

# Interventional Study to Assess the Level of Awareness of Career Counseling Approach of Secondary School Learners on the Basis of Socio-Economic Status

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**Abstract:** The career counseling approach is considered as a direction which provides career information resources, discusses career development, and administers and interprets aptitude and ability assessments of the learners. Advice and information about what type of career the learners can carry out or how they can progress to a better career, all of these fully depend upon the accomplished counselor as in school level all kinds of learners always carry poor level of awareness in terms of their career. In support of that the interventional study was undertaken to assess the level of awareness of career counseling approach of secondary school students mainly boys and girls as well as urban and rural in regards to their Socio-Economic status. Kuppuswamy Socio-Economic Status Scale (SES) was used to analyze the socio-economic context of students. The data was collected by self-made standardized career counseling scale which contains 60 items with a 5-point Likert Scale. Experimental pre-test post-test equivalent group design was used and out of 134 students, 67 were selected in control group and remaining were selected in experimental group from four different schools. Both the groups participated in pretest followed by intervention through different kinds of activities like group discussion, buzz session, workshops, poster presentations, and debate to experimental group whereas no such training was given to the control group. After the intervention post-test was administered in both the groups. Pre-test and post-test scores were calculated by SD, Mean and t-test. Results revealed that a significant difference was noted on the effect of intervention on the level of awareness of career counseling of secondary school learners on the basis of socio-economic status. No significant difference was noted on the effect of intervention on the level of awareness of boys and girls about Career Counseling Approach and urban secondary school learners had greater level of awareness of Career Counseling Approach than the rural learners of secondary school.

**Key words:** Interventional Study, Assess, Level of Awareness, Career Counseling Approach, Secondary School Learners, Socio Economic Status

## I. INTRODUCTION

In this modern era, with the advancement of technology and an outburst of knowledge, counseling can be defined as a means to provide help to a naive individual by a more matured and experienced individual. Effective counseling helps to improve the teaching learning environment. This teaching learning environment will be more effective if the context of the learner is known in advance. The context of the learner can be assessed on the basis of the following dimensions: Spiritual Identity, Gender Identity, Psychological Maturity, Ethnic or Racial Identity, Socio-economic status, etc.

Socio-economic status has an incomparable effect on total human functioning whether it is related to mental health or

physical one. Though there are different strata's in our society generally the group with low economic and social status, usually lags behind in educational sector for their low level of knowledge, poverty, poor cognitive development, language related issues etc. In the rat race of 21st century to cope up with the ever changing global consequences it is very much important for the students to have proper education as well as guidance to understand the right path of career. Australian Federal Government donates funds for the improvement of student enrolment of low socio-economic strata to the universities. Not only needs their education, identification of their career also of utmost importance. The quality and procedure of implementing

such career counseling to the low SES is somewhat different from high SES.

Career counseling is the process of helping an individual to come up with a process of a personal career plan by collecting, collating and evaluating various information about the self and the world of work to help the client meet his/her life goals and take the necessary steps to implement the plan. It is the role of practitioners, who combine giving advice on their topic of expertise with techniques that support clients in making complex decisions and facing difficult situations. In the area of education, career counseling acts as one of the most important pillar. It helps an individual to choose the right course path as well as make him/her understand the present and future benefits and importance. In modern era with the digitalization of education, a complex structure of socio-economic context comes to the fore front. Children from higher SES due to their family support, social and economic prosperity generally are mentally sound so sometimes a little help in career guidance can pop up their way to success. But this scenario makes a drastic change among the low SES. Social background, unsupportive parents lack of proper knowledge, work load from childhood to support family act as a barrier to their physical as well as to their mental health. Here comes the benefit of career counseling. The experts with their proper knowledge and experience churn out from them what is the best for them side by side giving them multiple areas of choice judging their individual capacity need for the sustenance in the competitive globalized society. Research shows that individual counseling in the care of low SES acts as one of the most comprehensive one by which after understanding the present context of the students his/her multiple choice of career can be described. The current study goal was to depict up to how much level the career counseling awareness can help an individual to choose proper career after assessing his/her socio economic status.

#### **Statement of the Problem:**

The present study was stated as:

“An Interventional study to assess the level of awareness of career counseling approach of secondary school learners on the basis of socio-economic status.”

#### **Objectives of the study:**

1. To study the effect of intervention on the level of awareness of career counseling of secondary school learners on the basis of socio-economic status.
2. To study the effect of intervention on the level of awareness of boys and girls of secondary school.
3. To study the effect of intervention on the level of awareness of urban and rural learners of secondary school.

#### **Hypotheses:**

1. There would have been significant difference on the effect of intervention on the level of awareness of career

counseling of secondary school learners on the basis of socio-economic status.

2. There would have been no significant difference on the level of awareness of boys and girls of secondary school.

3. Urban students would have higher level of awareness of Career Counseling Approach than the rural ones.

#### **Conceptual Framework-**

##### **Interventional Study-**

In this particular kind of study some interventions were given to a particular group to evaluate the result of it on them. Here in this study career counseling related interventions were given to the experimental group to see if the awareness level would be increased or not.

##### **Assess-**

It means evaluating or estimating something in accordance to the ability, quality and nature. Here in this study assess refers to the measurement of the level of awareness of career counseling approach among the secondary school learners.

##### **Level of Awareness-**

Awareness refers to a particular state of consciousness or the quality of being aware of something. Here the awareness refers to the consciousness among the secondary school students about the career counseling approach.

##### **Awareness of Career Counseling Approach-**

The career counseling approach basically deals with the means to help the secondary

school learners choose an appropriate career path based on one's interest, aptitude,

attitude as well as socio-economic status. Here the level of awareness of this particular approach was measured among the school learners.

##### **Secondary School Learners-**

School students belonging to class IX or X are referred here.

##### **Socio-economic status-**

The socio-economic status is based on one's family income as well as status in the society.

##### **Delimitations:**

1. The research was conducted with 134 students from 4 schools of W.B Board.

2. This study was conducted within a limited period of time.

3. There could be some intervention of fatigue, mood disturbance, anxiety, peer and parents pressure etc.

**Significance of the study:**

Career Counseling has emerged as a new concept in the area of education. Without following the notions blindly if a student has career related knowledge then he/she can be a success in his/her career. This particular study was done to identify whether the newly generated concept of career counseling had really any effect on the diverse SES students.

**II. REVIEW OF RELATED LITERATURE**

A vast majority of learners in schools are confused to make regarding what they are learning and how that knowledge will be used. But in case of career counseling approach students are engaged in the activities which will help them in proper choice of career. It helps learners to transform knowledge or information into their personal knowledge which they can apply in different situations. Sinacore et al. (1999) depicted the influence of parents as well as gender specific and socio-economic construction of a person. Tang, M. (2003) described about the future of career counseling its effects on education by Construction, Collaboration and Advocation. Arulmani, G. & Nag Arulmani, S. (2004) found that the career psychology working in the context of multiculturalism observes the lower socio-economically backward class with relatively negative career decisions and the development of career guidance as well as counseling is needed for the proper career development. Villares (2004) in her study determines the effectiveness of a theory based career counseling unit was designed to promote academically the participants' self-esteem, career self efficacy and locus of control. Hoffman, M. (2007) found that the students of low socioeconomic status are less likely to engage in deliberate and plan full career development. Nakkula et. al. (2008) found that the students of both the race and color from low income background are in dire need of a proper career guidance as well as counseling and how some initiative can be taken to fulfill the needs. Similarly Eshelman, A. (2013) found that social class as predictors of career adaptability and educational aspirations. Hiesh, H. & Huang, J. (2014) showed that there is a positive relationship between the socio-economic status and proactive personality with career decision. Gaochi et. al. (2017) described in their research by ex post facto technique how the career related information helps in choosing proper degree programs. Zafar, M. (2019). depicted in his study the need of career counseling among school students and the importance of parental influence and seminar workshops on the career guidance techniques.

**III. METHODOLOGY**

In this present study the level of awareness of career counseling approach among secondary school learners was regarded as Independent Variable and the gender, locality and socio-economic status were regarded as Dependent Variable. 'Pre-Test Post-Test Equivalent Group Design'

known as 'True Experimental Design' was used for the particular study.

**Sample-**

The students of class IX from four different schools two from urban and two from rural were taken as the 'Sample' of the study. In this Quantitative research technique Simple Random Sampling was used. Out of total 134 students from 4 schools 67 were taken in Control Group and another 67 were taken in Experimental Group. The students of the four schools were matched by their Socio-Economic Status and then the two groups were created. The students in these four schools were equally distributed in these two groups according to their Socio-Economic Status. Students of both the groups have no previous experience of career counseling program me.

**Tool-**

To conduct this study Kuppuswamy Socio-Economic Status Scale (SES) was used to understand the Socio-Economic Status of the students. This scale was devised in 1976 by Kuppuswamy himself to analyze the Socio- Economic Status of a particular family. A questionnaire consisting of 60 questions related to awareness of career counseling was used as pre-test and post-test tool.

**Treatment-**

For conducting the study after judging the Socio-Economic Status both the groups were given a questionnaire consisting of 60 statements related to the awareness of Career Counseling as Pre-test. Then after making the groups, the Experimental Group was going through career related Workshops, Exhibition and Seminar for two weeks for two hours each of the fortnight. They were given counseling related all information written on a sheet whereas the Control Group got no such training or information.

After two weeks the same questionnaire was given again to both of the groups as Post-test.

**IV. ANALYSIS AND INTERPRETATION**

Hypothesis 1:

In order to test hypothesis, gain scores of awareness regarding career counseling approach between the pre-test and post-test of experimental and control group were calculated by subtracting pre-test scores from post- test scores for each student.

**Table 1: Mean standard deviation and t value of gain scores on awareness of experimental and control group.**

Experimental Group			Control Group			t value
$M_1$	$N_1$	$SD_1$	$M_2$	$N_2$	$SD_2$	
29.21	67	13	27.82	67	12.23	.6375

Table 1 showed that the mean gain score of experimental group was higher than control group. The obtained t value

confirmed .6375 which is greater than the table t value 2.576 for 132 degrees of freedom at 0.01 level of significance. Hence, the hypothesis was accepted. This indicated that there was significant difference between mean gain scores of experimental and control group on awareness related to career. It was thus concluded that the intervention helped in improving awareness towards career counseling approach.

**Hypothesis 2:**

In order to test this hypothesis, gain scores of boys and girls on awareness regarding career counseling approach was given-

**Table 2: Mean standard deviation and t value of gain scores on awareness of boys and girls of experimental group.**

Boys			Girls			t value
M <sub>1</sub>	N <sub>1</sub>	SD <sub>1</sub>	M <sub>2</sub>	N <sub>2</sub>	SD <sub>2</sub>	
30.32	35	11.22	31.23	32	11.54	.3271

Table 2 showed that the mean gain score of girls was slightly higher than the boys and the obtained t value showed .3271 which is less than the table t value of 2.617 for 65 degrees of freedom at 0.01 (level of significance). Hence, the hypothesis was accepted. Therefore, there was no significant difference between boys and girls with regard to awareness on career counseling approach.

**Hypothesis 3**

In order to test this hypothesis, gain scores of urban and rural students on awareness regarding Career Counseling Approach was given-

**Table 3: Mean standard deviation and t value of gain scores on awareness of urban and rural learners of experimental group.**

Urban			Rural			t value
M <sub>1</sub>	N <sub>1</sub>	SD <sub>1</sub>	M <sub>2</sub>	N <sub>2</sub>	SD <sub>2</sub>	
39.44	37	10.29	37.29	30	9.25	.8894

Table 3 showed that the mean gain score of urban students was slightly higher than the rural and the obtained t value showed .8894 which was less than the table t value of 2.617 for 65 degrees of freedom at 0.01 (level of significance). Hence, the hypothesis was accepted. Therefore the urban students had higher level of awareness of Career Counseling Approach than the rural students.

**V. MAJOR FINDINGS**

1. The study showed that the secondary school students need career related information.
2. It also revealed that the level of awareness did not depend upon the sex of the students.
3. Urban school students had a greater level of awareness than the rural school students.
4. Rural students might not be so much aware of career related issues because of their locality and lack of guidance.

5. Peer and parent pressure could be an important factor for career related biasness.

**VI. EDUCATIONAL IMPLICATIONS**

1. As this new career counseling approach comes to the limelight of educational sector, the proper knowledge of this among the school students gains importance.
2. Through the process of career counseling a student becomes aware of his/her aptitudes, interest and abilities which will lead them to success.
3. Job dissatisfaction will be removed.
4. A new approach will be in front of the future students to be happy with their work.
5. Right career can remove their stress and anxiety.

**VII. CONCLUSION**

With the passage of the new era of modernization, career counseling approach has come to the fore front. If a student becomes unable to know his or her interest in a particular area then it would be impossible for him/her to be satisfied with the chosen career. As the job-contentedness is the primal point of being happy in one's life, career counseling can be used as an important instrument and the student has to be aware about its implications to make progress in life.

**VIII. RECOMMENDATIONS**

1. This study can be done in a large scale in future.
2. This study can be done on awareness levels of parents and teachers as well.
3. This research can be progressed with various levels of variables in future.

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