

Case Report

Determinants of Choice of Career Among Physical Education Majors of Two Nigerian Universities

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Abstract: The study investigated the predictor of choice of career among the Physical Education majors of two Nigerian universities. A total of 240 students comprising of 120 each from the two universities drawn from 300Level and 400Level using purposive sampling. The instrument used for data collection was a questionnaire designed using the 4 point Likert scale. The data analysis was done using frequencies, percentages and chi-square statistics at 0.05 level of significance. The results obtained in the study showed parents, peers, inability to get admission to other fields of study, and that availability of job did not influence the students' choice of career. It is recommended that students need counselling in their choice of careers.

Keywords: Choice of Career, Physical Education, Nigeria, Universities

1. Introduction

Career has been a phenomenon which connotes vocation, occupation, trade work and it is used to imply a job or employment. It is also the way in which an individual express himself and it also relates to the society through work and can be regarded as one's work or one's life pattern [4, 6]. It is defined in the context of this work as selected sequences of desired professions, occupation, job and the position occupied during a person's working life. In the urge of education, many students are in the wrong academic discipline and the outcome of their continued existence leads to poor performance and dropout.

The choice of Physical Education as a career started around 1950 when few Nigerians went abroad to study the subject and the old Nigerian College of Arts, Science and Technology, Zaria, later Ahmadu Bello University started admitting students to train as Physical Education specialists. In the later years, University of Nigeria, Nsukka and other universities including University of Ibadan started to offer Physical and Health Education as major professional courses. The colleges of education later in the last two decades joined in this professional training of physical educators.

Someone making a vocational choice should base such decisions on intellectual ability, interest, sex and self –

concept on one hand while on the other hand he/she tries to get well – paying job that can fulfil the self needs [2, 9, 10]. Realising the importance of career choice to the adolescents, many psychologists have postulated and conducted researches in this field.

Many diverse factors are generally accepted as being influential in the career developments of students. All too often, career planning has been ineffectual because it was based upon an effort to match intellectual or interest with an occupation without considering other important variables [7]. He also emphasised that other essential factors such as parental influence to be considered are knowledge of themselves, particularly about their abilities, potentialities, interest, motivation and emotional reactions. [3]

The study looked into the following areas:

1. Whether parents' influence had significance on the students' career choice
2. Whether peers had significant influence on their career choice.
3. Whether availability of job had significant influence on the students' choice of career.
4. Whether inability to get admission into other vocational training had significant influence on the students' choice of career.

2. Method and Procedures

The selection of the subjects for the study was purposive. The subjects were the 300 and 400 level Physical Education students of Ahmadu Bello University, Zaria and Usmanu Danfodiyyo University, Sokoto. The selection was delimited to these levels because of the homogeneity of the group.

The survey method and the use of validated questionnaire were the procedure for data collection. The Likert type of technique was adopted to illicit responses from the subjects. With the test and re – test methods, the instrument has reliability of 0.77, and was used for on – the – spot collection of data.

The chi – square analysis was used to test the research hypotheses at 0.05 level of significance.

3. Results and Discussions

Table 1. Parental Influence on Choice of Career.

Responses	f	%	χ^2	Remarks
SA	43	17.92		
A	51	21.25	13.42	
D	80	33.33		
SD	66	21.05		

Calculated $\chi^2 = 13.42$
 Critical value = 7.81
 Alpha level = 0.05

The calculated χ^2 is greater than the critical value, the result shows that the subjects’ parents had no influence on their choice of career.

Researches show that parents have profound influence on their offspring in terms of what careers they may aspire their young ones to pursue, but this has no effect on the choice of Physical Education as a career. Reference [1, 3] supported this claim as parents may tell their children to avoid certain vocations because of poor pay, low prestige, limited opportunities to set ahead and other disadvantages. Reference [5] also emphasized that parents transmit this claim to most of their offspring in choice of career.

Table 2. Peer’s Influence on Choice of Career.

RESPONSES	f	%	χ^2	REMARKS
SA	9	3.75		
A	31	12.92		
D	111	46.25	114.72	Not Significant
SD	89	37.08		

Calculated $\chi^2 = 114.72$
 Critical value = 7.85
 Alpha level = 0.05

The result shows the calculated χ^2 is greater than the critical value and not significant. This shows that the peers had no influence on the choice of careers by the students of the two universities. The result of the study runs contrary to reference [8] who postulated that in the society, people look primarily to their contemporaries for guidance and direction. It is also a consensus that peers and friends are said to have a lot of influence on adolescents’ career aspiration which invariably

leads to choice of occupation. The result of this study shows that the occupation chosen here with the mode of study was not as a result of the opinions of the respondents’ friends and mates.

Table 3. Influence of Job Availability on Career Choice.

RESPONSES	f	%	χ^2	REMARKS
SA	29	12.09		
A	63	26.25	16.72	Not Significant
D	85	35.41		
SD	63	26.25		

Calculated $\chi^2 = 16.72$
 Critical value = 7.81
 Alpha level = 0.05

The inability to secure admission into other field of study did not influence the choice of the students. The calculated chi – square is higher than the critical value, so the students’ inability to gain admission into other field of study did not influence their choice of career. Reference [8] opined that non – directive counselling is however, of little value if it takes place in a vacuum. Studies reveal that advice can be offered to individuals who know little about the options between which they are choosing, helping the individual to define his future roles and lifestyles.

4. Conclusions and Recommendations

On the assumption that job satisfaction is in part achieved when the worker chooses a job that is consistent with his or her interest and capabilities, and that had career choice leads the worker to constant frustrations, it is concluded therefore, that all people seeking for jobs or making a choice on career, need guidance in order to be made aware of available jobs as well as re – assess their own potential abilities more realistically.

In conclusion, inefficiency on the job and other psychological frustration could be traced to wrong choice of occupation, misplaced interest, lack of aptitude for the job done, incompatibility between personality factors and the occupation itself.

It is recommended that other studies should be conducted on:

- a. Career choice on other fields as law, accountancy, medicine etc.
- b. Other universities e.g. the third generation, to ascertain acceptability of Physical Education as a profession.

There should be re – education and awareness of the society and students to appreciate the importance, values and the opportunities being offered and to be derived from Physical Education as a career.

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