

Study on the Relationship between Major Satisfaction, Career Resilience and Career Decision-Making Level

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Abstract

Background/Objectives: The study was intended to provide basic data on the career decisions-making level of students in optometry. The degree of major satisfaction, career resilience, and career decision-making level of the students of the optics department were identified, and their correlation was investigated.

Methods/Statistical analysis: The study included a total of 146 students, 64 boys (43.8 %) and 82 girls (56.2 %), all of which analyzed statistical differences through verification of various methods using the SPSS ver 18.0 statistics program.

Findings: The general characteristics of the subjects were 64 male students (43.8 %) and 82 female students (56.2 %), 58 first graders (39.7 %), 34 second graders (23.3 %), 31 third graders (21.2 %), and 23 fourth graders (15.8 %). Religion was composed of 49 Christians (33.6 %), Catholics (8.5 %), Buddhists (2.4 %), and No religion (79.6 %). The degree of major satisfaction was 3.20, career resilience was 3.37, and the level of career decision-making level was 3.12. The correlation between the three variables has shown that all three variables have significant correlations.

Improvements/Applications: To this end, it is deemed necessary to create an appropriate environment for students to show their visions of their majors and to encourage them to develop and participate in programs that can help them decide on their career paths through efforts

Keywords: Career decision-making level, Career resilience, College student, Major satisfaction, Optometry

Introduction

The choice of departments and majors should be made with due consideration to the conviction of the career path and their aptitude. However, the nation's college students tend to choose their majors according to their social atmosphere and their own grades rather than choosing one based on one's interests or aptitude. In many cases, students passively choose based on their high school entrance exam scores and recommendations from simple acquaintances rather than their own choices. As a result, it is reported that there are a lot of conflicts about career path since college entrance^[1]. In the same

vein, attempts are now being made to emphasize the authenticity of elementary, middle and high schools. In order to improve the choice of majors in universities, such as the introduction of a free semester system and the creation of new career courses, the government is providing support at the national level^[2].

Career resilience refers to the patient and flexible adaptation of an individual in a crisis, such as a frustrated or troubled one, while paying attention to how he or she responds to a negative environment with respect to his or her career path^[3]. A person with high career elasticity has the characteristics of achieving his or her goals, adapting to his or her work environment and pursuing success even in times of uncertainty and frustration^[4]. Career Resilience is an important element throughout career management, as well as a fragmentary process of career choice, achievement and adaptation^[5]. That is why it is time for job seekers to change their career policy and

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career resilience is gaining attention^[6]. In short, career resilience is a specific characteristic of individuals who adapt to unexpected changes in their work environment, and those who are more likely to be able to cope more effectively with negative conditions related to their work or career, such as career obstruction, uncertainty, and worsening relations with colleagues^[7].⁶

One of the important development tasks of youth is employment, which leads to the growth and development of competent adults^[8]. At this time of year, planning and preparation for one's own career path is thorough and self-directed in making decisions^[9]. A career decision is a systematic and continuous process through which a person's life progresses. In order to enhance career decisions with a career mind-set, we need to learn a series of courses ranging from career recognition, exploration, and decision making^[10]. The career decision level should be the level at which an individual chooses and decides his or her career path with a firm sense of identity and solid information acquisition and thorough examination of his or her problems^[11].

Health-related students should take a heavy responsibility for the health of the people and take their own course. Therefore, students need to choose and cope with their careers with a strong sense of pride, knowledge and attitude toward their majors. The satisfaction of the choice of majors should be high in response to these situations. One of the ways to improve satisfaction with your major selection while attending college is when your interests and aptitude are well suited to your major due to on-site practice, service, volunteer work, and major classes^[12]. Another case is that students are satisfied with the various curricula, comparisons and curricula of their departments after entering the majors that suit their aptitude and interest in elementary, middle and high school^[13]. In both of these cases, the development of various programs that can attract active interest or interest in universities could be a practical alternative to increasing the satisfaction of the choice of majors.

Therefore, through this study, we will examine the correlation between major choice satisfaction, career resilience, and career decision-making level of university students, identify the influencing factors of each variable, and apply various program development and education in order to effectively respond to society that is diversifying through satisfactory career choice.

Method

The subjects of the study were students attending optometric major at a four-year university located in South Chungcheong Province. The survey was conducted from September 1 to November 30, 2018. It explained that personal information was kept confidential and that anonymity was thoroughly guaranteed.

In this study, the major selection satisfaction tool, which was modified and supplemented by Kim, was investigated for the major selection satisfaction test. The questionnaires calculated the average score using the five-point Likert scale for the three questions concerning confidence in the choice of majors and class satisfaction, and the higher the average score, the higher the choice of majors, the positive meaning.

The Career resilience of this study was modified and used by Kim^[14]. Based on the three levels of personal, professional, and social factors of Career resilience extracted through theoretical review, this scale is structured to reflect the respective attitudes and behaviors of the factors that have helped to overcome the crises and adversity experienced in the course of a college student's career development

This scale consists of a total of 30 questions and is measured by the Likert 5 point scale, with five sub-factors of 6 questions of self-confidence, 6 questions of achievement and passion, 6 questions of career self-reliance, 6 questions of change counterpoint and 6 questions of relationship utilization. The Cronbach α was 0.94 in this study.

The level of career determination is a measure of the degree of career choice and determination to identify obstacles that interfere with an individual's career decisions. In this study, a career decision scale (CDS) test was measured using a tool modified by Kim. This test consists of 18 self-reporting questions on the Likert 5-point scale.

The first two questions indicate a level of confidence in career choice, and the following 16 identify the prerequisites for education and for non-conformity. Scoring was conducted separately from paragraphs 1-2 and 3-18, because the higher the score, the higher the confidence level, the higher the score, the better the course is not determined. Therefore, the higher the score, the higher the score, the higher the grade, the higher the level of career decision.

Result and Discussion

1. General characteristics of the subjects

Sociodemographic characteristics of subjects are Table1.

Table 1: General characteristics of subjects

Characteristics	Category	N	%
Sex	Male	64	43.8
	Female	82	56.2
Grade	1st	58	39.7
	2nd	34	23.3
	3rd	31	21.2
	4th	23	15.8
Religion	Christianity	49	33.6
	Catholicism	8	5.5
	Buddhism	2	1.4
	No religion	87	59.6
Admission type	Rolling admission	80	54.8
	Regular admission	66	45.2
Reason for application	In conformity with one's character	16	11.0
	To have a volunteer job	3	2.1
	A suggestion from one's parents or others.	47	32.2
	In view of high school records	45	30.8
	High employment rate	35	24.0
A service experience	To exist	100	68.5
	To have none	46	31.5
Why did you participate in the service?	For the purpose of earning credit	22	15.1
	To help others	36	24.7
	To have access to a variety of lives	33	22.6
	Out of concern for social problems	4	2.7
	To spend one's spare time	3	2.1
	Etc.	2	1.4
Part-time experience	To exist	132	90.4
	To have none	14	9.6
The reason why I had a part-time job.	To make pocket money	108	81.9
	To experience various jobs	10	7.6
	For an experience that can help you find a job.	8	6.0
	To meet a variety of people.	2	1.5
	Recommendation from family members and neighbors	2	1.5
	Etc.	2	1.5

Cont ... Table 1: General characteristics of subjects

How long have you had your part-time job?	Less than a month	13	8.9
	1-6 Months	40	27.4
	6 months-1 year	27	18.5
	More than one year and two years	23	15.8
	More than two years	29	19.9
Did you get anything from your part-time job?	Not have a thing	5	3.4
	Almost never.	7	4.8
	Be of average	38	26.0
	There's a little.	51	34.9
	There are a lot of them	31	21.2
What did you get from your part-time job?	Appropriate Time	3	2.3
	Management Method the psychological well-being of social relations	14	10.6
	Positive interpersonal relationship	39	29.5
	Appropriate actions for a given environment	63	47.7
	Etc.	13	9.9
Your level of study	Be good at	38	26.0
	Be of average	92	63.0
	Poor	16	11.0
The economic level of one's family	Be on the rich side	20	13.7
	Be of average	87	59.6
	Poor.	39	26.7

2. Mean value on Major Satisfaction, Career Resilience and Career Decision-Making Level

Major satisfaction, Career resilience and Career decision-making level are shown in Table 2. Overall Career resilience was 3.37, with the factors of Career resilience: self-confidence 3.54, achievement fervor 3.47, career self-reliance 3.35, transformation counterparty 3.12, and relationship utilization 3.41. And the Major satisfaction rate was 3.20, and the career decision-making level was 3.12.

Table 2: Mean value on Major satisfaction, Career resilience and Career decision-making level

	M	SD
Major satisfaction	3.20	.70
Career resilience	3.37	.62
Self-confidence	3.54	.73
Achievement fervor	3.47	.72
Career self-reliance	3.35	.70
Transformation counterparty	3.12	.75
Relationship utilization	3.41	.70
Career decision-making level	3.12	.57

3. Differences in Major Satisfaction according to sociodemographic characteristics

According to general characteristics, the results of comparing the choice satisfaction level of majors showed that there are differences between sex, motivation for applying for college entrance, and the level of study you think of. Male students were higher than female students, and students who said they were “fit their aptitude” in the application motive than students who said “consider their parents’ or others’ recommendations” or “in consideration of their high school grades.” Students who answered that their grades were average showed the highest satisfaction level of their choice of majors.

4. Differences in Career Resilience according to sociodemographic characteristics

Cognitive attitudes toward donating cornea have been shown to vary according to gender, presence of chronic and incurable patients in the family, your wish to donate organs, recommended that family donate their

organs, wish to participate in training on organ donation, Information on organ donation registration procedure is available, the one I want to receive when I donate my organs, Opinion on the absence of a price for an organ donor, and want to pay for organ donation.

5. Differences in Career Decision-Making Level according to sociodemographic characteristics

Behavioural attitudes toward donating cornea have been shown to vary according to your wish to donate organs, recommended that family donate their organs, presence of information about organ donation organizations, wish to participate in training on organ donation, Information on organ donation registration procedure is available, the one I want to receive when I donate my organs, Opinion on the absence of a price for an organ donor, and want to pay for organ donation.

6. Relation between Major satisfaction, Career resilience and Career decision-making level

The correlation between Major satisfaction, Career resilience and Career decision-making level has shown that all three variables have significant correlation<Table 3>. The degree of satisfaction with the major and career resilience were correlated, and the level of career resilience and career decision-making level were found to be very closely related.

Table 3: Relation between Major satisfaction, Career resilience and Career decision-making level

	Major satisfaction	Career resilience	Career decision-making level
Major satisfaction	1	.316**	.187*
Career resilience		1	.412**
Career decision-making level			1

*p<0.05, **p<0.01

Discussion

This study was conducted as a basic data for developing a program to develop a society that can flexibly adapt to the rapidly changing employment market after graduation by identifying differences in major selection satisfaction of college students in the health category, as it was determined that their major selection satisfaction would be affected by

the relationship between demographic characteristics and each variable.

Comparing the satisfaction level of choice of majors according to the general characteristics, the results show that there are differences in gender and motivation for applying for college entrance and those male students are higher than female students, which are why the nature of the health category requires a sense of mission and has a clear path to professional work. The lower the economic level and experience of part-time work experience, period, and experience of society, the higher the resilience of career. It is believed that the active attitude to overcome the work atmosphere and economic difficulties of society through part-time work may have influenced the work atmosphere of society. The level of career decision was found to differ only depending on the length of a part-time job, but the shorter the part-time period, the less experienced the society will be and the less judgment will be available to consider the career decision more.

The correlation between each variable showed that the higher the degree of satisfaction in the major, the higher the level of career decision, the clearer the decision on career path and the higher the interest in the profession related to the major. Path elasticity has shown a significant correlation with career decision level, which can be interpreted as a firm belief in one’s ability to effectively carry out difficult choices and decisions related to career path.

Conclusion

The factors that determine a satisfactory career path are based on not only individual interest and ability, but also job appreciation, and the more satisfied a university student is with his or her major and the more satisfied he or she is with his or her major professors and majors, the more active she is in collecting information for employment and the more self-identity she can improve her career resilience as well. Jobs may involve not only intrinsic motivations, such as those that suit one’s aptitude and personality, but also altruistic motives, such as a sense of calling. In particular, health care students need not only aptitude or personality but also a process of value recognition such as calling when choosing their careers. Therefore, universities need to develop programs to improve their belief that students can overcome difficulties in career selection and preparation, and provide appropriate counseling for developing career plans that meet their goals, interests, personalities, and talents to improve their professional satisfaction.

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Conflict of Interest: Nil

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