

The Effects of Economic Stress, Career maturity and Major Satisfaction on the Job Stress in Third and Fourth Grade Students of University

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Abstract

Background/Objectives: As most college students go older, more stress about getting a job. This study was to investigate the effects of economic stress, career maturity and major satisfaction on college students' job stress..

Methods/Statistical analysis: Data collection was conducted from November, 2017 to June, 2018 in 200 students who understood the purpose of the study and agreed to participate in the study. The collected data were analyzed by frequency, mean, standard deviation, Pearson correlation, and multiple regression analysis.

Findings: The subjects were 78 (38.4%) male and 122 (60.1%) female. The mean age was 21.9 (± 1.47). Employment stress was statistically significant positive correlated with economic stress ($r = .567, p < .001$), significant negative correlated with majors' satisfaction ($r = -.426, p < .001$) and career maturity ($r = -.585, p < .001$). Also Major satisfaction was statistically significant positive correlated with career maturity ($r = .329, p < .001$). According to the results of a multi-regression analysis to find out the impact of economic stress, career maturity, and major satisfaction on the job stress. The higher job economic stress ($\beta = .384$), job stress was higher. Also the lower career maturity ($\beta = -.398$), the higher the job stress, and the lower the major satisfaction ($\beta = -.278$), the e job stress was higher.

Improvements/Applications: Various youth career education and career development nursing programs will be required to lower the employment rate of college students, so the results of this study will be basic data.

Keywords: *Job, economy, stress, career maturity, major, satisfaction, college student*

Introduction

At the stage of development, college students who are in early adulthood in late adolescence experience various stresses because they have to expand their social activities from admission to college, adapt to new environment and study, worry about tuition fees, and the recent rise in the youth unemployment rate [1]. In addition, this period cannot be independent from the parents psychologically, and the stress can be higher than any time due to the high dependency. In particular, the financial burden of college tuition, living expenses, and the possibility of employment in the future of college students caused economic stress, and the economic stress was the highest in college life [2]. For college students living in modern society, employment is a

very important factor in determining their overall life. As most college students go to higher grades, they are more likely to be stressed with regard to employment. This is not a problem confined to specific departments, but is experienced by all university students in Korea [3]. However, as youth unemployment has been increasing due to the economic downturn at home and abroad, it has recently been shown that the youth unemployment rate in our 20s is 10.7 percent, higher than the overall unemployment rate of 5.2 percent. [4], the nation's youth (ages between 15 and 29) has been rising continuously since 2012, but the unemployment rate recorded 9.8 percent in 2017 and 10.0 percent in the first quarter of 2018, far above the total unemployment rate. The employment assistance index for young people, which indicates the unemployment rate, stands at 23 percent

and the number of unemployed young people, including potential job seekers, stands at about 1.13 million, with one in five young people known to be unemployed [5]. There are many reasons like this that college students will experience a great deal of stress in finding a job. Job stress is a stress that occurs during the process of college students determining career paths or preparing for employment, which increases physical or psychological instability and increases awareness and tension related to employment [6]. Career is more important than simply choosing a job, because it depends on all aspects of life, including occupation and social status, depending on the career we choose [7]. Therefore, the choice of majors comes first in choosing a career, which is a very important choice in a college student's life that is related to a career. Thus, mature students in choosing their careers will be able to live happy lives, satisfied with the jobs they choose. Crites [8] said that the degree of relative job preparation that appears when compared to students of the same age group. In Kang's study, he explained that there is a need to devise ways to enhance the career maturity of college students, describing them as a variable that has a greater impact on career-setting levels [9]. There were also studies that looked at the relationship between job stress and job insecurity and career maturity in relation to employment. In particular, since many department selection opportunities are given before entering university, and each university's admission selection methods are becoming more diverse, the educational environment surrounding universities is rapidly changing due to the changes, so students choose their own grades and geography, or departments their parents wish to pursue rather than choose their own favorite and desired I think this problem is becoming more of a job stress. What is closely related to the careers of college students depends on what they preach their major. A high level of satisfaction with one's major makes one's thoughts on career clear and leads to a state of peace with one's decision. The degree of satisfaction in the major will be high if the departments in which you belong now match the standards for your career path or career set by an individual [10]. College students' satisfaction with their majors is a positive factor in determining their jobs and having a positive impact on their confidence in their job-related task performance, and as a result, students with high degree of professional satisfaction showed high levels of career maturity [10, 11]. The results of a preceding study to find out the relationship between major satisfaction and job stress report that the higher the degree of major satisfaction, the lower the

job stress and the lower the degree of major satisfaction, the higher the job stress [12]. Therefore, career maturity is very necessary for university students. The degree of satisfaction with the majors is a clear indication of students own idea of career and a comfortable state of students's decision [8]. Major satisfaction is the product of judging the course or career set by an individual, and if the current department is consistent with the ideal of his / her life or future career or occupation, the major satisfaction will be high [9]. This study is to find out how the economic stress, seniority, and satisfaction level of majors affect the job stress of university students, and to present basic data on the preparation of nursing intervention measures to reduce the employment stress of college students

Method

The questionnaire data was collected using the questionnaire printed for about 8 months from the beginning of November, 2017. The study was conducted on 260 third and fourth grades attending university in C Province who agreed to the study. All data used was collected according to the approved guidelines and screening procedures of "N University".

Economic stress

In this study, to measure economic stress, Kang [13]'s tools were used to modify and supplement the Economic Hardship Questionnaire (EHQ) developed by Lempres [14] to suit college students. A total of 12 questions are the five-point Likert scale, and the higher the score, the more economic difficulties they have experienced. In Kang's study [13], the Cronbach's α was .88 and in this study it was .89

Carrier maturity

To measure the maturity of a career, Kim [15] modified the Career Maturity Inventory (CMI) developed by Crites [8]. CMI consists of two sub-domain areas: attitude scale and capability scale, and in this study, attitude measure was used. The higher the score the better the carrier maturity. The Cronbach's α in this study was .86.

Major satisfaction

In order to measure the major satisfaction of those studied, the Program Evaluation Survey [16] developed by Illinois University was modified by Kim and Ha [17]. A total of 18 questions are included, and the higher the score on the 5-point marker scale, the higher the

professional satisfaction level. In the study by Kim and Ha [17], tool reliability, Cronbach's α was .92, and .88 in this study

Job stress

Based on the Cornell Medical Index (CMI) of Cornell University's Shepherd et al [18] to measure the employment stress of university students and modified by Kang [19] were used. 21 questions in total. It consist on the 5-point Likert scale, the higher the score means higher economic stress. In Kang's study [20], Cronbach's α was .703 and it was .731 in this study.

Result and Discussion

1. General characteristics of the subjects

The general characteristics of the participants are shown in Table 1. The mean age of the subjects was 21.96± 1.44 years. The study participants included 78 males (38.4%) and 122 females (60.1%). By grade, 59.1% of third grade students. The students' majors was the health and medical science (53.2%) is the most.

Table1. General characteristics (N=200)

Characteristics	Categories	n(%) or M±SD
Age		21.96±1.44
Gender	Male Female	78(38.4) 122(60.1)
Grade	Third year	120(59.1)
	Forth year	80(39.4)
Average grade (The highest rating is 4.5)	Below 2.0	5(2.5)
	2.01~3.0	34(16.7)
	3.01~4.0	142(70.0)
	Above 4.01	19(9.4)
Major	Science	
	Engineering	8(6.1)
	Line of humanities	26(19.7)
	Health and medical science	38(18.7)
	Arts and physical science	108(53.2)

2. Correlations among economic stress, career maturity, major satisfaction and job stress

Table2 shows the results of Pearson's correlation coefficients to confirm the correlation between economic stress, career maturity, major satisfaction, and employment stress.

Table 2. Correlations among economic stress, career maturity, major satisfaction and job stress (N=200)

Variables	Economic stress	Career maturity	Major satisfaction	Employment stress
Economic stress	1	-.328***	-.286***	.567***
Career maturity		1	.329***	-.585***
Major satisfaction			1	-.426***
Job stress				1
* p<.05, ** p< .01, *** p< .001				

Table 3 shows the results of multiple regression. The higher the economic stress ($\beta=.384$), job stress was higher. Also the lower career maturity ($\beta=-.398$), the higher the job stress. And the lower the major satisfaction ($\beta=-.278$), the job stress was higher.

Table 3. Multiple regression of job stress, economic stress, career

Predictors	Job stress						
	B	SE	β	t	p	tolerance	VIF
Constant	4.625	7.908		11.510	<.001		
Economic stress	.428	.012	.384	7.244	<.001	.981	1.014
Career maturity	-.632	.089	-.398	-7.407	<.001	.986	1.016
Major satisfaction	.090	.079	-.278	2.135	.001	.983	1.015

Discussion

In this study, the career maturity was 3.48 out of 5. Although not a study using the same tools as this study, Han's study of nursing students [20] found that the career maturity status was 3.91 points, slightly higher than this study subjects. The reason is that nursing students get a job even before they graduate, and the employment rate is better than those of other majors. It is believed that nursing students are more mature in their career maturity than other college students. As shown in this study, career maturity and major satisfaction have shown a statistically significant positive correlation, which can be thought that higher major satisfaction will result in a mature attitude in determining course. As a result of the above, Han's research [20] supported this study. In this study, there was a statically significant negative correlation between the career maturity and the job stress, multiple regression analysis also showed that the lower the maturity of career, the higher the employment stress. A study by Kim and Choi [21], who studied college students' depression, employment stress and career maturity, also showed a significant negative correlation between employment stress and career maturity, and found that the lower their career maturity, the higher the employment stress, the same as the result of this study. I think getting a good job for third and fourth graders is a very important crisis in life. Therefore, the stress they have to suffer is thought to be very high. Therefore, I think stress management and arbitration are very important interventions in early adult nursing.

In this study, there was a statistically significant correlation between major satisfaction and career maturity. Also, the higher the satisfaction of the major, the lower the job stress. In the preceding study,

satisfaction with the major chosen when going to college is a major factor in the formation of career consciousness, and satisfaction with the major of university students is a factor that has a positive effect on job determination and confidence in job-related task performance. As a result, students with high degree of satisfaction in major studies reported high levels of seniority [11, 21], so preceding studies supported the results of this study. Through the above discussion, it can be seen that economic stress, career maturity, and major satisfaction are important variables that affect job stress. If the students prepare the educational environment at the university level to reduce economic stress and increase the degree of student's professional satisfaction, I think it can help the job stress of college students decrease if the degree is increased by various efforts of the department itself.

Conclusion

The results of this study could be used as a basic data for developing pro-program for career counseling and guidance to reduce employment stress for college students in the future. In the development of a program to enhance the cadence of college students, the government should consider the above findings and apply such methods as improving the teaching method and granting them a chance to succeed in making decisions about their academic performance so that they can contribute to enhancing their professional satisfaction and further enhancing their career maturity. However, since this study targeted university students from some local material universities, there are limitations to the wider interpretation of the research results. We believe that there is a need for continuous exploration of variables that can attempt repeated research for college students in more diverse departments and that can mediate or

control job stress.

Ethical Clearance: Not required

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Conflict of Interest: Nil

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