EFFICACY OF CAREER COUNSELING INTERVENTION ON CAREER DECISION MAKING DIFFICULTIES AMONG SCHOOL STUDENTS

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requirements for the award of the degree of
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DEDICATION

With the blessing of Allah Almighty, I express immense gratitude to Allah for granting me strength, wisdom, and opportunity to undertake this journey of knowledge. This thesis is dedicated to my beloved parents (Mr. & Mrs. Naseer Ahmad) and my beloved Uncle because without their love, support, and encouragement enabled me to achieve this milestone of life. They always supported me throughout my academic journey. My brothers (Muhammad Kashif & Muhammad Atif), my sister (Sumaia) and my friends (Iqra, Asia & Sarwat) who have been my support in the whole journey and helped me through thick and thin.

Lastly, I also dedicate this thesis to myself, acknowledging my unwavering determination and commitment that carried me through the entire process.

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In gratefulness and humility, I bestow this work to Allah, seeking His constant guidance and blessings in all my future endeavors.

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ABSTRACT

The current study aimed to examine the efficacy of career counseling intervention on career decision making difficulties among school students. This intervention intended to counsel the students about their career and to investigate the difficulties related to their career decision. This study would provide knowledge, understanding, investigations that would empower the students to improve difficulties related to career decision by using "My Future Career Path Manual" of ILO. The research design was parallel research design. A sample of (N=90) students of matriculation with age range of 15-18 years were selected from 9th and 10th grade of private School, Multan through purposive sampling. The sample was then randomly assigned to experimental and control group. Experimental group received career counseling intervention and control group also received intervention but after the follow-up assessment. The participant's career decision making difficulties were evaluated through pretest and posttest on Career Decision-making Difficulties Questionnaire (CDDQ). Session plans for career counseling were recruited from "My Future Career Path Manual" and this program comprised of 7 sessions for 45-50 mins each session. SPSS was used for statistical analysis. Descriptive statistics, reliability analysis and repeated measure Multivariate Analysis of variance was carried out for the results. For the follow up analysis of Multivariate Analysis of variance, discriminant functional analysis was carried out and it reconfirmed the authenticity of the results. Results of the study showed that there was a highly significant difference in pre, post and follow-up scores of experimental group on all sub-domains after the implementation of intervention as shown by p=.000 across experimental. In other words, career counseling intervention was effective in reducing career decision making difficulties as shown by effect size equal to 36%.

Keywords: Career counseling, career decision making difficulties

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List of Abbreviations

Abbreviations	Full Form
CDDQ	Career Decision making Difficulties Questionnaire
LR	Lack of Readiness
LI	Lack of Information
II	Inconsistent Information
SPSS	Statistical Package for Social Sciences

List of Symbols

Symbols	Full Form
K	No. of items,
A	Cronbach's Alpha
SD	Standard Deviation
M	Mean
F	Frequency
P	Significance value
η^2	Effect size
Λ	Wilk's Lambda

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