

# CHAPTER V

## SUMMARY, CONCLUSION AND RECOMMENDATION

### 5.1 Summary

Any individual, after completion of education, wishes to build career in relation to the field of expertise or a work where competencies are useful. A well-established career is one that is carefully chosen and dutifully performed. Selecting a job that is in line with your profession can lead to a successful career. Career decision making is very critical in every individual for the fulfillment of that aspect in one's life. It is a process of choosing a career choice based on personal skills and experiences. The problem with some people who cannot make up their minds on the kind of career to make is that they end up hopping from job to another, without any clear path or direction. A constant job shift does not reflect a reputable image of being a good working professional. The ultimate goal of a successful career is contentment in the chosen field. In fact, intelligence constitutes the basic characteristic of human beings that is useful in career decision making. The degree of intelligence is reflected by the clarity of purpose, thought and action in an individual's behavior. It involves understanding the specific situation in which the individual finds himself, and appropriately responding to it. It includes assimilation of information, processing of information, judicious selection of an alternative out of the multitude of alternatives presented, and rational decision making. Thus, emotional intelligence may contribute in the process of decision making. Further, it is true that sound mind resides in a healthy or fit body. Body and mind are intimately related with each other. It is, therefore, thought logical that one's health related physical fitness also might help in the process of decision making among the students for career building. Thus, three important attributes viz., health related physical fitness, emotional intelligence and career decision making are related with each other. The present study, therefore, was conducted with following objectives:

- To measure emotional intelligence, health related fitness, career decision making ability of junior collegiate students in Maharashtra.
- To establish the relationship between emotional intelligence, health related fitness and career making ability of the junior collegiate students.
- To compare the sex-wise profiles of emotional intelligence, health related physical fitness and career decision making ability among junior collegiate students.
- To predict career decision making ability based on the scores of emotional intelligence and health related fitness.

On the basis of the current literature the research scholar hypothesized that:

**HO<sub>1</sub>:** There will be no significant difference between male and female students in emotional intelligence, health related physical fitness and career decision making ability of the junior collegiate students in Maharashtra state.

**HO<sub>2</sub>:** There will be no significant difference between the arts, science and commerce students in emotional intelligence, health related physical fitness and career decision making ability of the junior collegiate students in Maharashtra state

**H<sub>1</sub>:** There will be significant relationship among the emotional intelligence, health related physical fitness and career decision making ability of the junior collegiate students in Maharashtra state.

**H<sub>2</sub>:** Career decision making ability of the junior collegiate students can be predicted based on their scores of emotional intelligence.

**H<sub>3</sub>:** Career decision making ability of the junior collegiate students can be predicted based on their scores of health related fitness.

Since the researcher had to do this work on his own, following are the delimitation of the study:

- The study was restricted to Maharashtra state only.
- The study was constrained to the 15,000 junior collegiate students from Maharashtra state.
- The study was further delimited to psychological variables that is Emotional intelligence, and Career Decision making.
- The study was further delimited to health related physical fitness only.

This study will help to know the status of Health Related Physical Fitness, Career Decision making and emotional intelligence of junior collegiate students in Maharashtra state. The study is also useful to find the current status of student toward the career development and interest for selection of appropriate profession.

The students, having age group between 16 to 19 years, studying in the disciplines of science, arts and commerce at higher secondary/ junior colleges located in nine different Divisional Boards of Maharashtra have been considered as population for this study. The target population for the year 2013-14 is about 13,46,305 students. Out of nine divisional boards, three boards viz., Kolhapur, Pune and Amaravati were selected randomly. Further, data on 20% of the colleges (which run science, arts and commerce courses) from each educational zone considering the principles of Fisher's table random sampling were collected. Thus, total sample was 13,500 students.

Three major variables viz., Career Decision Making, Emotional intelligence and Health Related Physical Fitness were assessed considering standard questionnaires.

The result of Hotteling  $T^2$  test and factorial ANOVA (2 x 3 x 13) followed by Scheffe's post hoc test have been summarized below:

## **MAJOR FINDINGS**

### **A) Results on Emotional Intelligence**

- Science students had superior intra personal awareness and intra personal awareness than arts and commerce students.
- Arts students had superior intra personal management and inter personal management than commerce and science students.
- Arts students had superior Emotional intelligence than commerce and science students.

### **B) Results on Health related physical fitness**

- Science students had superior Health related physical fitness awareness than commerce and arts students.

### **C) Results on Career competency**

- Science students had superior Self Appraisal than commerce and arts students.
- Science students had superior level of "Knowing yourself" than commerce and arts students
- Science students had superior Occupational Information (Knowing about jobs) than commerce and arts students.

- Science students had superior Goal Selection (Choosing a job) than commerce and arts students.
- Science students had superior Planning (Looking ahead) than commerce and arts students.
- Commerce students had superior ability towards Problem Solving (What should they do?) than science and arts students.
- Both science and commerce students had similar level of Overall Competency in career making than arts students

**D) Relationship between Health related physical fitness awareness, Emotional intelligence and Career decision making abilities of College students**

- Female students had better correlation coefficient between the physical fitness awareness and career decision making ability ( $r=0.76$ ,  $p<0.01$ ) than the males ( $r=0.65$ ,  $p<0.01$ ).
- the residual value of high level of physical fitness awareness was 0.0965, where the adjusted  $R^2$  value was 0.877 which was statistically significant at 0.01 level. This result indicates that high level of physical fitness awareness can predict emotional intelligence and vice versa.
- the residual value of average level of *emotional intelligence* was 0.0358, where the adjusted  $R^2$  value was 0.185 which was statistically not significant at 0.05 level. This result indicates that average level of *emotional intelligence* cannot predict one's *career decision making*. Similar result was evident in case of high level of emotional intelligence which indicates that high level of *emotional intelligence* also cannot predict one's *career decision making*.

- the residual value of high level of physical fitness awareness was 0.0982, where the adjusted  $R^2$  value was 0.880 which was statistically significant at 0.01 level. This result indicates that high level of physical fitness awareness can predict one's career decision making.

## 5.2 Conclusion

Within limitations, this study draws following conclusions:

- Arts students had better profile of Emotional intelligence than commerce and science students.
- Science students had higher profile of Health related physical fitness awareness than commerce and arts students.
- Both science and commerce students had similar but higher profile of Overall Competency in career decision making ability than arts students.
- Awareness of health related physical fitness and career decision making ability possess a high relationship.
- Assessing one's status of health related physical fitness awareness level it is possible to predict his/ her level of career decision making ability.

## 5.3 Recommendation

Based on the results and conclusion, this study recommends the followings:

- Since female students had better ability to take decision about their career, special counseling and guidance are necessary for the male students.

- Since emotional intelligence does not play sufficient role for career decision making ability, it is recommended to impart special counseling and guidance programme for the arts and commerce students.
- As health related physical fitness awareness is significantly correlated with the career decision making ability, the science students possess a better ability for making decision about their career. This study, therefore, suggests that, the arts and commerce students need proper guidance about their career.
- Since the awareness of health related physical fitness can predict one's career decision making, the students population must take care about their health and fitness along with systematic study.

## **5.4 Contribution to the Knowledge**

The Indian students especially after passing 12<sup>th</sup> standard examination, intend to go for making a good career. Wrong decision about the career may lead to distress for the whole life. Therefore, many students take special guidance and counseling from standard institutions towards making their suitable career. In fact, there are many ways and means available so far to take proper decision about one's career, but the importance of health related fitness awareness has not been considered earlier as an additional means. This study, therefore, contributes an idea that along with the available means and ways for making career decision, one may think of awareness on health related physical fitness that might also additionally help towards the ways of making career decision. Thus, the result of this study added a new idea towards career decision making in the knowledge of global education.