

## **RELATIONSHIP BETWEEN QUALITY OF LIFE IN THE FAMILY AND CAREER CHOICE OF TERTIARY SCHOOL STUDENTS OF ANAMBRA STATE**

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### **ABSTRACT**

*This study was on the relationship between Quality of Life in the Family and Career Choice of tertiary school students of Anambra State, Nigeria. Three research questions guided the study. The study adopted correlation survey design and the area of study was Anambra State. The population of the study included the undergraduates of faculty of education in federal government and state owned institution of higher learning. The sample size was 1000 students drawn through multiple purpose sampling technique. The reliability of the instrument was established using test retest method and the result obtained was analyzed using Cronbach alpha  $\alpha$  to obtain a reliability of 0.74. Eight brief assistants were used to distribute the questionnaire and all the questionnaires were returned. The data collected was analyzed using Person's Product moment of correlations (PPMC) to answer the research questions 1, 2, 3. The findings of the study revealed that a strong positive relationship exists between the cognitive, social and psychological quality of family life with the career choice of the adolescents. What it implies was that the career choice of adolescents is a dependent factor on the quality of life (cognitive, social and psychological) found in the family. The following recommendations were made and they include, exceptional and gifted children from disadvantaged families with low quality of life should be offered*

*scholarships, schools and institutions of learning should endeavor to isolate and help students found in such situation, counselors should mount strong campaign on the role of quality of family life in general adjustment processes of the adolescents.*

**Keywords: Relationship, Quality, Life, Family, Career Choice, Students, Tertiary Schools.**

## **INTRODUCTION**

Parent is defined as the mother and father of an offspring created biologically by both persons (Okudo, Obumse and Nwudu, 2023). They are the persons (man and woman) who come together through a single conjugal act to product an offspring called a child. The parent is at the anchor of every family comprising of the father (husband) mother (wife) and children. According to Okudo, Nwudu and Nwankwo (2023), a family is made up of people living together with each other and essentially forming the primary social group known as the smallest social unit. Malika and Radha (2015), Ifeiofor (2019) and Amadi (2018) all agreed that the family is the most personal and intimate social group. The family also constitute the foremost agent of socialization. The parents members of the family are also charged with the support provisions of the family.

According to Okudo (2022), the provision of temporal and other material needs of every growing child is the responsibility and necessary obligation which every parent should perform for proper adjustment of the growing child. These temporal and material provisions could take the form of their physical, social, moral, psychological and cognitive needs. Arimasatu and Aremu (2015) stated that such provisions have certain implications for socialization. It influences the general adaptation, orientation, disposition and development of the growing child. Thereby determining the quality of life in the family. It is also noted to influence significantly the career disposition and choice of the growing child.

Concerning the quality of life, the (WHO, 2018) defined quality of life of an individual as perceptions of their position in life in the context of culture and value system where they are inserted, which also involves their goals, perspectives, standards and concern. Naz et al (2016) and Theofilous(2013) views quality of life as a subjective phenomenon characterized by multidimensional perspectives encompassing social, physical, material, emotional and mental wellbeing of the individual. Okudo, Obumse and Okafor (2023) stated that the extent an individual is satisfied with basic needs determines the quality of life of the individual and it is measured through some existential apparati such as social belonging, safety, security, freedom, wealth, employment, recreation, education, etc.

On the other hand career is a job an individual takes in which at the same time makes them financially buoyant for meeting varying needs. Kolo (2019) stated that career choice is the selection or choosing a career which the individual has the potential to enter. It is the ability to select among the various options or opportunity at the disposition of the individual. Implying that a wide range of job or occupations present itself and the individual enters into the one most appealing to him/her. Such job opportunity or selection must be done freely without constraints however respecting the competency and capability of the choice maker.

Viewed from this perspective therefore, career choice entails selection, freedom of choice and respect of competency.

Apart from the above, the choice of career of any individual is dependent on certain factors among which is parental involvement factors. (Okudo & Obumse, 2022), (Okudo and Obumse, 2023), (Okudo, Obumse and Nwudu, 2023). These maintained that parents are at the base of the acculturation received by the adolescents from the socialization agents whose primary role is to initiate the young adolescents into the norms, values, mores, culture, skills obtainable in the society. The parents play very significant roles in the adaptations, physical development, cognitive and social development of the young ones. The extent to which these are performed in the family determines the quality of life experienced in that family. The main objective of this study is to determine the relationship existing between the quality of life (cognitive, psychological and social) and the career choices of the adolescents with respect to the cognitive support, it looks at those family provisions that support intellectual development which as encouraging visitation to counsellors, excursions, participating in debate, quiz competition, parents teachers forum, visitation of school, suggesting things to be included in curriculum purchase of books and uniforms, payment of dues, fees and levies. The social support provisions include holiday trips, outings and recreations, participation in community dialogue, visitations of friends, readily available to dialogue with you, etc. the psychological support variables include good feeding, available to discuss your worries, giving incentives and motivations, creating conducive atmosphere and tidy and neat environment etc. (Durkheim, 2012, Okudo, 2022).

### **STATEMENT OF THE PROBLEM**

Abraham Maslow in his theory of motivation underscores the motivation for social actions. The above invaluable theory pinpointed the various ladders individuals belong in the society. It underscores several echelon or classes of existence. The above goes a long way to buttress that the quality of life found in these various echelon of life will significantly differ from each other. Higher echelon families are expected to have a higher quality of life more than families existing at the base of the hierarchy of needs. This been case, it also implies that the support provisions abating career choices will significantly differ. The main problem of this study therefore is to determine what relationship exists between the quality of life in the family and the career choice of the adolescents.

The main purpose of the study is to determine what relationship exist between the quality of life in the family and the career choices of the adolescent specifically the study will examine the cognitive, social and psychological impact of the quality of life on career choices of the adolescents. The purpose of study thus becomes to examine

- (1) The relationship existing between the cognitive quality of life of the family and career choice.
- (2) The relationship existing between the social quality of life of the family and career choice.
- (3) The relationship existing between the psychological quality of life of the family and career choice.

## RESEARCH QUESTIONS

- (1) What is the relationship existing between the cognitive quality of life of the family and the adolescents career choice?
- (2) What is the relationship existing between the social quality of life of the family and the adolescents career choice?
- (3) What is the relationship existing between the psychological quality of life of the family and the adolescent career choice?

## METHOD

The study adopted correlation survey design and the area of study was Anambra State. The population of the study included the undergraduates of faculty of education in federal government and state owned institution of higher learning. The sample size was 1000 students drawn through multiple purpose sampling technique. The reliability of the instrument was established using test retest method and the result obtained was analyzed using Cronbach alpha  $\alpha$  to obtain a reliability of 0.74. Eight brief assistants were used to distribute the questionnaire and all the questionnaires were returned. The data collected was analyzed using Person's Product moment of correlations (PPMC) to answer the research questions 1, 2, 3.

## RESULTS

(PPMC) Pearson's product moment of Correlation was used to analyze the data collected and the summaries presented in a table format as follows

**Research question one:** what is the relationship existing between the cognitive quality of the life in the family and adolescents career choice?

**Table one:** Pearson on relationship between cognitive quality of life in the family and adolescent career choice.

Source of variation	N	cognitive quality of family life	Career choice	Remarks
cognitive quality of family life	1000	1.00	0.79	Very high positive relation
Career choice		0.79	1.00	

The table one above revealed a very high positive relationship ( $\alpha$ ) of 0.76 existing between the cognitive quality of family and career development.

**Research question two:** What is the relationship between the social quality of family life and career choice of the adolescents?

**Table two:** Pearson on the relationship between the social quality of family life and career choice.

Source of variation	N	Social quality of family life	Career choice	Remarks
Social quality of family life	1000	1.00	0.78	high positive relation
Career choice		0.78	1.00	

The table two above revealed a very high positive relationship of 0.78 existing between the social quality of family life and career choice.

**Research question three:** what relationship exists between the psychological quality of family life and career choice of adolescents?

**Table three:** Pearson on the relationship between psychological quality of family life and career choice.

Source of variation	N	Psychological quality of family life	Career choice	Remarks
Psychological quality of family life	1000	1.00	0.79	Very high positive relation
Career choice		0.79	1.00	

The table three above indicated a very high positive relationship exist between ( $\alpha$ ) of 0.79 existing between the psychological quality of family life and adolescents career choice.

## DISCUSSION

The study was on the relationship between the family quality of life and the career choice of the adolescents. The findings of the study were discussed in line with the three research questions that guided the study. They include

- (1) What relationship exists between cognitive quality of family life and career choice
- (2) What relationship exists between social quality of family life and career choice
- (3) What relationship exists between psychological quality of family life and career choice.

Concerning the relationship existing between the cognitive quality of family life and career choice answered by research questions one and table one indicated the result. It was observed that the item variables measuring the cognitive quality of life of the family which includes, encouraging visitation to counsellor (3.20), excursion (3.40), percolating in school debates and quizzes competitions (3.23), suggesting subjects to be included in the curriculum (3.01) purchase of school materials (3.24) and payment of levies dues and fees (3.01) were all rated above the acceptable mean score and it had an average mean of (3.16). The table indicated that a high positive relationship of 0.76 exists between the cognitive quality of life and career choice.

With respect to the relationship existing between the social quality of family life and adolescent career choice, research question two and table two also indicated an average mean score of (3.04) through questionnaire items of social quality of life such as holiday trips (3.20), availability to discuss and dialogue with you (3.06), visitation to friends (2.98), outing and recreations (3.01) etc. Using the above on product moment of correlations revealed that a very high positive relationship of 0.78 exists between the social quality of family life and career choice.

Finally with respect to the psychological quality of the family life, the research question three and items variables revealed an average mean score of (3.23) using psychological questionnaire items such as good feeding (3.42), discusses your worries (3.29), giving incentive and motivation (3.01), creating conducive atmosphere (3.02) etc. The table three revealed that a very high positive relationship of 0.79 exists between the psychological quality of family life and career choice of the adolescents.

These views were in agreement with findings of Naz et al (2016), Theofilous (2013), Okudo, Obumse and Okafor (2023). These views quality of life of the family as a subjective phenomenon characterized by multidimensional wellbeing encompassing both cognitive, social, psychological mental health of the individual. They further stated that the extent an individual is satisfied with basic needs will determine the quality of life. These all have implications for socialization one among which is the career choice of the young adolescents.

## CONCLUSION

The study was on the relationship existing between career choice of the adolescents and the quality of life of the family. The study examined the relationship existing between the family cognitive, psychological and social quality of life with the adolescents career choice. The study revealed that a strong positive relationship exists between the cognitive, social and psychological quality of family life with the career choice of the adolescents. What it implies was that the career choice of adolescents is a dependent factor on the quality of life (cognitive, social and psychological) found in the family.

## RECOMMENDATIONS

- (1) Exceptional and gifted children from disadvantaged families with low quality of life should be offered scholarships
- (2) Schools and institutions of learning should endeavor to isolate and help students found in such situation.
- (3) Counselors should mount strong campaign on the role of quality of family life in general adjustment processes of the adolescents.

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