A STUDY OF CAREER MATURITY AMONG SCHOOL CHILDREN IN RELATION TO ACADEMIC ANXIETY

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ABSTRACT

This paper presents the results of an investigation aimed to explore the career maturity among school children in realtion to academic anxiety. Research was carried out on randomly selected sample120 on school children within the age range 12-15 years in Abohar Tehsil. The research used standardized tool for the study. Results revealed negative correlation between career maturity and academic anxiety among school children. Results also revealed significant difference in career maturity of boys and girls.

INTROUCTION

Career matrity refers to individual's degree of readiness to choose, prepare and plan for future vocation. The concept of career maturity has come to be used as pre-requisite of the ability to make a wise exceptional choice and assuming that maturity represents development along a continuum. The greater the maturity, greater is the likelihood that individual is able to cope with developmental tasks at different stages of Career maturity means the readiness to make appropriate career decision. Career maturity is not thought of as a goal i.e. achieving satisfaction and success in an occupation. Career maturity denotes thepoint reached on the continuum of career development from early exploratory years i.e. adolescents years to decline i.e. old age: In other words it refers an individual's readiness for career decision making. Career maturity is the term which denote the place reached on this continuum of career development from early exploratory years to decline. This process of career development has been further analysed as unfolding through several distinct but unrelated factors. These include :-

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* **Consistency of career choice**
* **Realism of career choice in relation to personal capabilities and employment opportunities**
* **Career choice attitudes**
* **Career choice competencies**

Naidoo (1998) states that "Career maturity is influenced by age,

race, ethnicity, laws of control, socio-enconomic status and gender." **Salami (2008) states that** "Career maturity is conceptualized as an individual's readiness to make well informed age appropriate career decision and to shape one's career carefully in the face of existing societal opportunities and c o n s t r a i t s " At the time of selection of career, stress is laid only on intelligence and acdemic achievement. No consideration is given to non-intellectual characteristics of personality of the students, where as it depends upon many other factors like personality, academic anxiety, parental encouragement, make appropiate career decisions." motivation, interest and attitiude etc.

Academic anxiety is the uneasiness, apprehensions or nervousness felt by students who have a fear of failing in exam. Emotional, cognitive, behavioural and physical components can all be present in acdemic anxiety. Sweating, dizziness, headaches, racing, heart beats,nausea, fidgeting and drumming on a desk are all common in acdemic anxiety. Anxious persons are unaware of ways in which they behave. **Sarason (1996)** a prominent scholar suggested that academic anxiety might interfere with ones concentration on the task and consequently undermine one's performance. Thus in nutshell we can say academic anxiety is a complex emotional state, which is a feeling of fear and dread related to academic affairs.

NEED AND SIGNIFICANCE OF THE STUDY

Selection of career and settig on it, is an important task and source of personal gratification. In the modern age of science and technology, hundreds of vocations thrown open to an individual. The choice of right vocation is becoming difficult in these days. As we know, major turning will take placein the life of children, because career will depend upon the subjects selected

at this level. On the recommendation of National Policy on Education 1986,school curriculum after 10th class has been diversified into academic & vocational streams. The educational and vocational decisions at this stage pave the way for future decisions to be taken by any individual in the world of work. Any wrong decision of vocational choice due to pressure of the family or from indecisiveness on the part of children can block his/her growth and development in future. Therefore, it was considered relevant to study this aspect namely career maturity among children.

The understanding of vocational world is vital for students as it enablesthem to review their career decisions in the light of their potentialities. For proper guidance in the selection of courses of studies as well as in occupation, academic anxiety and parental encouragement play an important role. If a person upon entering an occupation, possess low anxiety level and high parental encouragement, he will found himself suitable for the type of work. The close relationship of academic anxiety and parental encouragement with career maturity establishes the importance of academic anxiety and parental encouragement in guidance & education.Therfore, for the selection of a particular course of studies as well as in occupation, testing of academic anxiety and parental encouragement is require.

STATEMENT OF THE PROBLEM

The Present Problem is entitled as

"A STUDY OF CAREER MATURITY AMONG SCHOOL CHILDREN IN RELATION TO ACADEMIC ANXIETY"

OBJECTIVES OF THE STUDY

(1) To study the significant relationship between career maturity and academic anxiety among school children.

(2) To study the insignificant difference in career maturity of boys and girls school children.

HYPOTHESES OF THE STUDY

(1)   There exist a significant relationship between career maturity and academic anxiety among school children.

(2)   There exist an insignificant difference in career maturity of boys and girls school children

DESIGN OF THE STUDY

Present study consist of one dependent variable i.e. career maturity and one independent variables i.e. academic anxiety. Main purpose of the study was to see how for the independent variable effect the dependent variable.

SAMPLE OF THE STUDY

Study was conducted on 120 school children within the age range 12-15 years in Abohar Tehsil.

TOOLS USED

1.   Indian Adaptation of Career Maturity Inventory (CMI) by Dr. (Mrs.) Nirmal Gupta (1989)

2.   Academic Anxiety scale for children (AASC) by Dr. A.K. Singh and Dr. (Km.) A. Sen Gupta (1984)

STATISTICAL TECHNIQUES

1.   Pearson product moment coefficient of correlation was calculated to find out relationship between Career marutiry and academic anxiety

2.   t-ratios were calculated to compare Career maturity of boys and girls school children.

ANALYSIS OF DATA

The data consist of scores of career maturity and academic anxiety among school children. This data is processed statistically in following order

1.   Co-efficient of correlation between Career Maturity and Academic Anxiety.

2.   t-ratio betwee Career Maturity of Boys and Girls School Children.

TESTING OF HYPOTHESES AND INTERPRETATION OF RESULTS

HYPOTHESIS-1 "There exist significant relationship between career maturity and academic anxiety among school children"

Table1

Showing Coefficient of Correlation

Career Maturity and Academic Anxiety

Sr. no.	Variables	N	R	Levels of significance
1	Career maturity	120	-0.0107	Not significant
2	Academic anxiety	120		

The table1 shows that correlation between career maturity and Academic Anxiety has come to be -0.0107. The obtained results shows that career maturity and academic anxiety has negative correlation, which is not significant at .05 level as well as .01 level.

HYPOTHESIS-II "There exist an insignificant difference in career maturity of boys and girls school children".

Table 2

Showing mean, standard deviation, differernce between means, standard error of difference between Means and t-ratio of career maturity of boys and girls

Group	Sample	mean	standard deviation	standard error of difference between Means	t-ratio
Boys	60	72.40	9.12	1.50	3.00
girls	60	67.90	8.50		

To see wheather this difference is statistically significant or not, t-test was applied. Thus with help of mean, standard deviation and standard error of mean, t-value was calculated and t-value comes out to be 3.00 which is significant at both levels. Hence it may safely be stated that career maturity of boys vary from career maturity of girls.

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