

INFLUENCE OF SELF ESTEEM ON THE CAREER CHIOCE OF ADOLESCENTS OF UDI LOCAL GOVERNMENT AREA OF ENUGU STATE

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ABSTRACT

This study was on the influence of self esteem on the career choice of adolescents of Udi Local Government Area of Enugu State. The study adopted descriptive survey design and the area of study was Udi Local Government area of Enugu State. The population of the study comprised all the senior secondary year one (SS1) students from the Local Government. The sample size consisted of 400 students selected using simple random sampling techniques. The reliability of the instrument was established using split half method and the data obtained were analyzed using Pearson product moment to obtain reliability co-efficient (α) of (0.72). Three briefed assistants assisted in the administration and collection of the instrument. The questionnaire was a researcher based questionnaire containing two clusters. Cluster 1 and 2. The collected data were analyzed using average mean scores and standard deviation scores. The findings revealed among others the following; that the quality of self esteem possessed by the individual determines the type of career choice of the individual. People with healthy and high sense of esteem of self tend to more promising job and opportunities because of such qualities such as confidence, ability to tackle task and resilience while people with poor and low self-esteem tends to the contrary. The following recommendations were made and they include: Parents should begin early enough to recommend exposure and group activities to their adolescents, conferences and seminars are to be

organized on how to overcome poor and low self-esteem., counselors have great roles in identifying and counselling students discovered to possess such traits, schools should encourage group activities such as morning information during morning assembly, schools should recommend and mandate students to belong and participate actively in extra-curricular activities such drama, debating society etc.

Keywords: Influence, Self-esteem, Career choice, Adolescents, Students, Secondary schools.

INTRODUCTION

The word "adolescent" is derived from the Latin root "adolescere" meaning to mature. (Okudo and Obumse; 2023). The world health organization (WHO) views it as a phase of life between 10 – 19. Fletcher (2016) noted that adolescent is a dynamically evolving theoretical construct informed through physiological, psychosocial, temporal and cultural lenses.

According to Stehlik (2018), adolescent is defined biologically as the physical transition marked by the onset of puberty and termination of physical growth, cognitively as changes in the ability to think abstractly and multi-dimensionally or socially as a period of preparation for adult roles.

Okudo and Obumse (2023), Mathieson and Benerjes (2011) remarked that it is a period characterized by identity search, role crises and a quest for autonomy. It is a phase the young child through socialization, parenting, teaching and various forms of acculturation processes acquires traits to prepare for adult roles. One among the very significant traits fundamentally required as young adult is a healthy and vibrant esteem of self.

Self esteem is a psychological trait that expresses an individual's competence, worth and ability to overcome existential challenges. According to Magroet al (2018) self-esteem is a feeling of sense of capability, acceptance, ability to overcome obstacles and good carriage and sense of worth. Orth et al (2014) view self esteem as a feeling of being competent to cope with basic challenges of life and be worthy of happiness. Furthermore, Okudo, Obumse and Okafor (2023) noted that self esteem is a significant psychological trait related to wellness, quality of life and achievement. They underscore four classifications of sense of esteem for self; namely healthy and poor, high and low. While high and healthy esteem tends to positive traits such as acceptance, confidence, high level of organizational ability, right attitude towards values, high motivation, realistic assessment, and unconditional acceptance. On the other hand, poor and low self esteem tend to be negative. They are characterized by low potential, constant fear, rule breaking, blames, indifference, under achievers etc.

It is important to underscore that self esteem affects every aspect of an individual's life including, success achievement and career choice. The choice of career is very often linked to the realistic values possessed by an individual and the individual worth. Career choices has been noted to be influenced by personal values, ability, right attitude, organizational ability, motivation and confidence. People with high levels of organization and values tends to promising career while the contrary obtains for the low potentials. These invariably influences the career choice of the individual. According to Okudo, Okwunolu and Nwankwo (2023), career choice is an individual's preference of job or occupation. Kolo (2019) view career choice

as the selection or choosing of a career which the individual has the potential to enter. Individuals with high potentials (healthy and high self esteem) seem to engage in noble careers while individuals with negative potentials seem the contrary.

STATEMENT OF THE PROBLEM

The psychological atmosphere of the contemporary labor market is characterized by so many anomalies readily seen in rule breaking, indisposition, indifference, unrealistic assessment, lack of courage, indiscipline etc. These have roots in the manner employment is offered because of Job scarcity and economic hardship. Connections, favoritism and good fatherism stands out as means of getting Job. Based on the above, people tend to tilt to careers they lack competency, do not possess potentials, values and capacity of Job satisfaction and economic wastage. Therefore it becomes pertinent to examine how self esteem influences the career choice of the adolescents from Udi local Government area of Enugu State.

The main purpose of this study is to examine the influence of self esteem in the career choices of adolescents from Udi Local Government area of Enugu State. The study will specifically examine the influence of healthy and high self esteem on adolescent's career choice, secondly, the influence of poor and low self esteem on the same.

RESEARCH QUESTIONS

The following research questions guided the study:

- (1) What are the influences of healthy and high self esteem on the career choice of adolescents from Udi Local Government Area of Enugu State?
- (2) What are the influences of poor and low self esteem on the career choices of the adolescents from Udi Local Government Area of Enugu State?

METHOD

The study adopted descriptive survey design and the area of study was Udi Local Government area of Enugu State. The population of the study comprised all the senior secondary year one (SS1) students from the Local Government. The sample size consisted of 400 students selected using simple random sampling techniques. The reliability of the instrument was established using split half method and the data obtained were analyzed using Pearson product moment to obtain a reliability co-efficient (α) of (0.72). Three briefed assistants assisted in the administration and collection of the instrument. The questionnaire was a researcher based questionnaire containing two clusters. Cluster 1 & 2. The result obtained from the collected data were analyzed using average mean scores. Marks above 2.50 were accepted while any score below the acceptable mean mark was rejected.

RESULTS

The tables below present the summaries of the data collected from the field of study as follows.
Research question one: what are the influences of healthy and high self esteem on the career choice of adolescents from Udi Local Government Area of Enugu State?

Table one: mean and standard deviation scores of the influence of healthy and high esteem on the career choice of adolescents.

S/N	Items on hearty and high self esteem	$\bar{x}$	SD	Decision
1	Desires and likes challenging Jobs	3.02	0.71	
2	Exhibits competency at work	3.06	0.74	
3	Likes to show my worth	3.10	0.69	
4	Comfortably expresses my ability	2.90	0.73	
5	Prefers jobs that make me happy	2.96	0.65	
6	Puts all my energy at work	3.42	0.68	
7	Accepts realistic assessment of my employer	2.89	0.77	
8	Exhibits high level of organizational ability	3.29	0.73	
9	Displays right attitude at work	3.04	0.68	
10	Break rules	2.01	0.72	
		2.96		

n = 400

The table one above revealed the results of the data collected from the adolescents. The table further showed that all the items except breaking of rules (2.01) were rated above the acceptable mean score of 2.50. Also the table revealed an average mean score of 2.97. Therefore the adolescents from Udi Local Government of Enugu state views high and healthy self esteem as factors influencing career choice.

Research question two: what are the influences of poor self esteem and low self esteem on the career choice of adolescents from Udi Local Government Area of Enugu State?

Table two: mean and standard deviation scores on the influence of poor and low self-esteem on the career choice of adolescents.

S/N	Items on the poor and low self esteem	$\bar{x}$	SD	Decision
1	Lives in constant fear	3.06	0.69	
2	Breaks rules	3.10	0.71	
3	Always having a feeling of indifference	3.03	0.64	
4	Always blames others for my failure	3.01	0.72	
5	Not always punctual to work	2.81	0.68	
6	Always gives excuses	2.96	0.74	
7	Feels incompetent to carry out assignment	2.97	0.67	
8	Lacks confidence	3.07	0.78	
9	Always seeks for affirmation	3.02	0.65	
10	Always fail to complete assignment.	2.87	0.63	
		2.96		

n = 400

The table two above revealed the adolescents rating on the influence of poor and low self esteem on their career choice. It indicated that all the items were scored above the acceptable mean score (2.50) with an average mean mark of (2.96) indicating that low and poor self esteem is a factor in adolescent career choice.

DISCUSSION

The study was on the influence of self esteem on the career choices of adolescents of Udi Local Government Area of Enugu State. The discussion of the findings was carried out in line with the research questions. Two research questions guided the study and they include, firstly, examining the influence of healthy and high self esteem on the career choices of adolescents. Secondly, examining the influence of poor and low self esteem on the career choices of the adolescents from Udi Local Government Area of Enugu State.

Concerning the influence of healthy and high self esteem on the career choice of the adolescents, the result in table indicated an average mean score of 2.92. it also indicated that all the items except breaking of rules (2.01) was rated above the acceptably mean scores. Items such as like challenges (3.02), right attitude to work (3.04), exhibits competency (3.06), likes to show worth (3.10), accepts realistic assessment of employer (2.89), prefers jobs that gives happiness (2.96) etc. The above result agrees with the findings of Okudo, Obumse and Okafor (2023) Magro et al (2018) as well as Orth et al (2014). These were of the view that healthy and high self esteem reflects qualities such as good sense of worth, confidence, right attitude to work does not break rules, accept realistic assessment of superior etc.

Furthermore, concerning the influence of poor and low self esteem on the career choices of the adolescents table two reveals' adolescents rating of such influences as follows; lives in constant fear (3.06), breaks rules (3.10), fails to complete task (3.010), blames others (3.01), not punctual to work (2.81), makes excuses (2.96) etc. The table further revealed an average mean score of 2.87 and all the items were rated by the adolescents as factors of poor and low self esteem that influences career choice. The above results collaborate with the findings of Orth et al, (2014) Okudo, Obums and Okafor (2023) and Magro et al (2018). These noted that people with low and poor self esteem always breaks rules, are not punctual, are lazy, makes excuses, lives in constant fear etc. The giving above reflects in the career choices of the individual.

CONCLUSION

The study investigated the influence of self-esteem on career choices of adolescents from Udi Local government area of Enugu State. It investigated how healthy and high esteem determine career choices of the adolescents as well as how low and poor self esteem influences the career choices of the adolescents. The finding reveals that the quality of self esteem possessed by the individual determines the type of career choice of the individual. People with healthy and high sense of esteem of self tend to more promising job and opportunities because of such qualities such as confidence, ability to tackle task and resilience. While people with poor and low self-esteem tend to the contrary.

RECOMMENDATIONS

- (1) Parents should begin early enough to recommend exposure and group activities to their adolescents
- (2) Conferences and seminars are to be organized on how to overcome poor and low self-esteem.
- (3) Counselors have great roles in identifying and counselling students discovered to possess such treats.
- (4) Schools should encourage group activities such as morning information during morning assembly

- (5) Schools should recommend and mandate students to belong and participate actively in extra-curricular activities such drama, debating society e.t.c.

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