



ORIGINAL ARTICLE

Parents influence on career choice of medical undergraduates.

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Article Citation: Mohi Ud Din, Rana UK, Maqbool S, Din JR, Hazyefa M, Raza MA. Parents influence on career choice of medical undergraduates. Professional Med J 2022; 29(8):1268-1274. <https://doi.org/10.29309/TPMJ/2022.29.08.6987>

ABSTRACT... Objective: To determine the parents influence on career choice of undergraduates. **Study Design:** Cross-sectional study. **Setting:** Private Medical Colleges. **Period:** October 2021 to December 2021. **Material & Methods:** A sample size of 440 was taken. The inclusion criteria included medical undergraduate students and who gave consent. Non-probability convenient sampling technique was used. A questionnaire titled “PSESUCCQ (Parents Socio-Economic Status and Undergraduates Career Choice Questionnaire)” was used. The data was analysed using IBM SPSS Statistics Version 25. Frequencies and percentages were calculated. Chi-square test of significance was applied. P-value less than .05 was considered as statistically significant. **Results:** Most of the participants age group was above 21 years, were females, their parents’ education was graduation and above and their parents monthly earning was above 1 lac Rs per month. The most common parents’ influencers on career choice of students were parents’ agree with students’ career choice because it will give them greater reputation and recognition in the society; parents resources motivate their career choice and their consultation before choosing career path for them. **Conclusion:** Parents’ education and socio-economic status has influence on the career choice of medical graduates.

Key words: Career, Choice, Medical, Parents.

INTRODUCTION

The globe is trying to cope with a lack of health workers as well as disparities in the distribution of those personnel in urban and rural areas, particularly in middle- and low-income countries.¹ Low standard of work environment, a shortage of housing, transportation problems, a poor wage system, inundating with more administrative duties, and political meddling are only a few of the factors stated for the paucity of healthcare personnel.² The issue is particularly urgent in middle- and low-income nations due to doctor emigration to high-income (rich) countries, and also because disparities in distribution across cities and suburbs of health professionals is mostly due to health workers’ lack of incentive for doing job in rural areas.³ In this scenario, if a student’s career choice is influenced by other factors except for their personal interest, it will also contribute in exacerbating this scenario.

Decision making is a tough choice for any undergraduate since they must evaluate a variety of things before making a selection. Anything that has an impact on a person’s profession choice has a long-term effect.⁴ Future amount of income, type of employment, and, as a result, the impact on an individual’s mind-set, all will be affected by this. As a result, one poor call might alter a person’s destiny. Deciding about one’s career is challenging for everyone. Economic growth of a nation is broadly affected through this individual action. Individuals will be unable to attain their objectives that don’t fit at work.⁵

Highest concern of every person on the planet will be the choice of a line of work of his choice. Nonetheless, students concern most at their college level about their future choice of career. At some point throughout their lives, everyone will be confronted with the professional decision dilemma. The choosing of higher education

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Article received on: 21/01/2022

Accepted for publication: 24/03/2022

is often thought to be a major determinant that causes students struggle for their intended employment prospects.⁶ It would not be inaccurate to say that future study program selection is according to the future career choice. As a result, flawed study course choice contributes to an unfavourable potential employment path for undergraduates. However, choosing a targeted profession is a complex and time-consuming task, as it necessitates professional expertise, which necessitates individuals having a qualified academic credentials prior to entering the professional world. Students must be able to make sound decisions prior to the selection of academic qualifications.⁷

The decision to pursue medical degree is influenced by a variety of aspects, including enthusiasm in the profession, employment, a passion for helping others, and the parents' medical background, etc. Several factors, such as individual and professional attitudes, family history, job requirements, and career counselling, are likely to impact an individual's career decision. Some individuals choose career opportunities by continuing in their parents' footsteps or older sibling.⁸

Students' professional choices are determined by a multitude of factors, including extrinsic and intrinsic (or both) causes. Individuals' passions, character, personality, ethnic traditions, and beliefs are considered intrinsic characteristics.⁹ Extrinsic characteristics, on the other hand, are influenced by social connections, the provision of relevant resources such as knowledge and funds, mentors, industrialization, academic achievement, social background, etc. Nonetheless, among the most pressing difficulties is choice, especially as it relates to enrolling in a selected study degree.¹⁰

Selecting the correct career prospects has been a significant aspect for undergraduate students in Pakistan, as it has in various nations. When picking a potential career, Pakistani students are suggested to examine a number of things. Parents and parental approaches, faith leaders, teachers, and any mentors in students' lives are among the determinants. The purpose of this

study is to look into the involvement of parents, and their socio-economic status as "Influencers" in the profession selections of undergraduate students.

MATERIAL & METHODS

The objectives of the study were to determine the parents influence on career choice of undergraduates. This cross-sectional study was conducted in private medical colleges of Faisalabad. Ethical approval was taken from institutional ethical review committee with approval letter number i.e. IEC/158-21. Study duration was 3 months (October 2021 to December 2021). Non-probability convenient sampling technique was used for collection of study participants. Data was collected from medical students. A sample size of 440 was taken. The inclusion criteria included medical undergraduate students and who gave consent while those who didn't give the consent and who were not medical students were excluded. Pilot testing of questionnaire was done using 5% of the anticipated sample size. Time required to complete the questionnaire was 10 min. A questionnaire titled "PSESUCCQ (Parents Socio-Economic Status and Undergraduates Career Choice Questionnaire)" was used. It consisted of two sections; demographic data; and to see the influence of parents on career choice of undergraduates, 20 questions were asked which students responded as per their perception. The data was analysed using IBM SPSS Statistics Version 25. Frequencies and percentages were calculated. Chi-square test of significance was applied. P-value less than 0.05 was considered as statistically significant.

RESULTS

Table-I shows the different demographic properties of participants.

Table-II shows the parents influence on career choice of medical undergraduates

Table-III shows the significant relationships between parents' education and monthly earning and their effect on students.

			Frequency (%)
1	Age group	< 21 years	174 (39.5%)
		> 21 years	266 (60.5%)
	Gender	Male	180 (40.9%)
		Female	260 (59.1%)
2	Class	1st year	110 (25.0%)
		2nd year	78 (17.7%)
		3rd year	68 (15.5%)
		4th year	106 (24.1%)
		5th year	78 (17.7%)
3	Father education	Primary	18 (4.1%)
		Matric	34 (7.7%)
		Fsc	50 (11.4%)
		Graduation and above	338 (76.8%)
4	Mother education	Primary	36 (8.2%)
		Matric	62 (14.1%)
		Fsc	76 (17.3%)
		Graduation and above	266 (60.5%)
5	Parents monthly earning	< 50,000 Rs	30 (6.8%)
		50,000 to 1 lac Rs	142 (32.3%)
		1 lac to 1.5 lac Rs	134 (30.5%)
		> 1.5 lac Rs	134 (30.5%)
6	Permanent residence	Rural	86 (19.5%)
		Urban	354 (80.5%)
7	Currently, are you?	Day scholar	296 (67.3%)
		Hostelite	144 (32.7%)

Table-I. Socio-demographic properties

DISCUSSION

The study results revealed that parents' social class have 50% role in career choice of medical students while half of participants claimed that it has no such role. A study done by Matthew J. Easterbrook et al showed contrasting results which demonstrate that participants place more value on socio economic personas, while placing a lower value on personas consistent with ethical characteristics, or socially constructed approach.¹¹ In our study, more than 3/4th of the participants stated that their parents agree with their career choice because in return, they will have greater regard in the society. A study done by Kevin Jade C. Auditor et al showed similar results which stated that parents may impact the degree course a student enlists in, and family respect is among the most powerful elements in deciding a student's career decision.¹² A study done by Piesch, H., Häfner et al showed contrasting results in which the author created a website to assist parents in assisting their children with their career progress. The findings

revealed that parental professional assistance and potential value of professional advancement were negatively affected by the intervention.¹³ A study done by Ojukwu et al showed that parents' academic credentials strongly and substantially anticipated about 66% of future academic choice, parents' employment context correctly projected about 23% of students' academic selection, and parents' income and assets positively prophesied about 62% regarding career preference. In short, students' professional choices are largely impacted by their parents' academic credentials.¹⁴ These results are similar to our study where more than 65% of participants stated that their parents do know about their career path because of their educational level and help in choosing their career path for them because of their level of exposure. Regarding influence of parents' income level on their career path, almost 57% of students stated that it has influence on their career path which is slightly less as compared to the results of Ojukwu study where 62% participants stated such role.¹⁴

Sr. No.	As far as I am concerned, my parents:	Frequency		Percent
		Yes	No	
1	Social class decree in choosing career	Yes	220	50.0
		No	220	50.0
2	Agree with my career decision since it will enhance their social standing and respect	Yes	344	78.2
		No	96	21.8
3	Resources influence my professional decision	Yes	338	76.8
		No	102	23.2
4	Occupation has influence with my career choice	Yes	250	56.8
		No	190	43.2
5	Because of my professional orientation, did not pick my career route	Yes	182	41.4
		No	258	58.6
6	Support my professional decision since it is more advanced than their educational background	Yes	286	65.0
		No	154	35.0
7	Income decree in choosing my career	Yes	250	56.8
		No	190	43.2
8	Wealth determine my career choice	Yes	238	54.1
		No	202	45.9
9	Sets an example for me when it comes to deciding on a course of study and a professional path	Yes	308	70.0
		No	132	30.0
10	Decides my career decision for me	Yes	276	62.7
		No	164	37.3
11	Consult me before deciding on a professional choice	Yes	352	80.0
		No	88	20.0
12	Use our environment to help me choose a professional path	Yes	270	61.4
		No	170	38.6
13	Personality decree my choice of career	Yes	304	69.1
		No	136	30.9
14	Career counselling assists me in determining the best career path for me	Yes	304	69.1
		No	136	30.9
15	Wanted me to take a certain degree since it was related to their line of work	Yes	176	40.0
		No	264	60.0
16	Despite the fact that they have no idea about it, supportive of my professional decision	Yes	240	54.5
		No	200	45.5
17	Determine my career choice depending on their exposure	Yes	290	65.9
		No	150	34.1
18	Have no idea about my career because of their educational background	Yes	132	30.0
		No	308	70.0
19	Decide my career path after consultation with related professionals	Yes	296	67.3
		No	144	32.7
20	Forced me to select a career path that I don't want to pursue	Yes	118	26.8
		No	322	73.2

Table-II. Parents influence

But in relation to parents' employment with career choice, more than 50% of participants stated positive role as compared to 23% of the study conducted by Ojukwu et al.¹⁴

Most of the participants of our study stated that their parents serve as role model for them in

decision about career choice. These results are similar to the study conducted by Zahra Zahed Zahedani et al which depicted strong association between firm parenting style, authoritarian parenting style and their educational success with career path of the students.¹⁵

	Parent's Influence	P-Value
Father education	Sets an example for me when it comes to deciding on a course of study and a professional path	0.029
	Consult me before deciding on a professional choice	0.043
	Wanted me to take a certain degree since it was related to their line of work	0.036
	Determine my career choice depending on their exposure	0.000
	Decide my career path after consultation with related professionals	0.006
Mother Education	Support my professional decision since it is more advanced than their educational background	0.000
	Wealth determine my career choice	0.005
	Sets an example for me when it comes to deciding on a course of study and a professional path	0.045
	Career counselling assists me in determining the best career path for me	0.002
	Have no idea about my career because of their educational background	0.005
Parents monthly earning	Support my professional decision since it is more advanced than their educational background	0.009
	Wealth determine my career choice	0.001
	Sets an example for me when it comes to deciding on a course of study and a professional path	0.001
	Consult me before deciding on a professional choice	0.008
	Career counselling assists me in determining the best career path for me	0.04
	Have no idea about my career because of their educational background	0.019
	Decide my career path after consultation with related professionals	0.000

Table-III. Significant relationships between different variables

Most of the study participants stated that their parents choose career path for them and also consulted and gave advise in this matter. These results are similar to the study conducted by Julius Koech et al which showed that mostly, participants have a positive influence in response to their parents' advice regarding career path.¹⁶ A study conducted by Asma Shahid Kazi et al also depicted that most significant factor which career choice of students was their parents' influence on them.¹⁷ In our study, most of the students stated that their parents' personality influences their career choice. This is similar to the results of a study conducted by Xing et al which showed that the parental basic psychotherapy was a significant factor in influencing confidence among students to finalize decision about career choice.¹⁸ About 1/4th of our study participants revealed that their parents forced them in choosing their career path while 3/4th of them stated that there is no such role of their parents. These results are similar to the study conducted by Catherine Joan Kawira Mundi which stated that the only a few of students were not happy with the profession they have joined because they have been forced in choosing this

career path but most of the participants were satisfied with the decision.¹⁹ A study done by Florence Bosede Famolu showed that there is influence of parenting styles on career choice of undergraduates²⁰ which is in line with the results of our study.

One of the study's strengths is that a standardized questionnaire was used to look into the relationship between career choice of students and various factors of participants' parents which can act as influencers and sample size was also good (n=440). But because of the cross-sectional aspect of this research, it is important not to generalize its conclusions. Reporting bias might be possible because a self-administered questionnaire was employed.

CONCLUSION

This study examined influence of different factors of parents' on career choice of undergraduates in Faisalabad which showed that parents' education and socio-economic status has influence on the career choice of medical graduates.

RECOMMENDATIONS

Parents must effectively assist their children in the career choice, regardless of their age, economic status, or profession. Counsellors should arrange workshops and seminars to guide students in their career choice, as it is a hard process which requires full involvement from students, teachers and parents. Undergraduate students should choose a career because they are interested in and want to do, not because their parents force it on them.


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2	Usama Khalid Rana	Study design and concept, questionnaire design.	
3	Shahid Maqbool	Introduction study design and data collection.	
4	Jasia Raham Din	Data collection and analysis.	
5	Muhammad Hazyefa	Data collection, Drafting.	
6	Muhammad Ali Raza	Introduction and data collection.	