

Impact of Career Adaptability and Mental Health Issues on Students

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ABSTRACT

Today's the age of competition, the word career has become a very important and serious issue. In today's world, every person's mind is connected with dreams and hopes with the word career and at least every person or student who seriously think about their career goes through a lot of stress and with stress comes good and positive thoughts and hopes due to which there is a possibility that a student may get into a lot of mental health issues. so, the aim of this study is to find the impact of career adaptability and mental health issues of adolescent students.

The development of professional identity starts with childhood. In adolescence, individuals should have appropriate resources to make choices; high levels of self-efficacy and professional curiosity, as well as better representations of the concept of work and decent work, could support adolescents in their planning of the future. For this reason, we developed a training aimed at providing adolescents with resources of professional curiosity and self-efficacy, which would also increase their representation of the concepts of work and decent work.

The mechanism of how career adaptability can contribute to adolescent's mental health problems remains unclear in mainland India. The present study aims to explore the impact of career adaptability on mental health issues in adolescents (age between 13-19 years). Purpose of the study is to investigate the impact of career adaptability on mental health problems or issues of the adolescent students. In adolescence and emerging adulthood, a lot of factors affect career choices like gender, financial situation, parents likes- dislikes, social life, social situation, identity formation, low self-control and self-esteem, physical development, understanding for self, etc and all these factors can affect on students mental health and it can impact negatively on student's mental health and can create mental issues for students like anxiety, phobia, stress, depression. Method- Sample for the study of 200 adolescent students of secondary and higher secondary school from all over India with different states (Gujarat, Maharashtra, Rajasthan, Punjab, Haryana, Chandigarh, Andhra Pradesh, Telangana). The test includes the self constructed questionnaire. Dimensions of questions are related to career adaptability. In which the students make aware of the impact of their understanding and interest of their own career, their vision about their future, their perception of society and the

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Received: March 11, 2022; Revision Received: June 22, 2022; Accepted: June 30, 2022

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world, etc. effects on their mental health and which can affect their career decision. Their age is between 13-19 years old, self made Questionnaire used for the study. The result found that some times career adaptability negatively impacts mental health problems and resilience mediate the relationship between career adaptability and mental health problems.

Key Words: *Impact , Career Adaptability, Mental Health, Mental Health Issues.*

The development of professional identity starts with childhood. From early adolescence, professional construction becomes a very important activity, and preparation for the future is considered one of the main developmental tasks during this phase. When we look at career development as a lifelong process, we have to consider that people start working before they engage in actual work activities. In this time frame, changes in the world of work must be taken into consideration. Indeed, in the new European context of the last ten years, work has profoundly changed. Today, the work is characterised by a marked uncertainty and by the increase of “insecure workers”; employment has become flexible, the transitions more frequent, and careers unpredictable.

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What is Career Adaptability?:

“Career adaptability means the psychosocial resources to cope with changing work and working conditions. It involves the ability to adapt to changing tasks, engage in continued self-learning, and regulate one's career direction.”

Career adaptability also is needed to respond to the changing demands from employers who are increasingly seeking an adaptable workforce. A prominent conceptualization of career adaptability characterises it as psychosocial strengths or capacities for solving unfamiliar, complex, and ill-defined problems presented by developmental vocational tasks, occupational transitions, and work traumas. Taken together, identity and adaptability tell the person when and how to change in a fast-moving world of work.

- **Mark L. Savickas, Suzanne Savickas**

What is Adolescence?

Adolescence is a transitional stage of physical and psychological development that generally occurs during the period from adolescence to legal adulthood. Adolescence is usually associated with the teenage (13 to 19 years), but its physical, psychological or cultural expressions may begin earlier and end later.

The period following the onset of adolescence during which a young person develops from a child into an adult.

-**Oxford Dictionary**

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Adolescent psychology seeks to understand teens and help them make the transition from child to adult. ... To support this development, adolescent psychology focuses on mental health issues for people between the ages of 13 and 19.

The development of a coherent and organised sense of career adaptability is a key task in adolescence, and there is a big role of mental health in this process. If they are normal from a mental situation, Individuals may evaluate various alternatives before making firm career commitments. This process has a positive and a negative side: on the one hand it is exhilarating because it corresponds to the human need to search for and to find a personal identity, but on the other hand it is often painful, since choosing requires the adolescent to give-up other possibilities that also might be attractive (Palmonari et al. 1992). Thus, adolescents might oscillate between the wish to become committed to relevant life domains, and the fear to make wrong choices. Furthermore, this uncertainty may be enhanced when the adolescent also suffers from mental health issues(psychosocial problem behaviours), such as anxiety, stress, phobia, sleeping disorder, fearness, nervousness, lack of confidence etc.. symptoms that can compound uncertainty.

What is mental health?:

“Mental health means the person’s physical, mental, social and spiritual vision is a state of complete goodness.”

-WHO

“Mental health is the development of a healthy personality and systematic scientific effort to prevent mental illness attack.”

- **J.C.COLEMAN**

Mental health is not a treatment for the disease but a step to prevent the disease from entering. First the person decides which of the physical, mental, social factors affecting a person’s adjustment and then he/she tries to control that situation. Then we can call them mentally healthy or mental well being.

There are many types or signs of Mental Well being:

Mentally Stable

Self respect

Observing mind

Active mind

Able to understand the situation

Emotional control

Analytical mind

Intelligence steps

Positive attitude

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

If somebody has a problem with mental health it can negatively affect a person’s physical, emotional, cognitive and behavioural responses. Which we can call mental imbalance. Because of that a person can suffer from mental disease. That can be called Mental Health Issues(Psychological disease or disorder).

Mental Health Issues (Problem/Disorder):

Anxiety

Phobia

Stress

Sleeping Disease

Depression

Fairness

Nervousness

Lack of confidence

There is no other suffering like mental illness because the human mind has enormous capabilities. If these Capabilities work properly, life becomes fantastic. Mental health problems can affect a Career Adaptability. In the present situation, wanting to do work very quickly is becoming difficult for everyone running with the moving of the connection. It can be said that every person has a mental Apparel problem in a social way. So it is important to try to figure out the mental well-being of adolescent students.

Efforts are more likely to succeed if there is broad participation and a shared commitment to meet common goals. To improve the level of working there must be, require of mental health balance.

Here we discuss the Impact of Career Adaptability that affects mental well-being. Because of all the causes or impacts people become in tension and feel mentally upset. Because of that they are feeling mental illness. Due to all those reasons people or students can face mental issues. After their struggle, they can face many mental diseases or issues. As per above impacts of career adaptability, responsible for making a person upset or mentally ill.

So, we need to know that how the impacts of career adoption affects the mental health of Adolescents?:

Professional Concern: “The propensity to worry positively for one’s future, that is called career concern”. When a person takes professional concern they are **over thinking**. Because of that they become victims of **stress**. The person who is in stress he/she can’t take sleep or even mentally rest. After that they are facing **sleep disease** also.

Career Curiosity: “Curiosity about the professional world it's called career curiosity”. If adolescents do not have to make imminent professional choices, they need to start being curious about work. While they are curious about their career they are surrounded by thoughts. That’s why they feel a lack of confidence in themselves and become nervous. Because of nervousness they get scared and phobia.

Self Efficacy: Self efficacy is a good predictor of motivation and plays an important role in career development and shows a positive correlation with all the dimensions of career adaptability, but in adolescents self efficacy is linked to decision making processes and negatively related to depression and symptoms of anxiety disorder.

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Career Outlook: In adolescents age they are looking to change the world on a systematic level. In this age they are thinking that they have potential to change the world and thoughts of the world. When they are thinking about their own views of career they may fall into deep thinking and negative thoughts also. They become victims of depression.

Family: Not only in adolescence there is always an important role of family in human life. While family members increase enthusiasm and give support mentally, physically, or financially a person becomes successful but if the family is not giving support in anyhow an adolescent never thinks for a brighter career or future. Because of this they may become nervous and may have a lack of confidence. They may feel sleep diseases and stress.

Peer Pressure: In adolescence if a person's peers positively support him in choosing a career, he can move ahead for a successful future, But if an adolescent does not get positive support from peers a person may take it negatively and may become depressed. They may become a victim of phobia and stress.

Impact: "The action of one object coming forcibly into contact with another".

- **Oxford English Dictionary**

Career Adaptability: "Career Adaptability means psychosocial resource to cope with changing work and working conditions". It involves the ability to adapt to changing tasks, engage in continued self-learning and regulate one's career direction.

- **Mark I. Savickas**

Mental Health Issue: Mental health issue is also called disorders or mental problems or mental illness, refers to a wide range of mental health condition disorders that affect your mood, thinking and behaviour.

- **Sigmund Freud**

Statement of a Problem

The title of the present study is Impacts of Career Adaptability and Mental Health Issues on Adolescence.

In the Present study, the questionnaire for adolescent students was prepared according to specific steps for assessment for their impacts of career adaptability on mental health.

Variables

A. Independent Variables

Gender

- a. boys b. girls

Area

- a. States

B. Dependent variable

- a. Questionnaire of career adaptability

Importance of the Study

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The present study is very important for people who want to study on a topic related to a career. It provides guidance for students to make career choices. This study is not only guidance for those who are concerned with choosing a career but also for those who want to be a focus in life, want to be successful. The study presented continues to be useful for teachers to understand their students' behaviour. From this study, students can also understand themselves which of their behaviours is not appropriately correctable.

Objectives of the present study are

To determine Correlation of professional concern and career curiosity, Self Efficacy and career outlook, Family and peer pressure.

Hypothesis of the present study are

H1. There is no significant correlation between Professional Concern and Career Curiosity.

H2. There is no significant correlation between Self Efficacy and Career Outlook.

H3. There is no significant correlation between Family and Peer Pressure.

Research Design

The research design outlines the entire research plan whereby research method, population, sample and sampling technique, tools and statistical techniques are described to test the formulated hypotheses. It describes just what must be done, how it will be done, what data will be needed, what data-gathering devices will be employed, how sources of data will be selected, and how the data will be analysed and conclusions be drawn.

Population

The population in any educational research is the description of the elements that are to focus the study. The elements can be persons, organisations, objects, etc. that focus the study. The findings of the research are generalised on this population.

In present study population of the study are Students of Secondary- Higher Secondary school of all over the India.

Sample

Sample selection is a smart way toward saving time, energy and money. With the sample a deep and profound study can be done. The research work can be done fast and planning can be done in a prosperous manner.

In the present study 200 students of secondary-higher secondary school of India selected by Convenient Sampling Technique.

Tools : Self Constructed tools with questionnaire.

Method: Researcher prepared a test set including a self constructed tool as questionnaire with 20 questions with 4 rating scales. Participants were 200 adolescent students of secondary- higher secondary school. There were questions related to career adaptability in the questionnaire. In which the students were made aware of the effect of their understanding of their own personality, their vision of future, their perception of society and the world, etc. effects on their mental health and which can effect on career adaptability. Participants consisted of 200 adolescents. Their age was between 13-19 years old. I used Survey method to collect data.

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In the present research, looking at the economy of time, money and energy the survey method shall be used with Google form with 20 questions.

Data Collection

Data Collection is a must in survey research. Hereby the data is collected by pre- decided tools.

In the present study the researcher shall talk to the principals of the high schools of different states of India(Gujarat, Rajasthan, Punjab, Hariyan, Chandighadh, Maharashtra, Andhra Pradesh, Telangana) to take permission to talk to students and collect data, then talk to the secondary- higher secondary school students of all states given above, provide them google form with necessary instruction and thus collect the data through google form.

Data Analysis and Interpretation

In the present study the analysis was conducted by Google Form Graph with 4 rating scales. After analysis, the interpretation of the data was carried out based on 4 rating scales; keeping in mind the objectives of research. From The Interpretation the overall inferences of research was brought forth and based on that generalisation was done. On the basis of interpretation suggestions and scope for the further research will be given.

Total -200 Students

Male- 119

Female- 81

H1. There is no significant correlation between Professional Concern and Career Curiosity.

| | | ProfessionalConcern | Career Curiosity |
|---------------------|---------------------|---------------------|------------------|
| ProfessionalConcern | Pearson Correlation | 1 | .705** |
| | Sig. (2-tailed) | | .000 |
| | N | 202 | 202 |
| Career Curiosity | Pearson Correlation | .705** | 1 |
| | Sig. (2-tailed) | .000 | |
| | N | 202 | 202 |

** . Correlation is significant at the 0.01 level (2-tailed).

From the table-1 it is vivid that the Pearson correlation of professional concern and Career curiosity is significant at 0.01 level of significance. Thus the hypothesis that there is no significant correlation between professional concern and career curiosity may be rejected. It could be concluded that significant correlation exists between Professional Concern and Career Curiosity. Further it was found that the correlation is average positive which indicates that with increase in Professional Concern the Career Curiosity increases and vice versa.

H2. There is no significant correlation between Self Efficacy and Career Outlook.

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| Table-2 Correlations | | | |
|--|---------------------|---------------|----------------|
| | | Self Efficacy | Career Outlook |
| SelfEfficacy | Pearson Correlation | 1 | .620** |
| | Sig. (2-tailed) | | .000 |
| | N | 202 | 202 |
| CareerOutlook | Pearson Correlation | .620** | 1 |
| | Sig. (2-tailed) | .000 | |
| | N | 202 | 202 |
| **. Correlation is significant at the 0.01 level (2-tailed). | | | |

From the table-2 it is vivid that the Pearson correlation of Self Efficacy and Career Outlook is significant at 0.01 level of significance. Thus the hypothesis that there is no significant correlation between Self Efficacy and Career Outlook may be rejected. The it could be concluded that significant correlation exists between Self Efficacy and Career Outlook. Further it was found that the correlation is average positive which indicates that with increase in Self Efficacy the Career Outlook increases and vice versa.

H3. There is no significant correlation between Family and Peer Pressure.

| Table-3 Correlations | | | |
|--|---------------------|--------|---------------|
| | | Family | Peer Pressure |
| Family | Pearson Correlation | 1 | .481** |
| | Sig. (2-tailed) | | .000 |
| | N | 202 | 202 |
| PeerPressure | Pearson Correlation | .481** | 1 |
| | Sig. (2-tailed) | .000 | |
| | N | 202 | 202 |
| **. Correlation is significant at the 0.01 level (2-tailed). | | | |

From Table-3 it is vivid that the Pearson Correlation of Family and Peer Pressure is significant at 0.01 level of significance. Thus the hypothesis that there is no significant correlation between Family and peer Pressure may be rejected. It could be concluded that significant correlation exists between Family and Peer Pressure. Further it was found that the correlation way average positive which indicates that with increase in Family the Peer Pressure increases and vice versa.

Conclusion:

This study is to develop an understanding of adolescents for their career or professional future. It will contribute to enhancing adolescents' career adaptability. If the career choice is wrong often a person's career future may be put at risk. In adolescence there is so much confusion in their mind about their career choices. This study is intended to be a guide to the dilemma of career choice in adolescents. There should be arrangements for adolescence, to give them proper guidance for career adaptation.

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Acknowledgement

The author appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author declared no conflict of interest.

How to cite this article: Rajyaguru. F.A & Shrivastava. P (2022). Impact of Career Adaptability and Mental Health Issues on Students. *International Journal of Indian Psychology*, 10(2), 1607-1615. DIP:18.01.161.20221002, DOI:10.25215/1002.161