

## **INFLUENCE OF CAREER COUNSELLING ON CHOICE OF FUTURE OCCUPATION AMONG UNDERGRADUATES' STUDENTS OF SOKOTO STATE UNIVERSITY, SOKOTO**

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### **Abstract**

*The study employed descriptive survey design with a population of 10,353 and sample size of 370 respondents. Three objectives and three research questions were raised to guide the study. Data was collected by the researcher self-developed questionnaire with validity and reliability indexes of 0.82 and 0.76 respectively. After data analysis, the result revealed that career counselling has significant influence on the students' choice of occupation. It was also gathered that students contact with counsellor helped in deciding their occupation and students had strongly admitted that selection of future occupation can be satisfactory with the aid of career counsellor. It was further recommended that schools should provide essential career counselling and general service for better understanding of students' capacity and making right choice of occupation. Since their perception is positive toward career counselling.*

**Keywords:** Career Counselling, Choice of occupation

### **Introduction**

One of the most critical aspect of human life is the establishment of association between deciding an occupation one's need to pursue and fulfilment of the requirement necessary for such occupation. To decide on a suitable occupation also require the intervention of a professional known as career counsellor. Indeed, for students to harness the best of their career potential, an organized thought of professional must be needed to make good preparation in the right education that will foster one's interest and ability toward the right choice of an occupation. The career choice decision is also difficult not just because of the range of career options available to an individual in the current environment, but having an adequate understanding of a career without getting into it. Too often, only after a person has made sustainable commitments in term, of energy, and money or has cut off other opportunities by taking steps to enter a career, does he or she find that it is not what is expected.

Counselling is a learning process in which a counsellor helps an individual or individuals learn, understand themselves and their environment and be in a position to choose the right type of behaviours that will help them develop, grow, progress, ascend, mature and step up, educationally, vocationally and socio personally, (Braza and Guillo, 2015).

Career can be viewed as individual journey of life considering his interest and ability, which may result, to self-satisfaction. Career is the course of events that constitute a life,

the sequence of occupations and other life roles, which combine express ones commitment to work in his or her total pattern of self-development. (Oertle, and O'Leary, 2017), averred that career choice previously was not as difficult as it is today. Career is a series of job that a person has in a particular area of work, usually involving more responsibilities as time passes (Okonkwo, 2011)

Career counsellors on the other hand do offer a wide range of career related programmes to students which are aimed at assisting students to plan their career, make informed decision and choose a career which will land him or her into the right vocation so as to make students enjoy their work (Oertle, & O'Leary, 2017). . Goodman-Scott and Grothaus (2017) elucidate that the roles of counselors have evolved and have since included mental health counseling, evaluation and psychometrics, career guidance, coordination, collaboration, and education among others.

The wrong choice of course taken by most of high school students adds to the unemployment and underemployment rate of newly graduate students (Pascual, 2014). Another difficulty lies in having a clear perception, occupational preference testing, guidance counselling, and experience in activities related to the career are all resources for making this choice. Career choice constitute one of the most critical turning points in our lives because it determines our future role in the society and symbolize one of the must process of our entire source.

The central role of career counsellor is to providing career information with adequately given change person's knowledge and it could be a message, document, resources, data, teaching or counselling information (Darvin,2005). School counselors should guide the students regarding their academic goals, personal, lives, career selection, and health among other roles. Counselors help the students to develop and make informed decisions including career selection. In perspective, the Turkish system of education offers students an array of personnel services that bolster their academic attainment and foster improvement in other varied aspects (Hanimoglu, (2018)

Despite large turnout of unemployed undergraduates in Nigeria, only few workers are satisfied with their jobs and job stress may lead to anxiety or depression, so finding a fulfilling career is considered to be important to individual mental wellbeing. Unfortunately, many undergraduates in Nigeria tend to confuse their course of study and the possible future occupation, for example, a science oriented student will be aiming an arts related occupation and vice-versa. Therefore, when looking for the most fitting occupation, to avoid dissatisfaction of job and frustration from job stressors, the services of career counsellor are highly needed. It is against this background that the researcher Examine the impact of career counselling on the choice of future occupation among undergraduates' students of Sokoto State University.

### **Objectives of the Study**

The objectives of the study are:

- I. Examine the perception of students on career counselling among Undergraduate students of SSU Sokoto.
- II. Examine the influence of counselling on choice of occupation among Undergraduate students SSU Sokoto.

- III. Examine the roles of career counsellor in determining the occupation among Undergraduate students SSU Sokoto.

### Research Questions

The following questions were used as a guide for the study:

- I. What are the students' perception on career counselling among Undergraduate students SSU Sokoto?
- II. What is the influence of career counselling in determining occupation among Undergraduate students SSU Sokoto?
- III. What are the roles a career counsellor in determining future occupation among Undergraduate students SSU Sokoto.

### Methodology

Descriptive research design was used and the population of the study comprised of all undergraduates' students of Sokoto State University in 2019/2020 session, The University has three Faculties; faculty of Art and Social Sciences, faculty of Education and faculty of Sciences. Base on the data collected from ICT unit and Faculty Officers from the various faculties, the University had over ten thousand (10,000) undergraduate students across the three available faculties; Education has one thousand three hundred and thirty-three (1,333) Students, Faculty of Science with two thousand eight hundred and faculty two (2,842) students Faculty of Art and Social Science has a total of six thousand one hundred and seventy-eight (6,178). Source: University ICT Unit and FOs, 2020.

However, three hundred and seventy (370) students were purposively selected with the help of Research Advisor,2006) table of sample size, to represent the entire population of the study. The questionnaire named "Undergraduates' future career awareness assessment test" (UFCAAT) was used to elicit information from the students regarding their level of awareness about career counselling, its impact and the relationship between their expected feature occupation and the current course of study among others. The instrument was validated by experts from the fields of Guidance and Counselling and Educational Psychology of Sokoto State University from the department of Educational Foundations and validity index of 0.82 was obtained. The reliability coefficient was determined using Person Product Moment Coefficient (P.M.M.C) with reliability index of 0.76. The data collected from the respondent were analyzed using descriptive statistics of frequencies, percentages, and the results obtained were as follows.

### Results

**Research Question 1:** what are student's perceptions on career counselling among Undergraduate students of SSU Sokoto?

**Table 1:** Shows Student's perception on career counselling

S/N	Items	SA	A	SD	D
1	Career counselling has no significant influence in the choice of future occupation.	40 (13%)	68 (23%)	103 (34%)	89 (30%)
2	Career counselling can help in selecting	82	168	14	36

	better future occupation.	(27%)	(56%)	(5%)	(12%)
3	Future occupation selected without career counselling are always unsatisfactory.	49	95	67	89
		(16%)	(32%)	(22%)	(30%)
4	Selection of future occupation can be satisfactory without the aid of career counsellor.	76	125	37	62
		(25%)	(42%)	(12%)	(21%)

Table 1 above shows responses on student’s perception on career counselling. The result shows that 40 (13%) and 68 (23%) strongly agreed and agreed that career counselling has no significant impact in the choice of future occupation while 103 (34%) and 89 (30%) of the respondents strongly disagreed and disagreed that career counselling has significant impact in the choice of future occupation. Since the majority of the respondents strongly disagreed and disagreed that career counselling has significant impact in the choice of future occupation that this shows that career counselling has significant impact on the choice of future occupation.

The result shows that 82 (27%) and 162 (56%) strongly agreed and agreed career counselling can help in selecting better future occupation while 14 (5%) and 36 (12%) of the respondent strongly disagreed and disagreed that career counselling can help in choosing a better future. Since majority of the respondents strongly agreed and agreed that career counselling can help in selecting a better future occupation the perception of the undergraduates towards career counselling is positive.

The result also shows that 49 (16%) and 95 (32%) strongly agreed and agreed that future occupation selected without career counselling are always unsatisfactory whereas 67 (22%) and 89 (30%) of the respondents strongly disagreed and disagreed that future occupation selected without career counselling are always unsatisfactory. This implies that choosing future occupation can be unsatisfactory without career counselling as the majority of the responded positively responded to the question.

The result in the table shows that 76 (25%) and 125 (42%) of the respondent have strongly agreed and agreed that selection of future occupation can be satisfactory without the aid of career counselling while 37 (12%) and 62 (21%) strongly disagreed and disagreed that selection of future occupation can be satisfactory without the aid of career counselling. This implies that for future occupation to be satisfactory it has to be with the aid of career counselling.

**Research Question 2:** what is the Influence of career counselling in determining occupation among Undergraduate students of SSU, Sokoto?

**Table 2** Influence of Career Counselling on the Choice of Future Occupation

S/N	Items	SA	A	SD	D
1	My parents influence my choice of future occupation	83 (28%)	90 (30%)	79 (26%)	48 (16%)
2	My friends influence my choice of future occupation	52 (17%)	107 (36%)	83 (28%)	58 (19%)
3	My contact with counsellor helped me in deciding my future occupation	65 (22%)	109 (36%)	57 (19%)	69 (23%)

4	My spirit of inquiry influence selection of my future occupation	136 (45%)	85 (28%)	37 (12%)	42 (14%)
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Table 2 above shows responses on impact of career counselling on the choice of future occupation. The result shows that 83 (28%) and 90(30%) strongly agreed and agreed that their parent influence their choice of future occupation while 79 (26%) and 48 (16%) of the respondents strongly disagreed and disagreed that their parent influence their choice of future occupation. This implies that since the majority of the respondents agreed and strongly agreed that their parent influence their choice of future occupation parents need to be duly enlightened on career counselling.

The result shows that 52 (17%) and 107 (36%) strongly agreed and agreed that their friends influence their choice of future occupation while 83 (28%) and 58(19%) of the respondent strongly disagreed and disagreed that their friends influence their choice of future occupation. This implies since majority of the population agreed that friends have influence their choice of future occupation career counselling programs need to be adequately provided in schools.

The result also shows that 65 (22%) and 109 (36%) strongly agreed and agreed that their contact with counsellor helped in deciding their future occupation whereas 57 (19%) and only 69 (23%) of the respondents strongly disagreed and disagreed their contact with counsellor helped in deciding their future occupation. This implies that since majority of the respondent have found meeting counsellor helpful in deciding future occupation, counsellor should be meet before deciding future occupation.

The result in the table shows that 136 (45%) and 85 (28%) of the respondent have strongly agreed and agreed that their spirit of inquiry influence selection of their future occupation while 42 (14%) and 37 (12%) strongly disagreed and disagreed that their spirit of inquiry influence their choice of future occupation. This implies since the majority of the respondent accept sprit of inquiry to have influence their choice of future occupation all student should inquire before selecting a future occupation.

**Research Question 3:** What are the roles a career counsellor n determining occupation among Undergraduate students SSU Sokoto?

**Table 3** The role of career counsellor in determining the choice of occupation

S/N	Items	SA	A	SD	D
1	Career counsellor help me in deciding a better future occupation.	83 (28%)	144 (48%)	30 (10%)	43 (14%)
2	Career day/week motivate me in selecting my future occupation.	63 (21%)	166 (55%)	27 (9%)	44 (15%)
3	Career counsellor help me to know the requirements for my selected future occupation.	31 (10%)	122 (41%)	45 (15%)	102 (34%)
4	Selection of future occupation can be satisfactory with the aid of a career counsellor.	68 (23%)	142 (47%)	46 (15%)	44 (15%)

Table 3 above shows responses on the role of career counsellor in the choice of future occupation. The result shows that 83 (28%) and 144 (48%) strongly agreed and agreed that career counsellor can help in deciding a better future occupation while 30 (10%) and 43 (14%) of the respondents strongly disagreed and disagreed that career counsellor can help in deciding a better future occupation. Since the majority of the respondents agreed and strongly agreed that career counsellor can help in deciding a better future occupation this shows that a career counsellor has a great role to play in choosing a better future occupation.

The result shows that 63 (21%) and 55 (35%) strongly agreed and agreed career day/week motivate them in choosing their future occupation while 27 (9%) and 44 (15%) of the respondent strongly disagreed and disagreed that career counsellor day/week motivate them in choosing their future occupation. Since majority of the population strongly agreed and agreed that career day/week, motivate them in choosing their future occupation this implies that career day/week programs offered by career counsellors are impactful in choosing future occupation.

The result also shows that 31 (10%) and 122 (41%) strongly agreed and agreed that career counsellor help them to know the requirement for their selected future occupation whereas 45 (15%) and 102 (34%) of the respondents strongly disagreed and disagreed that career counsellor help them to know the requirement for their selected future occupation. This implies that since majority of the respondents strongly agreed that career counsellor help them to know the requirement for their selected future occupation, information provided by career counsellors have impact on the choice of future occupation.

The result in the table shows that 68 (23%) and 142 (47%) of the respondent have strongly agreed and agreed that selection of future occupation can be satisfactory with the aid of career counsellor while 46 (15%) and 44 (15%) strongly disagreed and disagreed that selection of future occupation can be satisfactory with the aid of career counsellor. This implies since the majority of the respondent accept selection of future occupation can be satisfactory with the aid of career counsellor, career counsellor has a vital role to play in selection of successful future occupation.

## **Discussion**

Based on the research questions that were raised to guide the entire study. Research question one sought to find out the students' perception on career counselling among Undergraduate students SSU Sokoto. The result from table 1 indicates that career counselling has significant impact in the choice of future occupation. This finding is in line with the earlier research finding of Shumba and Naong (2012) explained that when the right choice concerning a career or a profession is made, it will help in either being satisfied or detestable about the course in future times. Also, Koech, Bitok, Rutto, Koech, Okoth, Korir & Ngala (2016) discovered that investigating about a course before choosing it for study will help to make the right choice, get satisfied and be successful in the future. This implies that if a student makes a wrong choice, it will affect his performance in school, which will also affect his future life in terms of job.

Research question two sought information on the Influence of career counselling in determining future occupation among Undergraduate students of SSU, Sokoto. From the

result in table 2 it is clearly shows that students contact with counsellor helped in deciding their future occupation. This finding is in agreement with the finding of Shumba and Naong (2012) which also found that factors such as the family of the student, school and age group affect career choice. That is to say the family you came from either rich or poor, or families that appreciate that particular career, the school you attend and the people you associate with will influence your choice of study.

In the vein Issa and Nwalo (2008), observed that “many youths go into unsuitable careers due to ignorance, inexperience, peer pressure, advice from friends, parents and teachers or as a result of the prestige attached to certain jobs without adequate vocational guidance and career counselling. When this occurs, these youths constitute nuisance to themselves and their employers and are unable to contribute meaningfully to the society”.

Research question three also sought information on the roles a career counsellor plays in determining future occupation among Undergraduate students SSU Sokoto. The result from the table 3 shows that students had strongly agreed and agreed that selection of future occupation can be satisfactory with the aid of career counsellor. This finding is inline with the research outcome of Amoah, Faustina and Aryewaa (2015) that, School counsellor plays significant role in the total development of students in respect to career choice. The result form their study showed that ‘students strongly agreed that career guidance and counselling, career goal identification, organization of career days and conferences, administration of occupational interest inventory on students were among career intervention roles by school counsellor influence their choice of career’

## **Conclusion**

Based on the findings of the study, it was established that career counselling has significant impact in the students’ choice of future occupation. It was also gathered that students relationship with counsellor will helped in deciding their future occupation and students had strongly agreed that selection of future occupation can be satisfactory with the aid of career counsellor.

## **Recommendations**

Based on the findings, the following recommendations are made;

- I. The schools should provide essential career counselling and other general services for better understanding of students’ abilities and interest.
- II. Counselling centers in the schools should expand their career or vocational services to enable students make right choice of further studies.
- III. Government should pay more attention in establishing counselling centers in all educational institutions and makes counselling service available and affordable to students in needs.

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