has affected their child's mental health negatively. 70% of parents see signs of depression or hopelessness while studying. 79% say that their child hides their results from them in the fear of getting scolded and 71% of them observed their child feel anxious while preparing for exams. 54% say their child has decreased social interaction and 43% see that their child has disturbed sleeping and eating habits. 34% of parents agree that their child feel burdened due to academic pressure and 58% feel that their child's confidence level has dropped. 74% say that their child never expressed about the academic pressure to them. 37% feel that some other career stream would have improved their child's mental health and rest 12 parents seem to be confused about this. So, from this we can conclude that parental pressure on career choices have negative impact on child's mental health because parents observe relative decrease in confidence level of their child, change in sleeping and eating habits with less social interaction and anxiousness while preparing for exam.

Summary Of The Exploration Of Student's Interest On Unconventional Career Choices

It is inferred that above average of the total (90%) students are very much interested in skills such as dance, painting, music, photography, cooking, journalism, media influencer, etc. but only 72% of them think that these skills can be taken up as a career choice. 52% of them are interested to take up unconventional career choices but 95% believe that their parents will not agree with these unconventional career decisions. 51% of them think that there is no job satisfaction in these unconventional career choices. Mixed responses are obtained when asked if they would be confident while opting unconventional career options and only 34% of them know about the pros and cons of opting these as a career stream. Hence we can conclude that majority of students are interested in opting unconventional career options, but their parents would not support them in this decision. Most of them think that these skills can be only taken up for personal interest but can't be taken up as a career choice.

Summary Of The Exploration Of Student's Interest On Unconventional Career Choices

It is inferred that most of the parents show less interest in their child taking up unconventional career choices. 81% of parents are negatively responding when it comes to choose unconventional career choices as a proper career path for their child. 70% of them know that their children are interested in opting for unconventional career choices and 73% of them don't support their children in doing so. Later we observe moderate responses when asked about the job satisfaction and performances of students. Comparatively less parents have idea about the unconventional career choices to take up as a career path. Hence, we can conclude that 62% of the parents have no idea when asked about their child's performance in these career choices i.e., they chose the option "can't

say”. They don’t show much interest in knowing more about these unconventional career options and don’t support their children in opting the same as a career path.

Summary Of The Type Of Imposition Of Career Choices On Students

Above average of total of students i.e., 63% of students agree that they have chosen their current academic stream due to parental pressure. Comparatively below average number of students have chosen their academic stream due to peer pressure and societal pressure i.e., 33% and 28% respectively.

Summary Of The Parent’s Reason To Suggest A Particular Career Stream To Their Child

The collected data suggest that most of the parents suggest different career option to their child based on their own profession or family background (around 67%), their social status and job satisfaction (around 90%) and parents’ own interest and expectation (around 84 %) leading to dissatisfaction of students and their poor performance in academics. Hence above average of total parents suggests career stream to their children due to social status and job satisfaction.

Summary Of The Mental Health Issues Faced By Students Due To Forced Career Choices

From the Figure 3, it has been observed that the percentage of students who are not able to cope with the academics (around 60%) and feel low confidence level (68 %) is similar to that of students who have opted career choices forced by parents (around 64 %). The data collected also shows forced career choices adversely affect the sleeping and eating habits (65 %) of students. Comparison with other students have negative impact on the academic performance and mental health of students.

Major Findings

- Above average from the total (63%) of student agree that they have chosen the current academic stream due to parental pressure.
- Above average from the total (62%) students are not happy about their class performance in the current academic stream imposed by parents and believe to regret their choice.
- Below average from the total (17%) students consulted the career counsellors before opting for a career path.
- Above average from the total (62%) students who chose academic stream due to parental pressure, if chosen other stream believe to have excelled in academics.
- Above average from the total (66%) students don’t find pleasure while studying in the current academic stream, 67% of students find low confidence level, 46% feel the signs of depression and 50% get anxiety while preparing for the exams and 63% observe change in sleeping and eating habits.

- Above average from total (64%) students feel low due to repetitive comparison by their parents with the academic performance of other kids.
- Half of the total (52%) students are interested in unconventional career choices but above average from total (95%) students don't want to take up as career choices as their parents won't agree with their decisions.
- Above average from total (90%) parents suggest career choices to their child due to societal status and high job satisfaction.
- Average from total (43%) actively involved in their child's career choices and keep track of their academic achievement. Hence are passionate about encouraging children and support them.
- There are parents who are not supportive at all and below average from total (17%) have no idea about students' academic achievements, mental health. They are clueless about the career choices their child takes up.
- Above average from total (63%) parents are negatively involved and force children towards career choices of their own interest. Criticize child's interest and choice.
- Above average from total (80%) parents have no idea about career counselling programs for their child.
- Below average from total (22%) parents ignore their child's sign of mental health issues and very least number of parents talk with their child about these issues.
- Above average from total (81%) parents have negative remarks for unconventional career choices as they believe it has less scope and job satisfaction. 73% don't agree for their child to take up unconventional career choices.

Conclusion

Making wise selections can be accomplished with the proper assistance and pertinent knowledge. Parents should expose their kids to a variety of surrounding that can help them make decisions. They should also pay attention to what their kids like and provide guidance and support as needed. It is important for parents to talk, listen, and interact with their kids in a positive way.

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