



EXPLORING THE IMPACT OF PARENTING STYLE ON CAREER DECISION MAKING SELF-EFFICACY AMONG YOUTH

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Abstract

The purpose of the current study is to investigate the correlation between styles of parenting and self-efficacy in career decision-making among young individuals (CDMSE). The research quantitatively analysed responses from a sample of 152 individuals aged 18-26. The research aimed to shed light on the impact of different parenting styles on young adults' confidence in making career-related decisions. The study reveals that there is a statistically significant correlation between parenting style and self-efficacy in career decision-making. Specifically, authoritative parenting is positively correlated with career decision-making self-efficacy, while authoritarian parenting is negatively correlated with it. The study implies the importance of

promoting positive parenting practices, particularly authoritative parenting, to enhance CDMSE among youth.

Keywords: *Parenting style, Career decision-making self-efficacy, Youth*

Introduction

Parenting Style

The concept of parenting style includes range of attitudes, actions, and practices utilized by parents during the process of raising their children. It consists of patterns of parental behaviour that shape the relationship between parents and their children. These are based on the notion that parents showcase differences in their approaches to parenting, which has a substantial influence on the development and overall welfare of their child. It consists of the different methods used by parents in how they respond to the demands placed on their children.

In the 1960s, a psychologist, Diana Baumrind, proposed different types of parenting styles, including; Authoritative, Authoritarian, and Permissive, based on two key dimensions: responsiveness and demandingness. These dimensions reflect the degree to which parents are warm and supportive versus controlling and demanding in their interactions with their children. This typology helped in better understanding the parent-child relationship.

Authoritative Parenting

According to Diana, authoritative parenting involves a well-rounded approach that is differentiated by increased levels of responsiveness and demandingness. Families that practice the authoritative parenting style provide warmth, love, and emotional support to their children, cultivating a strong and favourable bond with them. Their approach focuses on establishing transparent communication and attentive listening, creating a secure and compassionate

atmosphere for children to express their thoughts, emotions, and worries. Simultaneously, authoritative parents establish unambiguous and rational expectations for conduct and achievement, setting uniform regulations and limits. The promotion of autonomy is fostered, therefore providing youngsters the opportunity to participate in family decision-making and problem-solving endeavours. These parents foster a sense of stability, confidence, and resilience in their children by offering emotional support and structure. This prepares them to handle life's obstacles with competence and compassion effectively.

Authoritarian Parenting

Authoritarian parenting is characterized by increased level of demands and diminished levels of responsiveness. In authoritarian families, parents place a higher value on enforcing rules, compliance, and authority rather than fostering affection and empathy. These parents focus on setting strict regulations and standards for their children's behaviour and achievements and expect them to be compliant without hesitating or bargaining. In this type of parenting, communication is generally one-sided, which does not allow the children to contribute to the conversation and give their opinions. Authoritarian parents frequently utilize disciplinary strategies, such as severe criticism, vocal outbursts, or physical punishment, to ensure obedience to their set regulations. Parents may employ fear as a mechanism for self-control, under the belief that strict rules are important for maintaining societal harmony and fostering complaisance towards those in positions of power. Authoritarian parents may unintentionally harm their children's emotional well-being and hinder their social development, despite their efforts to promote self-control and obedience.

Permissive Parenting

Permissive parenting is a caregiving style characterized by high responsiveness and low demandingness. Permissive families involve parents who display warmth, indulgence, and

patience toward their children, which frequently blurs the boundaries between parental authority and friendship. They ignore the need to implement stringent structure and place more importance on maintaining a happy and caring relationship. In the absence of well-defined limits and persistent control, children might struggle with acquiring crucial life skills such as effective time distribution, self-regulation, and adaptability. A lack of structure and guidance can have negative consequences for children, leading to feelings of uncertainty and insecurity about boundaries and expectations. This, in turn, can hinder their social and emotional development thus making it difficult for them to steer relationships and cope with the challenges of growing up.

Career Decision making Self Efficacy

Career Decision-Making Self-Efficacy (CDMSE) refers to the individual's beliefs about their capability to effectively participate in and complete the process of making career decisions. It involves an individual being confident in their ability to effectively engage in the process of making career-related choices, setting goals, and implementing actions to achieve those goals. This concept is critical because it affects a person's career decisions and can have repercussions on their academic and professional achievements as a whole. Individuals who have increased levels of CDMSE are more likely to indulge in proactive activities like actively pursuing opportunities for skill development, networking, and exploring potential career paths. On the other hand, those who have low CDMSE tend to be overwhelmed by the complexity of the decision-making process. This can lead to feelings of indecisiveness, hesitation, and a tendency to avoid responsibilities connected to their work.

Relationship between Parenting style and Career decision making self-efficacy

Parenting styles highly influence a young individual's ability to make thriving professional choices and follow occupational goals. To understand the complexities of this relationship, it is important to delve deeper into the ways to gather how diverse parenting styles influence different aspects of young individuals' psychological growth and their decision-making processes about their careers. Within authoritative families, parents provide direction and encouragement to their children and offer them independence. This method facilitates a feeling of proficiency and effectiveness in young individuals, as they help them in exploring their passions, making choices, and achieving their professional goals.

Kumala and Afriani (2023) conducted research which revealed a significant correlation between parental authority and career decision self-efficacy among adolescents residing in Aceh. Specifically, the study found that mothers and fathers who exercised authoritative parenting styles exhibited greater efficacy in their children's career decision-making. This finding suggests that authoritative parenting styles have a substantial influence on the career choices of adolescents. Children who are reared by authoritarian parents who showcase high levels of control, harsh punishment, and less warmth development might be hindered by their parents. Authoritarian parents frequently implement tough regulations and expectations upon their children, which limits their opportunities for independence. This parenting style may lead to feelings of reliance, uncertainty, and inadequacy in young people who may perceive themselves as lacking the skills to make independent career decisions.

Serrano (2021) conducted a survey on 200 college students and the study revealed that those raised in authoritarian households encountered greater challenges in making career decisions as a result of strict discipline and excessive psychological control. Conversely, students raised in permissive households encountered less difficulty in this regard. Permissive

parenting involves providing excessive warmth and indulgence while inflicting very little control. It poses unique difficulties for the development of CDMSE in young individuals. Children who are raised by permissive parents have no direction or framework for their career and decision-making endeavours. Even though they may provide a facilitating and caring atmosphere, it does not help the child in their professional life. Since individuals do not have clear guidelines or limitations in job choices, this could result in them feeling ambiguous, indecisive, and ineffective in dealing with their professional front. Some examinations have found that permissive parenting is related to lower levels of efficacy and career exploration. Regardless, other studies suggest that providing warmth and aid may mitigate the unfavourable effects of permissive parenting on the career development of young individuals. In outline, the influence of parenting on CDMSE in young people emphasizes the, importance of, establishing a supportive, affectionate, and autonomy-promoting family environment. Parents, play a crucial role, in shaping views of, young individuals regarding their capability to pursue fulfilling and wilful career paths. This can be achieved by promoting healthy parent-child interactions where parents offer guidance and support to their children.

Rationale Of The Study

The transition from adolescence to adulthood is a critical period characterized by the exploration and establishment of one's career path. During this developmental phase, individuals are faced with making decisions that will significantly influence their future trajectories. While various factors contribute to career decision-making, the role of parenting style stands out as a crucial determinant. The manner in which parents interact with their children, provide guidance, and foster autonomy can profoundly shape their children's confidence in making career-related choices. This study seeks to investigate the relationship

between parenting style and career decision-making self-efficacy among youth, with the aim of understanding how parental behaviour influences the development of vocational confidence.

Research Gap

Despite extensive research on youth career development, there is a noticeable gap in understanding how parenting style influences career decision-making self-efficacy among youth. While studies have examined parental impacts on various developmental aspects like academic achievement and social competence, fewer have directly addressed the relationship between parenting style and career-related beliefs and behaviours. Existing literature tends to focus on general outcomes like self-esteem and academic performance, neglecting the specific relevance of parenting style to vocational development. Additionally, much of this research has been conducted in Western contexts, overlooking cultural nuances in parenting practices and career aspirations. Therefore, there is a need for more culturally sensitive investigations to elucidate how different parenting styles impact career decision-making self-efficacy among youth across diverse cultural backgrounds.

Purpose

The purpose of the current research is to explore the relationship between perceived parenting style and career decision-making self-efficacy among youth.

Hypothesis

- There will be a significant positive correlation between authoritative parenting style and career decision making self-efficacy among youth.

- There will be significant negative correlation between authoritarian parenting style and career decision making self-efficacy.

Sample

A total sample size of 152 participants, aged between 18- 26 years were collected from NCR, Delhi.

Measures

The following scales were used to measure parenting style and career decision making self-efficacy among young adults. The measures used were reliable and valid.

- **Parenting Style:** The Perceived Parenting Style Scale is a 30-item questionnaire developed by Divya and Manikandan (2013) that measures an individual's perception of their parent's behaviour in three dimensions: authoritative, authoritarian, and permissive. It uses a 5-point Likert scale and has been found to have acceptable reliability and face validity.
- **Career Decision Making Self-efficacy:** Taylor and Betz (1983) developed the Career Decision Self-Efficacy Scale (CDSE). It evaluates an individual's confidence in their ability to effectively carry out the tasks essential for making important career choices. The CDSE is offered in two versions: a longer 50-item form and a shorter 25-item form. It is closely associated with favourable educational and career decision-making results.

Procedure

The participants were briefed on the research's purpose and completed the questionnaires in an offline setting. Each participant was thanked for their cooperation. Standardized psychological tests were administered to them.

Analysis Of Data

Results

Table 1

Correlation between Parenting styles and Career decision making Self Efficacy

		Authoritative Parenting Style	Authoritarian Parenting Style	Permissive Parenting Style	Career Decision Self-Efficacy
Authoritative Parenting Style	Pearson Correlation	1	-.378**	-.381**	.197*
	Sig. (2-tailed)		.000	.000	.015
	N	152	152	152	152
Authoritarian Parenting Style	Pearson Correlation	-.378**	1	.528**	-.299**
	Sig. (2-tailed)	.000		.000	.000
	N	152	152	152	152
Permissive Parenting Style	Pearson Correlation	-.381**	.528**	1	-.114
	Sig. (2-tailed)	.000	.000		.162

	N	152	152	152	152
Career Decision Self - Efficacy	Pearson Correlation	.197*	-.299**	-.114	1
	Sig. (2-tailed)	.015	.000	.162	
	N	152	152	152	152
**. Correlation is significant at the 0.01 level (2-tailed).					
*. Correlation is significant at the 0.05 level (2-tailed).					

Discussion Of Results

The purpose of this study was to gain a better understanding of the relationship between Parenting style and Career decision-making self-efficacy. The results of this research provide supporting evidence that there is a significant correlation between both variables among youth. These play a role in influencing young people's vocational confidence and willingness to work. This paper focuses on the analysis of three main parenting styles: authoritative, authoritarian, and permissive. Also, it sheds light on their association with youth's confidence in making decisions related to their profession. Data was collected, scored, and then analysed using Pearson's correlation using SPSS.

There are three key findings of the present research.

First, there is a positive association between authoritative parenting style and carer decision-making self-efficacy; the coefficient correlation came out to be 0.197. This indicates that individuals raised in environments with high levels of responsiveness and demandingness are more confident in their ability to make career-related choices, thus, providing evidence for proving (hypothesis 1). Parents who are willing to provide an environment where their child can practice independence and indulge in self-exploration, generally those children tend to make excellent career choices that benefit them in the long run.

Second, results show the presence of a negative correlation between authoritarian parenting style and CDMSE; the correlation coefficient came out to be -0.299. Authoritarian parents are identified by their strong control and lack of warmth. This might restrict the emotional, social, and cognitive development of young individuals; this takes place when the child is not allowed to be independent and is restrained from the possibilities of exploration. Therefore, resulting in a decline in their self-assurance over their capacity to make autonomous career choices. This provides evidence that accepts (Hypothesis 2).

Third: According to the analysis of the collected data, there is a negative association between permissive parenting style and CDMSE; the correlation coefficient came out to be -0.114. Parents who display permissive parenting styles are defined by a high degree of warmth and low levels of control. They have difficulty exercising minimal control and showing the essential direction required for sound decision-making. This leads to the child becoming more reliant and indecisive. Thereby reducing individuals' perceived effectiveness in navigating the challenges associated with professional decisions.

These research findings are consistent with previous literature, Khoeriyah et al. (2022) examined the impact of authoritative parenting on career exploration among 370 Vocational High School students in Tasikmalaya City. Results showed a positive relationship between authoritative parenting and career exploration, with career decision self-efficacy mediating the relationship.

Qudsyi et al. (2020) analysed the impact of parental involvement, peer support, and authoritarian parenting on career decision-making self-efficacy among high-school students. Results showed that parental involvement, peer support, and authoritarian parenting significantly influenced career decision-making self-efficacy, with parental involvement being

the most effective predictor. The study highlights the importance of parental involvement in predicting career decision-making self-efficacy independently.

It is crucial to embrace specific interventions that aim to promote strong parent-child connections and provide support to youth throughout their career development process. Parents who utilize authoritative parenting techniques are more likely to encourage their children to explore various career possibilities, set ambitious goals, and confidently navigate the decision-making process. Educators can work with parents to encourage authoritative parenting methods, supplying resources, workshops, and training programs. Career counsellors can customize treatments and support services to cater to the unique needs of young individuals from diverse parental backgrounds. Policymakers can shape policies that foster strong parent child interactions and facilitate the professional development of young individuals.

Conclusion

The study emphasizes the crucial influence of parenting style on, the development of young people's confidence and readiness to make professional decisions. It specifically examines how authoritative, authoritarian, and permissive parenting styles affect vocational confidence and preparedness. The statistical study revealed a positive relationship between the authoritative parenting style and carer decision, making self-efficacy (0.197). Conversely, a negative correlation was seen between the authoritarian (-0.299) and permissive parenting styles and carer decision, making self-efficacy (-0.114).

Additional research may be required to rectify specific constraints identified in this investigation. As an illustration, the research comprised a comparatively modest sample size of 152 participants ranging in age from 18 to 26, thereby potentially constraining the applicability

of the results. Furthermore, the establishment of a causal relationship between parental style and career decision-making self-efficacy (CDMSE) is impeded by the cross-sectional design.

The findings of this study have implications that go beyond simple statistical correlations. They provide a robust understanding of how parenting approaches impact the professional development paths of young individuals. The analysis identifies authoritative parenting as a method that promotes the development of self-beliefs in young individuals. This parenting style provides them with the necessary skills and confidence to actively participate in making decisions related to their professional life. It has been found that both authoritarian and permissive parenting styles can pose difficulties. Thus, it is important to create family environments that promote autonomy, encourage young people to explore their vocational interests, and increase their self-efficacy.

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