

The Role of Career Counseling on Students' Academic Performance: a study on the Students of University of Balochistan, Quetta

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Abstract:

This study examines the role of career counselling on student's academic performance. The objective of this study was to investigate the relationship between career counseling and student academic performance and to observe the attitude of students toward seeking career counseling. The study adopted a descriptive research design. The target population was BS and MA students of University of Balochistan, Quetta. Two hundred questionnaires were distributed among bachelors and masters students by the researcher to collect data. Respondents were selected through random sampling technique. Convenience sampling was used to collect data from 200 students of the varsity. Data was analyzed with the help of descriptive statistic of percentage, frequencies, mean, and standard.

Key Words: Career Counseling, Academic Performance, Relation between Career Counseling and Academic Performance,

Introduction

The aim of any education system in the country is that each citizen should find out and express his energies towards developing the society in which

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he belongs. This objective can only be successfully achieved if students are given adequate career counseling that will lead them in choosing their occupation or career in relation to their interest, talents, potentials and capabilities. Normally speaking, career choice has increasingly become a problem among youths. Making the right career choice has always been indeed, a major source of anxiety and problem for teachers and their educational sponsors”.

1.1 Background of the study

Career counseling was developed during the latter part of the nineteenth century, in the United States, which was called “vocational guidance”. The first career counseling institution was the Vocation Bureau of Boston, established in 1908, in the United States. It created principles and methods of vocational counseling to guide and assist counselors to carry out their work. The National Vocational Guidance Association (NVGA) was created in 1913. Later on, the NVGA was renamed as the National Career Development Association (NCDA) (Pope, 2000). NCDA, “is consider as the leader in developing standards for the career development profession, career counseling programs and services, and for the evaluation of career information materials”, the NCDA published its first version of the “Principles and Practices of Vocational Guidance.” in 1921. It mentioned the importance of providing career counseling to students in a school setting (Pope, 2000).

The National Defense Education Act was passed in 1957, which established “Counseling and Guidance Training Institutes.” The objective of the said institutes was to provide training to the counselors to identify and encourage students which was called a “boom” period for counselor

training as almost 14,000 people received the counselor training (Pope, 2000).

1.2 Problem statement

We observed that there is always a problem in choosing the right career for an individual. Many people choose career which they have neither knowledge nor any information about them. This problem arises because students are not sure and aware about the opportunities available in line with their capabilities, talents, interested, aptitude. Moreover, choosing a wrong career degrade the capabilities of people. This poser results in personal dissatisfaction with the occupation, increases in rate of absenteeism, abandoning of duty, and discontentment in the job which affect the socio-economic development of the country.

1.3 Significance of the Study

Career decision making is mandatory for everyone in this complex world. Without having knowledge of career choice we cannot get satisfaction in our profession. For this specific skills are necessary for counselor to guide students for their better future. The purpose of this study is to inspect what knowledge and information students have about various careers and which capabilities, talent and interest they have.

1.4 Objectives of the study

In Pakistan, especially in Balochistan, very few researches are available regarding knowledge of career counseling. The aim of study is:

- a) To investigate the relationship between career counseling and student academic performance.

- b) To observe the attitude of students toward seeking career counseling.

1.5 Research questions

This study addresses the following research questions:

- a) What is the relationship between career counseling and student academic performance.
- b) What is the attitude of students towards seeking career counseling?

1.6 Limitations of the study

The major limitations of this study are the followings:

- This research evaluates results from only University of Balochistan Quetta because of limited resource and time.
- The result of this study may not be generalized for students outside Quetta, which is urban city.

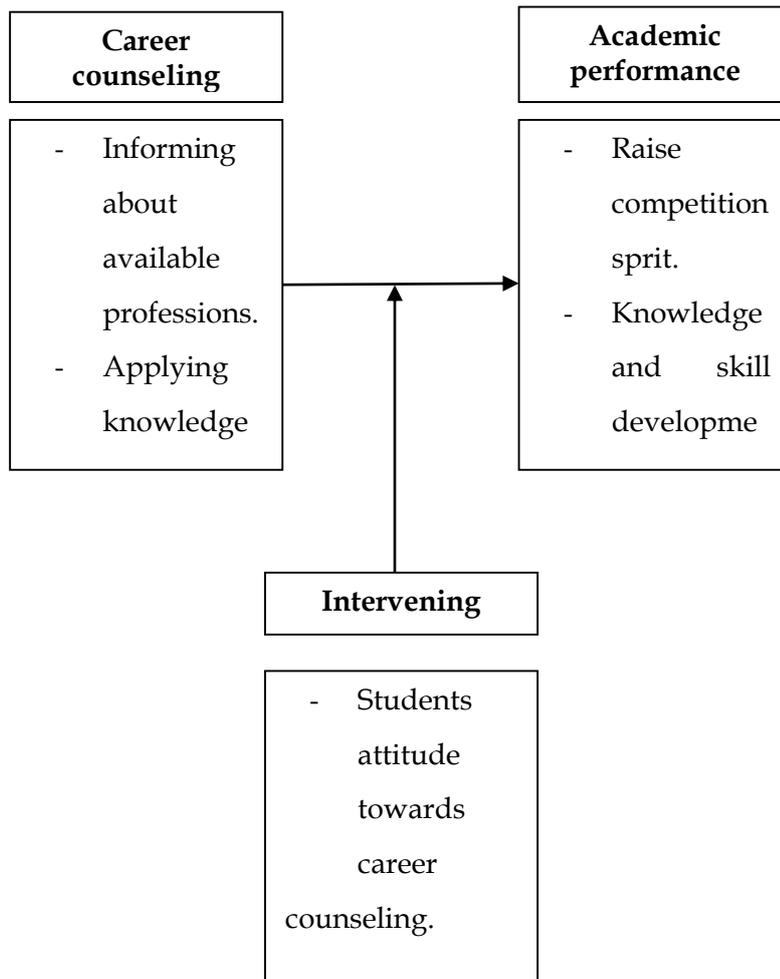
Conceptual Framework:

Figure 3 illustrating the relationship between career counseling and students' academic performance.

From the cited above conceptual framework, career counseling is independent variable while student's academic performance is dependent variable. Furthermore, the student attitude towards career counseling, family background, lecturer competence, teaching methodology, motivation, learning facilities, and political influence are the factors which are intervening within the relationship of independent and dependent variables.

1.7 Review of Literature:

Career has in this developed world has become a must. Numerous changes have taken place in the world. New fields have emerged which may confuse students in choosing careers. According to Mutie (2011), students face many difficult situations in today's life. They have to make wise selections in curricular activities, obtain basic study skills for best possible academic achievement and adjust to his peers, teachers, parents, and environment. They have to survive and share facilities in a mixture of institutions with individuals from dissimilar economic and social backgrounds.

Career counseling is a must now a days. Onyejoaka (2001) defines career counseling as; "career counseling is concerned with systematic and a goal oriented approach. It should aim at helping individuals to gain understanding of themselves in relation to their abilities, aptitude, capabilities, limitations, helping them to have knowledge of the wide range of jobs and jobs opportunities, getting them to understand the world of work, occupation and specific jobs".

Ipaye (1983) explained counseling "as a method of helping the individual utilize his or her psychological resources by focusing on that individual positive strength for development and by concentrating on the individual personality behavior and emotional asset that could be mobilize".

Brown, 2012 stated that "Career education typically refers to programs based in a school setting. Career education is aimed at introducing students to the world of work, assessment of career-relevant

personal attributes and exploration of different career options and paths that might fit a particular individual”.

Curry, (2013) reported that “Career success requires social and communication skills. Individuals must be able to collaboratively work together and communicate. Active listening, communicating effectively, compromising, managing conflict, and interacting with a group, are also important factors when discussing career success”.

(a) Academic achievement

Academic achievement is a gauge by which quality of education is asses. To improve the quality of education, it is essential to advance the study habits and study attitudes of the students by identifying the factors that influence them. Francis and Others (1987) “examined the positive effects of counseling on student’s communication patterns, study habits and academic achievement. The results indicated that students in structured counseling conditions had higher G.P.A’s than those in non-directive counselling condition at the end of the semester”. Bhatnagar and Gupta (1999) were of the belief that for superior student achievement, it’s indispensable to support students in their education by removing their hurdles difficulties and mounting high-quality study skills.

According to Lapan, Gysbers and Sun (1997) from their study “on the impact of fully implemented guidance programmers on the school experiences found that, high school students in schools with more comprehensive counselling programmes are more academically successful as measured by the G.P.A”. Braddock (2001), utter that the function of guidance and counselling services for school going students is to improve academic achievement, promote positive attitude towards school learning

and work, raise achievement and use of conflict resolution skills and finally reduce dropouts ratio.

Beale (2004) in their study on the “effects of comprehensive developmental guidance programs on academic achievement of students”, revealed that student counselling improves school attendance, school behavior, increases student achievement and their levels of self-esteem and attitudes.

1.8 Research Methodology

Data Collection

The research is based on primary and secondary data. Survey research method is being used to acquire relevant data on the subject. A total number of 200 questionnaires were distributed to gauge the role of career counseling among university students. Sources of data were;

1. Primary data

The primary data are those that are gathered freshly and for the first time, and thus tend to be original in nature (Kothari, 2004, p. 95). A questionnaire, developed by Sir Francis Galton, is a testing method consisting of a series of questions (items) designed to collect answers in a structured way from respondents (Bhattacharjee, 2012, p. 74).

2. Secondary data

On the other hand, the secondary data are those that someone else has already obtained and that have already been transferred into the computational process (Kothari, 2004, p. 95). Secondary data means information that is already available, i.e., refers to data that someone else

has already gathered and processed. For this study sources of secondary data were utilized.

3. Population of the Study

The population of this study bachelors and masters students of the University of Balochistan, Quetta.

4. Sample Size

200 hundred questionnaires were distributed among the male and female students from various departments of the University of Balochistan, Quetta.

5. Sampling Techniques

Random sampling method was used for this research. Simple random sampling (SRS) is a method of choosing a sample composed of n number of sampling units with N number of sampling units out of population, such that each sampling unit has an equal probability of being selected (Shalabh, 2020).

6. Data Analysis tool

The quantitative portion (questionnaires) of research was analyzed through SPSS software.

1.8 Data Analysis:

Table 1 Number of Students and their CGPA who attended career counseling

CGPA	No of Students attended career counseling
2.0 to 2.5	0
2.6 to 3.0	5
3.1 to 3.5	46
3.6 to 4.0	63
Total	113

The above table shows that 113 students attended some type of career counseling, among them 63 students scored between 3.6 to 4 CGPA, 46 got score between 3.1 to 3.5 CGPA, 5 obtained between 2.5 to 3.0 CGPA, and no one scored 2.0 to 2.5 CGPA. Hence, it is clear that those students involved in career counseling activities have high academic performance.

Table 2 Number of student with their CGPA who have not attended career counseling.

CGPA	No of students not attended career counseling
2.0 to 2.5	19
2.6 to 3.0	33
3.1 to 3.5	22
3.6 to 4.0	12
Total	87

The above table shows that 87 students not attended any type of career counseling, among them 19 students scored CGPA between 2.0 to 2.5, 33 got score between 2.6 to 3.0 CGPA, 22 obtained between 3.1 to 3.5 CGPA,

and only 12 students scored 3.6 to 4.0 CGPA. So, it is confirmed that whose students not involved in career counseling activities have low academic performance.

Findings:

- That whose students involved in career counseling activities have high academic performance.
- It is confirmed that whose students not involved in career counseling activities have low academic performance.
- There is a positive relationship between Communication, learning facilities, proper guidance and student performance and negative relationship between family stress and student's performance.
- The students who had received guidance and counselling services had momentous influence in academic performance as against those who had not.
- There is a dire need of career counselling in Balochistan.

Recommendations:

- Students must be provided career counselling opportunities.
- Schools, colleges and universities must arrange career counselling sessions for the students.
- Students must go for counselling while facing any an issue regarding their studies.

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