



Parental influence on career choice

¹Ms.S.Poojha Sakthi, ²Dr.S.Maruthuvijayan

¹BBA LLB (HONS), II year

²Assistant Professor, SOEL, TNDALU

Abstract- Career plays a complex role in everyone's life. Career choice is a crucial decision that shapes an individual's future opportunities, personal growth, and social identity. Parents play a significant role in influencing these decisions through guidance, support, expectations, and sometimes pressure or control. This study examines the nature and extent of parental influence on students' career decisions and its impact on their autonomy, motivation, and career satisfaction. Findings indicate that positive parental involvement, such as encouragement and informational support, enhances informed decision-making and satisfaction, while excessive pressure or control can lead to stress and reduced autonomy. The study emphasizes the importance of balanced parental guidance, effective communication, and career counseling to help students make informed and fulfilling career choices. Recommendations are provided for parents, educators, and policymakers to foster a supportive environment that balances parental influence with students' personal interests and abilities.

KeyWords - Career, growth, parental influence, children, student, choice, interest, youths, personality, guidance, support, decision making, parental pressure.

I. Introduction

Career is very important in every one's life so choosing a career should be wise decision, in some cases the person itself takes the decision but in some case the parents influence them to take what they wanted to take, parents itself choose the career of their children. Some doesn't suggest their children as they think that may be influential but in reality suggesting really helps children to get to know about wide area of course which are not known by them it helps them in taking a wise decision in career choice. Some students decides what they want to do in their schools itself they take group based on that only, even some change their course due to their eligibility as they have no other option they take what they r eligible for.

As there are various career option and nowadays children has access to internet they know so much then their parents, some wanted to choice their career by themselves but because of their parental influence they are not able to do what they wanted to do, in some case this influence will make them lose interest in studies too. Even because of family status and pressure from relatives to makes them choose their interest. Some consider this has a stereotype parents wanted their children to go in the parents path like doctor's son/daughter is doctor or family business etc., because of all these many are not able to achieve their career goal.



II. Review of Literature

- Effiom Bassey Ekeng (2022) – This study titled “The Analysis Of Child Right And Parental Influence On Career Choice And Development In Nigeria States” that their was an hurry in Nigeria to embrace the child’s education and also this covers the aspect of parental influence in students higher education decision and its impact in their career decision. This study addresses the critical need to understand child’s interest and to give them full freedom in choosing their career without anyone’s influence.
- Akosah Twumasi (2018) – Had published “A Systematic Review Factor That Influence Youths Career Choices - The Role Of Culture” these include influence from family members, educators, and peers. With the intention of identifying knowledge gaps and offering guidance for future study, this systematic review analyzed the factor that influences young people’s profession choices in both collectivist and individualistic cultural settings from throughout the world. the youth were more self-reliant and self-efficient in their job if they chose the career path by themselves.
- Anuja (2017) – had conducted a study on “The relationship between career choice and environment, opportunity and personality”. The relationship between environment, opportunity, and personality and career choice is examined in this article. The hypothesis was put to the test using the correlation technique. The research reveals that opportunities and student personality traits have a significant impact on job decisions and that there is a substantial positive correlation between them. However, given that there is a limited correlation between the environment and career choice, environmental influences do not play a significant role in people's career preferences. Together with recommendations, the study's result was also highlighted.
- Kazi A S & Akhilaq A (2017) - had conducted a study on “Factors Affecting Students' Career Choice” shows a significant turning point in any student's life is choosing a career. Before making a choice, students must weigh a number of aspects. The goal of this study was to identify the variables that influence students' career decisions. In this study, 432 students from two public sector institutions in Lahore city were asked about the influences of their parents' education, occupation, and wealth on their career decisions. Together with any perceptions gleaned from the media, the influence of peers on the respondents' choice of subject specialisation was also examined. Also, research looked at whether students at the MS level compromise, forcefully choose their fields, or make their own decisions free from outside pressure. In-depth interviews and a questionnaire were used to gather the data. The findings indicate that parental influence is more significant than peer, gender, print media, financial, and other influences.
- Kumar. S (2016) - had conducted a study on “Parental influence on career choice traditionalism among college students” in selected cities in Ethiopia talks about a few private colleges in and around Bahirdar City, Ethiopia, the study looked at how parents influenced students' career decisions. Every student's life revolves around selecting a suitable career. Also, it inspires a person's future life according to his or her own preferred job and way of living. In this situation, social influence is unavoidable; often, family influence particularly that of the parents plays a significant role in influencing and determining the choice of a career path.



- Mbagwu M I & Alaegbu O O (2016) - had conducted a study on “Influence of parent’s educational background on career choice of teenagers among senior secondary school students in Owerri”. The study looked at how senior secondary school students in Owerri, Imo State, chose their careers and the impact that their parents' educational backgrounds had on their decisions. Also, the majority of teenagers with high educational backgrounds chose professional careers, whereas the majority of teenagers with low educational backgrounds chose business careers. The study recommends that additional research be done to determine the implications of parents' influence on teenagers' future career choices and the society at large because it has been clearly demonstrated that parents' educational backgrounds significantly influence career decision-making of teenagers.
- Workman J L (2015) - shows the Parental influence on exploratory students' college choice, major, and career decision making. This study looks into how parental influences affect exploratory students' decisions on their preferred college, degree, and career. The research started with an evaluation of a first-year academic advising strategy and a living learning community. Student decision-making has become heavily influenced by parental influence. The project was carried out using semi-structured interviews, grounded theory methodologies, and a phenomenological perspective.
- Olasebikin O I & Olusakin (2014) - had published a “Journal of Research & Method” in 2014. Effects of parental influence on adolescents’ career choice in Badagry Local Government Area of Lagos State, Nigeria. This study sought to determine how parental influence affected secondary school students in Lagos State's Badagry Local Government Area's decision to pursue a job.
- Saleem N Hanan M A Saleem I & Shamshad R M (2014) - had published a study on the “Impact of "parents' profession," "mass media," and "personal choice" on students” career decisions is examined in this study. The first semester students from three of Lahore's top business schools participated in an online poll to provide the data, which was then collected using a process called systematic random sampling. This study supports the idea that "parents' occupation" affects students' career decisions. Similar to this, "personal choice" has a significant and immediate influence on students' profession choices. This study also asserts that media is a crucial factor in profession choice.
- Sawitri D R Creed P A & Zimmer- Gembeck, M J (2014) - had conducted a “Study on Parental influences and adolescent career behaviours in a collectivist cultural setting.” The study looked at the connections between teenage career ambitions and career actions (planning, exploration) in a sample of Grade 10 Indonesian school students and parental characteristics (parental career expectations, adolescent-parent career congruence). The two parental variables were connected with teenage professional ambitions and career behaviours in a variety of ways, but the main way that the parental variables had an impact was through self-efficacy.
- Martin J P, Simmons D R & Yu S L (2014) - had published “Family roles in engineering undergraduates’ academic and career choices: Does parental educational attainment matter”. The aim of this research is to analyse in depth the roles that families, particularly parents, play in the academic and career choices of undergraduate engineering majors, with a focus on how these roles may vary when taking the parental level of education into account. Many factors have been



documented in earlier studies as influencing undergraduate engineering students' choices to enroll in and continue their education. Although the family has been recognised as a significant impact, there is still a lack of knowledge on particular family roles.

- Mattoo M I (2013) - had published "Career choices of secondary students with special reference to gender, type of stream and parental education". The purpose of the study was to determine secondary school pupils' job preferences. 200 teenagers between the ages of 16 and 18 were selected at random from 12 secondary schools in the Srinagar district. The chosen sample included both artistic and scientific disciplines. To get the information, Chatterji's Non-Language Preference Record was used. Also, one of the factors that was considered was the parental education. A statistical analysis of the data was performed using percentages and "t" values. The findings showed some significant disparities in the investigated individuals' profession choices based on their parental education and gender.
- Gosh A (2012) - had conducted a study on "Personality factors and impact of parental and social influence on career choice a study on higher secondary students". A career is typically viewed as a series of subsequent circumstances that make up a person's working life. Students today are looking for vocations that will ultimately help them succeed in life in a modern, rapidly changing environment. Selecting a career is a crucial life decision. A person's career decision affects how they feel about themselves, how they live, who their friends are, what kind of workplace they will have, and how they interact with others.
- Leung, S A, Hou Z J, Gati I & Li X (2011) - had published Effects of "parental expectations and cultural-values orientation on career decision-making difficulties of Chinese university students". This study looked at how family expectations and conflicts between cultural norms affect how difficult it is for university students to make good career decisions. Cultural-values conflict and cultural orientation were assessed using the Multidimensional Scales of Individual Traditionality and Modernization (Yang, Yu, & Ye, 1989). Parental expectations were measured using the Living-Up-to Parental Expectation Scale (Wang & Heppner, 2002). As a dependent variable, the Career Decision-Making Difficulties Questionnaire (Gati & Saka, 2001) was employed.
- Nawaz S & Gilani N (2011) - had published "Relationship of Parental and Peer Attachment Bonds with Career Decision-Making Self-Efficacy among Adolescents and Post-Adolescents". Using a sample of 300 men and 250 women drawn from several government institutions and universities in Rawalpindi and Islamabad, Pakistan, it was determined how parental and peer attachment relationships influenced the self-efficacy of the participants in making career decisions. The degree of parental and peer attachment ties was assessed using the Inventory of Parent and Peer Attachment-R (IPPA-R), and the Career Decision-Making Self-Efficacy Scale-Short Form (CDMSE-SF) was used to assess self-efficacy in making career decisions. Parental and peer attachment relationships were found to have a significant positive link with self-efficacy in vocational decision-making.

III. Research Methodology



Objective of the research:

- To analyze the extent of parental influence on children's career choice in real time
- To identify the parental influence is till there through collection of data from students of various courses
- To examine the effects and consequences of parental influence in student's career choice
- To find the measures to stop parental influence in career choice

Hypotheses:

Null Hypothesis (H_{01}): There is no significant relationship between parental influence and students' career choice.

Alternative Hypothesis (H_{11}): There is a significant relationship between parental influence and students' career choice.

Type of data:

Primary data:

I followed primary data, I got information from directly from the original sources for the specific purpose of this research. In this study, primary data were obtained through a structured questionnaire administered to college students. In total I got 101 responses from both UG and PG graduates. The questionnaire contained both close-ended and open-ended designed to gather data.

Secondary data:

Secondary data were collected from existing literature and documented sources to provide theoretical and empirical support to the primary findings. secondary data includes textbooks, journals, academic articles, reports and educational statistics.

Data collection technique:

The data for this study were collected primarily through the questionnaire method, which is one of the most effective technique for gathering large number of response. The questionnaire are formed to find the great extent of parental influence on career choice.

Sampling technique:

Sampling is the process of selecting a representative portion of the population to participate in the study. Since it is not feasible to collect data from the entire population of students, an appropriate sampling technique was employed to ensure reliability and generalizability of the results.

Population:

The target population for this study consisted of students aged 16–25 years enrolled in:
Senior secondary schools

Vocational institutions

Undergraduate colleges

The population included students from both urban and rural areas to ensure diverse representation.

Sampling Method:



The study used a stratified random sampling technique, which ensures that subgroups within the population are adequately represented. The population was divided into strata based on:

Educational level: Senior secondary / Diploma / Undergraduate

Education stream: law / others

Within each stratum, participants were selected using simple random sampling to reduce bias and ensure that every student had an equal chance of being included in the study.

Sample Size:

The sample size was determined using Cochran's formula for large populations. For this research my sampling size is 101.

Research gap:

There are many research in this topic but still in this research there will be in-depth informations like,

- Contextual limitation
- Limited focus on student autonomy
- Insufficient analysis of types of influence
- Lack of recent empirical studies
- Limited exploration of outcomes

Limitation of research:

Geographical limitation:

The study was conducted among students from selected schools and colleges in specific urban and rural areas.

As a result, the findings may not be fully generalizable to all students in other regions or countries with different cultural or educational contexts.

Sample size and composition:

The sample included approximately 101 students, which, while adequate for statistical analysis, may not capture the full diversity of experiences and parental influences across larger populations.

Certain subgroups (e.g., students from extremely remote areas or highly specialized institutions) may have been underrepresented.

Self-reported data

Data were collected through questionnaires, relying on students' honesty and self-perception.

Responses could be influenced by social desirability bias, memory recall errors, or misunderstanding of questions.

Time constraint

The study was cross-sectional, capturing responses at a single point in time.

It does not account for how parental influence and career decisions may evolve over time.

Focus on student perspective

While the study considered parental influence, it primarily captured students' perceptions.

Direct data from parents were not collected, which limits the ability to fully compare parent-child perspectives.

Limited variables considered



The study focused on parental influence, educational background, and socioeconomic status.

Other factors affecting career choice, such as peer influence, media exposure, or personality traits, were not explored in depth.

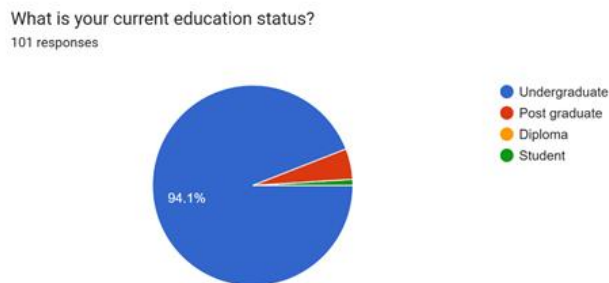
Data analysis:

Quantitative Data Analysis

Quantitative data were obtained from the structured questionnaire, particularly the close-ended items measured on a five-point Likert scale.

Qualitative Data Analysis

Qualitative data were collected from open-ended questions in the questionnaire where students shared personal experiences and perceptions about parental influence.



Variable	Category	Percentage
Education status	Undergraduate	94.1%
	Postgraduate	05 %
	Diploma	0%
	Others	0.9%

Interpretation:

The chart shows that 94.1% people responded this questionnaires are in undergraduate education status and 5% are in postgraduate education status and 0% diplomate student and 0.9% have selected the option others so in this questionnaire most of the responds are undergraduate.

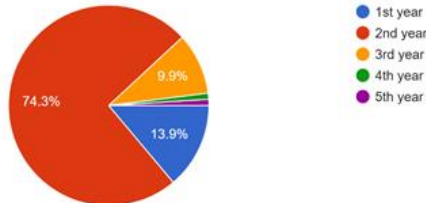
Variable	Category	Percentage
Course	Law	46.5%
	Others	53.5%

Interpretation:

This chart shows that 46.5% of the respondents are pursuing law and 53.5% are pursuing other courses like BDS, B.com, B.E etc.,



Year
101 responses

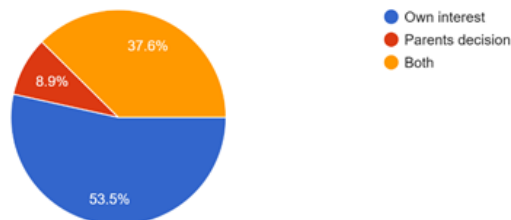


Variable	Category	Percentage
Year	1 st year	13.9%
	2 nd year	74.3%
	3 rd year	09.9%
	4 th year	0.95%
	5 th year	0.95%

Interpretation:

This chart shows that 13.9% of the respondents are 1st year students , 74.3% of the respondents are 2nd year students, 09.9% of the respondents are 3rd year students, 0.95% students are 4 th year and 0.95% students are 5 th year. The majority of the students are studying 2 nd year.

Did you choose your career based on your own interest or parents decision?
101 responses



Variable	Category	Percentage
Career decision	Own interest	53.5%
	Parents decision	08.9%
	Both	37.6%

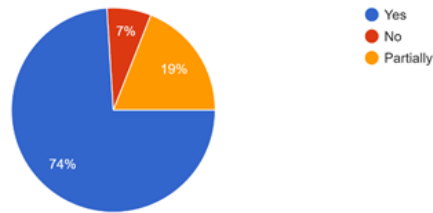
Interpretation:

The chart shows that 53.5% of the students chose their career in their own interest, 08.9% of the students chose their career through parents decision and 37.6% of the



student chose their career because of both. The majority of the students chose their career in their own interest.

Do you feel your parents understand your decision or passion?
100 responses

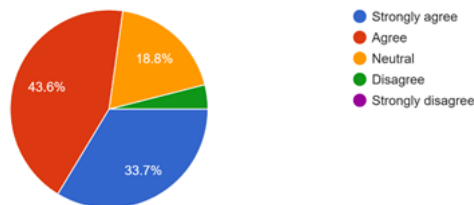


Variable	Category	Percentage
Parents support	Yes	74%
	No	07%
	Partially	19%

Interpretation:

This chart shows that 74% of the parents accepted their children's career decision and about 07% of the parents didn't accept their children's career decision and 19% of the parents partially accepted their children's career decision. Through this questionnaires we understand that most of the parents accepted their children's career choices.

Do you feel more confident when you take your own career decision ?
101 responses



Variable	Category	Percentage
Confidence in your career decision	Strongly agree	33.7%
	Agree	43.6%
	Neutral	18.8%
	Disagree	03.9%
	Strongly disagree	0%

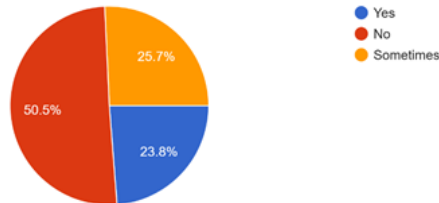
Interpretation:

This chart shows that 33.7% of them strongly agrees that they are confident in their career decision, 43.6% of them agrees they are confident in their career decision, 18.8%



of them are neutrally confident in their career decision, 03.9 disagrees that they are confident in their career decision and 0 % of them strongly disagrees that they are not confident in their career decision. The majority of them agrees that they are confident.

Have you ever sacrificed your career dreams to meet your parents expectation?
101 responses

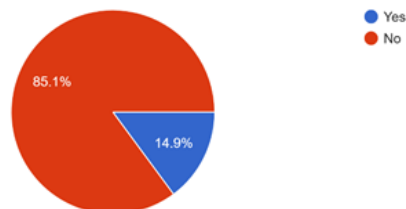


Variable	Category	Percentage
Have ever sacrificed your career dreams to meet parents expectation	Yes	23.8%
	No	50.5%
	sometimes	25.7%

Interpretation:

This chart shows that 23.8% of the students have sacrificed their carer for their parents expectation, 50.5% of them didn't sacrifice for their parents expectation and 25.7% of them sometimes sacrificed foe their parents expectation. In this majority have not sacrificed.

Do you think that your parents decision affects your career ?
101 responses

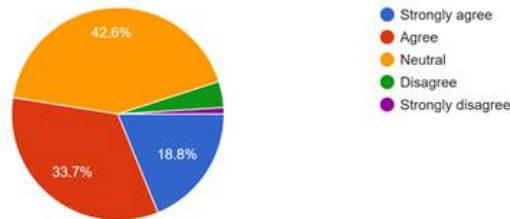


Variable	Category	Percentage
Does parents decision affect your career	Yes	14.9%
	no	85.1%

Interpertation:

This chart shows that 14.9% of them accepts that their parents decision affects their career, 85.1% of them accepts that parents decision doesn't affect their career decision. So many accepts that parents decision doesn't affect their career.

Do you believe parental guidance is necessary in choosing a career?
101 responses

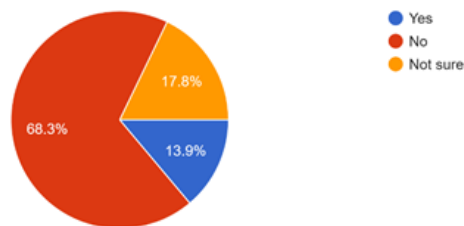


Variable	Category	Percentage
Does parental guidance is necessary	Strongly agree	18.8%
	Agree	33.7%
	Neutral	42.6%
	Disagree	3.73%
	Strongly agree l	1.23%

Interpretation:

This chart shows that 18.8% of them strongly agrees that parents guidance is necessary, 33.7% of them agrees that parents guidance is necessary, 42.6% of them have neutral thought in this, 3.73% of them disagrees that parents guidance is not necessary and 1.23% of them strongly disagrees that parents guidance is not at all necessary . so majority of them have neutral thought in this .

Do you think your cultural or family tradition influence your career choice?
101 responses



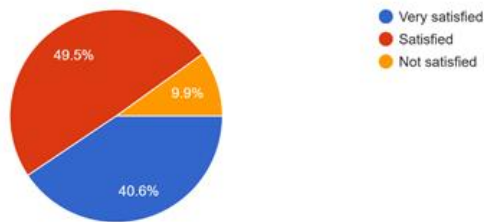
Variable	Category	Percentage
Does cultural or family tradition influence	Yes	13.9%
	No	68.3%
your career choice	Not sure	17.8%

Interpretation:



This chart shows that 13.9% of them agrees that cultural or family tradition influence career choice, 68.3% of them disagrees that cultural and family tradition doesn't affect their career choice and 17.8% of them are not sure. Here majority of them have said no.

Are you satisfied with the career choice you have made?
101 responses

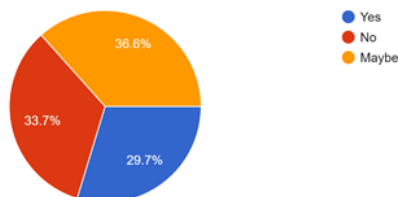


Variable	Category	Percentage
Satisfaction	Very satisfied	40.6%
	Satisfied	49.5%
	Not satisfied	09.9%

Interpretation:

This chart shows that 40.6% of them are very satisfied in the career they chose by themselves, 49.5% of them are satisfied in the career choice made by themselves, 09.9% of them are not satisfied in their career choice made by them. Most of them are satisfied.

Do you think your career choice would have been different if you had full freedom to decide?
101 responses



Variable	Category	Percentage
Full Freedom in career choice	Yes	29.7%
	No	33.7%
	Maybe	36.6%

Interpretation:



This chart shows that 29.7% of them agrees that their career choice would have been different if they had full freedom in choosing their career choice, 33.7% of them have said no that then too it remains the same career, 36.6% of them maybe their career choice would have changed the majority of them also have selected that only.

Findings:

Through the questionnaires we would know that still there is parental influence but it have got little less but it is still prevailing in our society , if there is know no parental influence the children's feel stress free and they do what they want, first parents should not compare their children with other children because comparing only later leads to parental influence in society , having good conversation with the children and parents makes both to understand each others feeling.

IV. Conclusions

Career choice is a critical milestone in the life of every individual, influencing future opportunities, personal fulfillment, and social identity. This study explored the role of parental influence on students' career decisions, examining how guidance, support, control, expectations, and modeling affect young adults' choices and satisfaction.

The findings suggest that parental influence is a significant factor in career decision-making. While supportive guidance and informational assistance can positively shape students' career paths, excessive pressure or controlling behavior may lead to stress, reduced autonomy, and dissatisfaction. The study also highlights that parents' educational background, socioeconomic status, and cultural expectations play a pivotal role in shaping the nature and intensity of their influence.

Furthermore, the study emphasizes the importance of student autonomy in career decision-making. Encouraging open communication between parents and children, promoting exploration of career options, and providing resources for informed choices are essential for achieving a balance between parental guidance and individual preferences. Educational institutions and policymakers also have a role to play in supporting students through structured career counseling programs, mentorship opportunities, and awareness campaigns.

In conclusion, parental influence on career choice is neither entirely positive nor negative. Its impact depends on the type, intensity, and approach of involvement. When managed thoughtfully, parental support can empower students to make informed and satisfying career decisions. Conversely, excessive control or pressure can hinder personal growth and career satisfaction. Therefore, promoting awareness among parents, students, and educators about the importance of balanced guidance is crucial for nurturing well-informed, motivated, and confident young professionals.

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