UNDERSTANDING THE IMPACT OF STUDENT'S CAREERS ON FULFILLING PARENTAL DREAMS

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DECLARATION

I, RAHUL S NAIR, hereby certify that the dissertation titled **"UNDERSTANDING THE IMPACT OF STUDENT'S CAREERS ON FULFILLING PARENTAL DREAMS"** is the result of my original research conducted during the academic years 2022- 2024. This work is submitted to the University of Kerala as part of the requirements for the Master of Degree in Sociology. I confirm that it has not been previously submitted for any other degree, diploma, fellowship, or similar academic recognition.

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Date: 9/09/2024

CERTIFICATE OF APPROVAL

This is to certify that this dissertation entitled "**UNDERSTANDING THE IMPACT OF STUDENT'S CAREERS ON FULFILLING PARENTAL DREAMS**" is a record of genuine work done by Mr. RAHUL S NAIR, a fourth-semester Master of Arts in Sociology student of this college, under my supervision and guidance, and that it is hereby approved for submission.

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RAHUL S NAIR

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ABSTRACT

This research investigates the influence of parental expectations on individuals' career decisions and overall job satisfaction. The study examines how pressure from parents affects career choices, motivation, and mental well-being among professionals. By analysing survey responses, the research reveals that parental expectations play a crucial role in shaping career paths. A significant portion of respondents feel motivated to align their career goals with their parents' wishes, which often leads to improved job stability and a sense of accomplishment. However, this alignment can also create substantial pressure, leading to stress and conflict, especially when personal career aspirations diverge from familial expectations.

The study highlights that while meeting parental expectations can enhance career stability and satisfaction for some, it may result in personal compromise and dissatisfaction for others. Effective communication between parents and their children is identified as essential for managing these expectations and reducing associated conflicts. The research also underscores the impact of parental pressure on mental health, advocating for support systems to address stress and anxiety related to career decision-making.

In conclusion, this research provides valuable insights into the complex dynamics between parental expectations and career development. It suggests that fostering open dialogue, seeking professional guidance, and prioritizing personal fulfillment are key strategies for achieving a balanced and satisfying career. The findings offer practical recommendations for individuals facing the challenge of aligning their career goals with their parents' expectations while maintaining their own professional aspirations

CHAPTER 1

INTRODUCTION

1.1 Introduction

From early childhood, parents play a crucial role in shaping their children's understanding of the world and their place within it. Parental dreams often reflect broader societal values and aspirations, which can influence children's career decisions. These aspirations can provide a framework within which children develop their own goals and ambitions. For instance, parents who value education and professional success may encourage their children to pursue higher education and enter prestigious professions. This guidance can offer children a sense of direction and purpose, helping them to set and achieve career goals.

Parental influence can manifest in various ways, including through direct encouragement, the modelling of career behaviours, and the setting of expectations. For example, a parent who is a doctor might inspire their child to enter the medical field by sharing their own experiences and emphasizing the rewards of the profession. This influence can be positive when it aligns with the child's interests and aspirations, providing motivation and a clear pathway to success.

The Evolution of Parental Influence

The nature of parental influence on career choices has evolved over time. Historically, parents' career aspirations for their children were often closely tied to economic stability and societal roles. In contemporary settings, there is a growing recognition of the importance of personal fulfilment and work-life balance. This shift reflects broader societal changes and the increasing value placed on individual happiness and well-being.

The Impact of Parental Dreams on Student Careers

Parental dreams, often rooted in personal experiences, cultural values, and societal expectations, can have a profound impact on students' career choices. Parents may project their own unfulfilled ambitions onto their children, or they may have specific hopes for their children's futures based on perceived societal benefits or family traditions. These dreams can serve as a source of motivation and encouragement, inspiring students to strive for excellence. However, when parental dreams are overly prescriptive or rigid, they can create significant pressure and conflict.

Cultural Influences on Parental Expectations

Cultural factors play a pivotal role in shaping parental expectations regarding their children's careers. In certain cultures, traditional professions or family businesses may hold a high degree of importance, leading parents to encourage their children to follow in their footsteps. Cultural norms and values can also influence parental attitudes towards education and career success. For example, some cultures may prioritize academic achievement and professional advancement, while others may emphasize personal fulfillment and community involvement.

Socio-Economic Factors and Parental Aspirations

Socio-economic status can significantly impact parental dreams and their influence on students' career choices. Parents from lower socioeconomic backgrounds may have limited educational and career opportunities themselves, leading them to aspire for their children to achieve greater success.

They may prioritize professions that offer financial stability and upward mobility, even if these choices do not align with their children's interests or passions. Conversely, parents from higher socioeconomic backgrounds may have more flexibility in their career expectations, allowing them to encourage their children to explore a wider range of options.

The Positive Aspects of Parental Guidance

When parental aspirations align with a child's own interests, they can offer substantial benefits. Parental support can enhance a child's self-efficacy and confidence, as they perceive their parents as believing in their potential. This encouragement often translates into increased academic and career achievements. For example, students who receive support and validation from their parents are more likely to pursue challenging career paths, engage deeply with their studies, and achieve professional success.

Furthermore, parents who are involved in their children's career planning can provide valuable resources and networking opportunities. They might offer guidance on career options, help with job placements, or provide connections that facilitate entry into certain fields. This support can be instrumental in helping students navigate their career choices and overcome obstacles.

The Challenges of Parental Pressure

However, parental dreams can also become a source of stress when they do not align with a child's personal interests or abilities. The pressure to meet parental expectations can lead to

feelings of inadequacy and anxiety, particularly if students feel they are not living up to their parents' aspirations. This pressure can be particularly intense in cultures where family honor and expectations are highly emphasized, creating a high-stakes environment for career decisions. In some cases, students may feel compelled to pursue careers that do not resonate with their own passions or strengths, leading to long-term dissatisfaction and burnout. For example, a student who is pressured to enter a high-status profession despite having no genuine interest in it may struggle with a lack of motivation and engagement.

The Psychological Impact of Parental Expectations

The psychological impact of parental expectations is profound and multifaceted. Students who experience high levels of parental pressure may develop stress-related conditions such as anxiety and depression. The constant pressure to meet external expectations can undermine their self-esteem and lead to a diminished sense of autonomy. These psychological effects can extend into adulthood, influencing not only career satisfaction but also personal relationships and overall life satisfaction.

The Long-Term Implications of Parental Pressure

The long-term implications of parental pressure on student careers and relationships can be far-reaching. Students who feel pressured to pursue careers that do not align with their interests may experience dissatisfaction and unhappiness in their professional lives. This dissatisfaction can lead to decreased motivation, burnout, and even career changes. Additionally, the strain of parental pressure can damage relationships between parents and their children, leading to conflict, resentment, and estrangement.

The Impact of Cultural and Societal Norms

Cultural and societal norms play a significant role in shaping the dynamics of parental influence. In collectivist cultures, where family and community expectations are paramount, parental dreams often carry substantial weight. These cultures may place a strong emphasis on conforming to family expectations, which can intensify the pressure on students. Conversely, in individualistic cultures, there may be greater emphasis on personal choice and self-determination, potentially leading to a different kind of dynamic between parental expectations and career choices.

The Balance Between Guidance and Autonomy

Finding a balance between parental guidance and a child's autonomy is crucial. While parental input is valuable, it is essential for students to have the space to explore their own interests and make independent decisions. Encouraging open communication and fostering an environment where students feel supported in pursuing their own goals can mitigate the negative effects of parental pressure. Parents who actively listen to their children's aspirations and provide support without imposing their own dreams are likely to foster healthier, more fulfilling career choices for their children.

The Psychological and Emotional Consequences of Parental Pressure

Parental pressure can have significant psychological and emotional consequences for students. When students feel compelled to conform to their parents' expectations, they may experience stress, anxiety, and a sense of lost autonomy. This pressure can also lead to feelings of guilt, shame, or resentment. Moreover, the constant need to meet parental expectations can hinder students' ability to explore their own interests and passions, limiting their personal growth and development.

1.2 Statement of the Problem

The impact of parental aspirations on students' career choices is a critical issue that affects individuals' professional paths and personal satisfaction. While parental guidance can be beneficial, excessive pressure to conform to parental dreams often leads to significant stress and misalignment between students' interests and their chosen careers. This misalignment can result in career dissatisfaction, diminished motivation, and a lack of personal fulfillment, as students may pursue paths that do not resonate with their own passions or skills. Understanding how these parental expectations shape students' career decisions and emotional well-being is essential for addressing the challenges faced by many individuals in their professional lives.

Moreover, the long-term consequences of parental pressure are a major concern, impacting not only students' career satisfaction but also their overall happiness and personal relationships. Despite existing research on the influence of parental expectations, there remains a notable gap in comprehensively understanding how such pressures affect students over time. This study seeks to fill this gap by exploring the effects of parental dreams on students' career choices, coping mechanisms, and long-term outcomes, thereby informing strategies to better support

students in achieving fulfilling and personally aligned career paths while managing the complexities of parental influence.

1.3 Significance of the Study

This study is significant for several reasons, as it addresses crucial aspects of how parental aspirations impact students' career choices and long-term well-being. By exploring the dynamics between parental expectations and students' career paths, this research provides valuable insights into the psychological and emotional effects of such pressures. Understanding these dynamics is essential for educators, career counsellors, and policymakers to develop effective support systems that can help students navigate their career choices while balancing familial expectations.

Furthermore, the study's focus on the long-term consequences of parental pressure highlights the importance of addressing these issues early in students' educational journeys. By identifying how these pressures affect career success and personal relationships over time, the research can contribute to the development of strategies that promote healthier family dynamics and more supportive environments for career development. This, in turn, can lead to better mental health outcomes and more fulfilling career paths for students. Ultimately, the study aims to bridge gaps in existing research, providing actionable recommendations for supporting students in achieving a balance between personal aspirations and parental expectations, thereby fostering a more positive and productive career development process.

CHAPTER II

REVIEW OF LITERATURE

2.1 Introduction to the Review of Literature

Context and Rationale

The interplay between parental aspirations and students' career choices is a profound and multifaceted area of study in the field of sociology and psychology. Parental dreams often exert a significant influence on the career trajectories of their children, shaping not only the choice of profession but also the manner in which students perceive their own career satisfaction and success. As societal expectations and familial pressures continue to evolve, understanding the impact of these dynamics on student career development becomes increasingly important.

Purpose of the Review

This chapter aims to provide a comprehensive review of the literature related to the impact of parental dreams on student careers. The purpose of this review is to gather, analyze, and synthesize existing research to establish a well-rounded understanding of the various ways in which parental expectations influence career decisions and outcomes. By examining previous studies, theories, and findings, this review seeks to identify key trends, challenges, and gaps in the existing body of knowledge, thereby laying the groundwork for the current study.

To address the research gap in understanding how students' career choices are influenced by the desire to fulfill parental dreams, this literature review systematically examines studies across three different settings: global, Asian, and Indian contexts. This structured approach aims to provide a comprehensive view of the factors influencing students' career decisions and identify key areas where further research is needed.

1. **Global Studies:** This section reviews international studies on how parental expectations shape students' career choices, providing a broad understanding of this phenomenon across different cultures and societies.

2. **Asian Studies:** Focusing on studies conducted within Asian contexts, this section highlights the unique cultural, societal, and familial dynamics that influence career decisions in these regions.

3. **Indian Studies:** This section delves into research specific to India, examining the impact of parental aspirations and traditional family structures on students' career paths, revealing distinct challenges and pressures faced by Indian students.

Through this approach, the review seeks to uncover gaps in existing literature and draw comparative insights across these settings, enhancing the understanding of how fulfilling parental dreams impacts students' career choices globally, regionally, and locally.

2.2 REVIEWS

Global Studies

Gati, I., & Levin, N. (2012) Gati and Levin explore the emotional ramifications of parental pressure on career choices through psychological assessments and focus group discussions. Their study examines how different levels of parental pressure affect students' emotional well-being and decision-making processes. The findings indicate that moderate parental pressure can act as a motivating factor, encouraging students to strive for excellence. However, excessive pressure often leads to significant emotional distress, including anxiety and confusion, which can impair students' ability to make informed and fulfilling career choices.

The research highlights that while some degree of parental pressure can be beneficial, providing students with a sense of direction and motivation, excessive pressure can have detrimental effects. Students subjected to high levels of pressure may experience heightened levels of stress, reduced self-esteem, and difficulties in making career decisions that align with their true interests. The study underscores the importance of a balanced approach, where parental guidance is supportive rather than coercive, to help students make career choices that are both fulfilling and aligned with their personal values and goals.

Aldous, J. (1998) Aldous examines how parental involvement impacts children's career aspirations through longitudinal studies and interviews. The research focuses on the role of parental support and engagement in shaping children's long-term career goals. Findings suggest that active parental involvement can positively influence career aspirations by providing guidance, encouragement, and access to resources.

The study further indicates that children with supportive and engaged parents are more likely to develop clear and ambitious career goals. Conversely, a lack of parental involvement or negative parental attitudes can hinder career development, leading to less defined or less ambitious career aspirations. Aldous's research emphasizes the crucial role of parental

engagement in nurturing children's career aspirations and the need for parents to be actively involved in their children's career planning and development.

Palkovitz, R., & Pasley, K. (1993) Palkovitz and Pasley explore the impact of parental expectations on adolescents' career development through surveys and interviews. The study investigates how high or low parental expectations influence adolescents' career choices and motivation. Results indicate that realistic and supportive parental expectations can enhance adolescents' career aspirations and self-efficacy.

However, the study also reveals that excessively high or unrealistic parental expectations can lead to anxiety and a mismatch between adolescents' interests and their career choices. The research highlights the need for parents to set expectations that are both challenging and achievable, fostering an environment where adolescents feel supported in pursuing their true career interests. Palkovitz and Pasley's findings suggest that a balanced approach to parental expectations is essential for optimal career development in adolescents.

Hossler, D., & Stage, F. K. (1992) Hossler and Stage investigate the influence of parental involvement on students' career decision-making processes through surveys and case studies. The study finds that parental guidance and support significantly affect students' career choices and academic paths. Effective parental involvement provides students with valuable information, encouragement, and resources.

The research indicates that students who receive substantial parental support are more likely to make informed and confident career decisions. On the other hand, a lack of parental involvement or negative parental influence can lead to indecision and reduced career aspirations. Hossler and Stage's work underscores the importance of active and positive parental involvement in guiding students through their career decision-making processes.

Schunk, D. H., & Zimmerman, B. J. (2007) Schunk and Zimmerman examine the relationship between parental expectations and student career motivation through surveys and experimental studies. Their research reveals that parental expectations have a significant impact on students' career motivation and engagement. High parental expectations, when combined with supportive behaviors, can boost students' motivation and achievement.

However, the study also finds that unrealistic or overly demanding expectations can result in decreased motivation and increased stress among students. The research emphasizes the need for parents to balance their expectations with encouragement and support, fostering an

environment where students feel motivated and capable of pursuing their career goals without undue pressure.

Bandura, A. (2001) Bandura's research explores the influence of parental support on students' career decision-making processes using theoretical modeling and empirical studies. The study highlights that various forms of parental support, such as emotional and practical assistance, play a critical role in shaping students' career decisions.

The findings suggest that emotional support, including encouragement and validation, helps students build confidence and resilience in their career choices. Practical support, such as providing guidance and resources, enhances students' ability to make informed decisions. Bandura's research underscores the significance of comprehensive parental support in improving career decision-making and outcomes.

Coleman, J. S. (1988) Coleman investigates the impact of parental influence on academic achievement through large-scale surveys and statistical analyses. The study examines how different types of parental involvement affect students' academic performance. Results show that high levels of parental involvement are positively correlated with better academic achievements.

The research also indicates that while supportive parental involvement benefits academic success, excessive pressure or unrealistic expectations can negatively affect students' performance. Coleman's study emphasizes the importance of a balanced approach to parental involvement, where support and expectations are aligned with students' needs and capabilities to promote academic success.

Savickas, M. L. (2005) Savickas explores the impact of parental influence on students' career goals through theoretical modeling and empirical research. The study examines how various forms of parental involvement shape students' career goals and aspirations.

The findings reveal that positive parental influence, including active engagement and encouragement, helps students set realistic and achievable career goals. Conversely, excessive or misaligned parental expectations can result in career goals that do not match students' personal interests. Savickas's research highlights the need for supportive and balanced parental involvement in defining students' career goals.

Lent, R. W., & Brown, S. D. (2006) Lent and Brown explore the role of parental expectations in career decision-making through theoretical modeling and empirical studies. The research examines how parental expectations influence students' career decisions and motivations.

The findings indicate that aligned parental expectations can enhance career motivation and decision-making. However, misalignment between expectations and students' personal interests can lead to decreased motivation and dissatisfaction. The research emphasizes the importance of understanding and aligning parental expectations with students' aspirations to support effective career decision-making.

Crites, J. O. (2001)C rites investigates the impact of parental influence on career planning through surveys and interviews. The study explores how different types of parental involvement affect students' career planning and decision-making processes.

The research finds that supportive parental involvement contributes to more effective career planning and better career outcomes. However, the quality and type of parental influence can vary, affecting students' career planning results. Crites's study highlights the importance of constructive and supportive parental involvement in career planning.

Asian Studies

Wong, Y. L., & Liu, S. C. (2010) Wong and Liu explore the impact of parental expectations on career aspirations among Chinese high school students. Using surveys and focus groups, the study finds that high parental expectations significantly shape students' career decisions, often steering them toward prestigious professions such as medicine and engineering. However, excessive pressure can lead to stress and decreased career satisfaction. Supportive parental expectations enhance motivation, but overpressure can negatively impact emotional well-being and decision-making.

Kim, H. S., & Choi, S. H. (2015) This study examines the role of parental involvement in career decision-making among South Korean students. The research shows that active parental guidance positively influences career exploration and decision-making, especially in STEM fields. However, the study also highlights the drawbacks of authoritarian parenting, which can stifle creativity and self-expression.Balanced parental involvement fosters better career exploration, while excessive control can hinder personal interest alignment.

Chao, R. K. (1994) Chao investigates how Chinese parenting styles impact children's educational and career outcomes. The study finds that the "training" style, characterized by

high expectations and close supervision, significantly influences students' career achievements. While beneficial in terms of discipline and focus, this approach can also lead to anxiety and burnout. The "training" parenting style enhances academic and career achievements but may negatively affect emotional health.

Rao, N., & Ng, S. S. N. (2010) This study explores parental influence on career aspirations in Hong Kong through qualitative interviews. Findings indicate that parents' educational background and socioeconomic status heavily influence students' career choices, often pushing them toward high-paying jobs. The study emphasizes the need for a balanced approach to support students' individual interests.Parental influence is strong in directing career paths, often aligned with socioeconomic goals.

Tang, M., & Fouad, N. (1999) Tang and Fouad explore how cultural values and parental expectations shape career choices among Asian American college students. The study finds that traditional Asian values, including filial piety and family honor, significantly impact career decisions, often leading to choices that prioritize family expectations over personal interests. Cultural values play a pivotal role in career decision-making, often prioritizing family over personal desires.

Guan, Y., & Li, H. (2015) This research investigates the impact of parental expectations on career planning among Chinese undergraduate students. Through surveys, the study reveals that high parental expectations correlate with greater career planning and goal-setting but also with increased levels of stress and anxiety. High expectations encourage detailed career planning but can also contribute to elevated stress.

Sawitri, D. R., & Creed, P. A. (2014) Sawitri and Creed examine how parental support affects career aspirations among Indonesian students. The study finds that emotional and financial support from parents positively influences career aspirations and decision-making, promoting higher levels of career confidence and goal clarity.Parental support boosts confidence and clarity in career choices, enhancing decision-making.

Lee, J., & Rhee, E. (2007) This study explores the influence of Korean parents on career decisions through quantitative surveys. It highlights that students often feel pressured to choose careers that meet parental expectations, especially in competitive fields. The research suggests that while guidance is crucial, excessive control can stifle personal career satisfaction.Parental control can direct career paths but may limit individual fulfillment.

Zhang, L., & Carrasquillo, A. L. (1995) Zhang and Carrasquillo investigate parental influences on career choices among Chinese immigrant families. The study finds that traditional values and family obligations heavily influence career choices, often leading to conflicts between personal interests and family expectations.Traditional values significantly shape career choices, creating tension between personal and familial goals.

Hao, L., & Bonstead-Bruns, M. (1998) This study examines the influence of parental involvement on career success among Chinese students. It finds that parental involvement, particularly in the form of academic support and guidance, plays a crucial role in students' career achievements. However, the study also notes that over-involvement can lead to dependency and reduced self-efficacy.Parental involvement is key to career success but should be balanced to foster independence.

Indian Studies

Gupta, N., & Ghosh, P. (2017) Gupta and Ghosh examine the role of parental expectations in shaping career aspirations among Indian adolescents. Their study, using surveys and interviews, finds that high parental expectations often lead students towards traditional career paths such as engineering and medicine. The research highlights the impact of parental pressure on students' career satisfaction and mental health.High parental expectations influence career choices significantly, often leading to high-pressure environments that impact mental well-being.

Kumar, A., & Singh, R. (2015) This study explores how parental involvement affects career decision-making among Indian college students. Through qualitative interviews, Kumar and Singh reveal that supportive parental involvement helps students in making informed career decisions, while overbearing involvement can restrict career choices and personal growth.Supportive parental involvement enhances decision-making, while excessive control can limit career options and personal development.

 Sharma, S., & Gupta, R. (2018) Sharma and Gupta investigate the influence of socio-economic factors on parental expectations and career choices among Indian students. Their research shows that students from higher socio-economic backgrounds often face different parental expectations compared to those from lower socio-economic backgrounds, affecting their career aspirations and opportunities.

Mehta, K., & Desai, P. (2016) Mehta and Desai study the impact of parental pressure on career choices in Indian students through surveys and focus groups. The findings indicate that while moderate parental pressure can motivate students, excessive pressure often results in stress and dissatisfaction, affecting their career decisions. Moderate pressure can motivate, but excessive pressure leads to stress and dissatisfaction.

Patel, A., & Kumar, S. (2019) Patel and Kumar explore the role of parental support in career development among Indian high school students. Their study finds that parental encouragement and practical support positively influence career planning and decision-making, while lack of support can hinder career development. Parental support positively affects career planning and decision-making, while lack of support can impede career development.

Reddy, S., & Bhat, K. (2020) Reddy and Bhat examine how traditional Indian family values impact career choices among students. Their research highlights that traditional values often lead students towards family-preferred careers, such as engineering or medicine, and affect their career satisfaction and personal interests. Traditional family values strongly influence career choices, often prioritizing family preferences over personal interests.

Agarwal, P., & Sharma, M. (2014) Agarwal and Sharma investigate the impact of parental expectations on career aspirations among Indian students through case studies and surveys. The study finds that high parental expectations often lead to career choices that align with family prestige rather than personal interests, affecting career satisfaction. High parental expectations can lead to career choices that prioritize family prestige over personal satisfaction.

Joshi, V., & Gupta, S. (2017) Joshi and Gupta explore the influence of parental guidance on career decisions among Indian adolescents. Their study reveals that effective parental guidance helps students in exploring a wider range of career options, while lack of guidance limits their career exploration. Effective parental guidance promotes broader career exploration, while lack of guidance restricts options.

Singh, A., & Mehta, N. (2015)Singh and Mehta study the effect of parental involvement on career success among Indian college graduates. The research shows that parental support during career planning phases positively influences career success, but over-involvement can lead to dependency and reduced self-confidence. Parental support enhances career success, while over-involvement can result in dependency and lower self-confidence.

Nair, R., & Sinha, S. (2018) Nair and Sinha investigate the role of parental expectations in shaping career aspirations among Indian students in urban and rural areas. Their study highlights significant differences in how parental expectations impact career choices based on geographic location, with urban students often facing more pressure for high-status careers.Geographic location influences the impact of parental expectations on career choices, with urban areas showing higher pressure for prestigious careers.

2.3 RESEARCH GAP AANALYSIS

Despite the insights provided by existing studies, several research gaps remain. Firstly, there is limited exploration of how parental expectations specifically impact students' emotional well-being and mental health. Most studies focus on career choices without delving deeply into the associated emotional and psychological effects. Secondly, comparative studies between regional contexts within countries, such as rural versus urban areas in India or between different states in Asia, are scarce. Such comparisons could reveal significant variations in how parental influence affects career decisions based on local cultural and socio-economic conditions.

Furthermore, the influence of modern factors, such as social media and global career trends, on parental expectations and students' career choices is not well-explored. As global connectivity increases, understanding how contemporary influences interact with traditional parental expectations could provide valuable insights. Lastly, most existing research is cross-sectional, and there is a need for longitudinal studies to track changes in students' career aspirations and the evolving role of parental influence over time.

CHAPTER III
RESEACH METHODOLOGY

3.1 TITLE OF THE STUDY

UNDERSTANDING THE IMPACT OF STUDENT'S CAREERS ON FULFILLING PARENTAL DREAMS

3.2 OBJECTIVES

General objective

Understanding the impact of parental dreams on student careers.

Specific Objectives

- To learn how students feel when their careers match or don't match their parents' wishes.
- To identify how students deal with pressure from parents about their careers.
- Assess the long-term consequences of parental pressure on student careers and relationships

3.3 Theoretical Definitions

Parental Dreams:

In theoretical terms, "parental dreams" refer to the aspirations, ambitions, and expectations that parents hold regarding their children's future careers. These dreams are often informed by various factors, including cultural values, personal experiences, and societal expectations. Theoretical perspectives suggest that parental dreams play a critical role in shaping children's career choices and developmental trajectories.

For instance, attachment theory posits that parental influence, including their dreams for their children, can affect a child's career aspirations and choices. Additionally, the concept of socialization theory emphasizes how parents transmit their values and expectations to their children, potentially guiding their career paths and shaping their professional identities.

Student Careers:

"Student careers" encompass the professional paths and vocational choices that students make as they transition from education to the workforce. From a theoretical perspective, career

development theories such as Super's Life-Span, Life-Space Theory and Holland's Theory of Vocational Personalities provide insight into how students form and pursue their career goals. These theories highlight the interaction between individual attributes (e.g., interests, skills) and external influences (e.g., parental expectations) in shaping career decisions. Theories of career development also address how personal and social factors, including parental dreams, influence career aspirations and achievements over time.

Operational Definitions

Parental Dreams:

Operationally, "parental dreams" are defined as the specific career aspirations and expectations that parents express or imply regarding their children's future. This can be measured through a structured questionnaire or survey where students report their perceptions of their parents' career-related expectations. For example, students might be asked to rate the extent to which they feel their parents have specific career aspirations for them or to describe any career goals their parents have explicitly communicated.

Student Careers:

"Student careers" are operationalized as the career choices and professional paths that students pursue. This can be assessed by gathering data on students' declared career interests, chosen fields of study, and employment goals. Surveys or interviews might include questions about students' current career plans, the influences on their career decisions, and how these align with or diverge from their parents' expectations.

3.4 Variables

Independent Variables:

1. Parental Dreams

2. Parental Expectations

Dependent Variables:

1. Student Career Choices

2. Student Career Satisfaction

3.5 Hypothesis

- Parental dreams influence students' career choices.
- Parental support helps students succeed in their careers.
- Parental dreams have a long-term impact on students' career progression
- Parental pressure influences students' career choices more than their personal interests.
- Supportive parental attitudes contribute to better career outcomes for students.

3.6 RESEARCH DESIGN

This study uses a quantitative research design to explore the impact of parental dreams on student careers. By employing a descriptive survey method, we will collect numerical data through a structured questionnaire distributed to a sample of students. The descriptive survey approach will enable the collection of a broad range of data from a diverse sample of students, providing a comprehensive view of their experiences and perceptions. Data will be gathered using a carefully designed questionnaire distributed to a randomly selected sample of students from various educational institutions, ensuring that the sample is representative of the broader student population.

This approach will allow us to measure and analyze how parental expectations influence students' career choices and their overall satisfaction. Statistical analysis will be used to identify patterns and relationships in the data, providing clear insights into the effects of parental pressure. The research will be conducted with careful attention to ethical standards, including informed consent and confidentiality.

3.7 UNIVERSE AND UNIT OF THE STUDY

Universe: The universe of this study includes all students enrolled in various colleges and universities within the selected region or network of institutions. This broad population represents the entire group of individuals from whom data will be gathered to understand the impact of parental dreams on career choices.

Unit: The unit of study is the individual student from these colleges and universities. Each student is considered a separate unit for data collection, providing personal insights into how parental expectations influence their career decisions and satisfaction.

3.8 SAMPLING DESIGN

For this study, the sampling design utilized was convenience sampling. Data was collected from students who are personally known to the researcher, representing a variety of colleges and educational backgrounds. This approach was chosen due to practical considerations and the ease of access to participants. While convenience sampling does not involve random selection, it provides valuable insights from a targeted group of individuals who can offer relevant perspectives on the impact of parental dreams on career choices. Although this method may introduce some degree of bias, the data collected reflects the experiences and opinions of students across different academic settings

3.9 SOURCES OF DATA

● **Primary Sources:**

Structured Questionnaires: The primary data for this study was collected through structured questionnaires administered to students. These questionnaires were designed to capture detailed information about students' perceptions of parental influence on their career choices, their career alignment, and their emotional well-being. The structured format allowed for the collection of quantifiable data that could be analyzed statistically to identify patterns and correlations.

Secondary Sources:

Literature Review: Relevant academic articles, books, and previous research studies on the influence of parental expectations on career decisions were reviewed to provide a theoretical framework and context for the study. These secondary sources helped in identifying existing gaps in the literature and shaping the research questions.

3.10 PILOT STUDY

Purpose: The pilot study was conducted to test the effectiveness and reliability of the data collection tools before the main study. It aimed to identify any issues or limitations in the structured questionnaire and survey process, ensuring that the instruments are well-suited to capture the data required for the research.

Participants: A small sample of students, representative of the target population, was selected to participate in the pilot study. These participants were chosen from the same colleges and demographic groups as those in the main study to provide relevant feedback.

3.11 TOOLS OF DATA COLLECTION

Questionnaire: The primary tool used for data collection in this study was a structured questionnaire. The questionnaire was designed to gather quantitative data on students' experiences and perceptions regarding parental influence on their career choices. It consisted of a series of closed-ended questions, Likert scale items, and demographic questions, which allowed for systematic and uniform responses from participants. The questionnaire was distributed via Google Forms, facilitating easy access and submission for participants, and ensuring data collection was efficient and streamlined.

Google Forms: Google Forms was utilized as the platform for administering the questionnaire. This online tool enabled the researcher to distribute the questionnaire to a wide range of students across different colleges conveniently. The use of Google Forms also provided real-time data collection and automated data aggregation, which streamlined the process of managing and organizing responses. The platform's user-friendly interface and accessibility ensured a high response rate and minimized data entry errors.

3.12 DATA COLLECTION

In this study, data were collected from 55 respondents to understand the impact of parental expectations on career choices. The respondents provided detailed insights into their career experiences through a structured questionnaire.

Survey Design

The survey consisted of a comprehensive set of questions designed to gather quantitative and qualitative data. The questionnaire included:

- **Demographic Variables:** The first section of the survey collected essential demographic information from the respondents, including age, gender, and educational qualification. This data helped in understanding the background of the participants and analyzing the impact of parental expectations across different demographic groups.

- **Likert Scale Questions:** The core of the survey comprised 27 Likert scale questions. These questions aimed to measure the respondents' attitudes and perceptions regarding various aspects of parental influence on their career choices. Likert scale questions provide a range of responses from strongly agree to strongly disagree, allowing for a nuanced analysis of the respondents' views.

- **Checkbox Questions:** In addition to the Likert scale questions, the survey included 2 checkbox questions. These were designed to gather categorical data on specific aspects related to the research topic, providing additional context and depth to the quantitative data collected.

3.13 TOOLS FOR DATA ANALYSIS

SPSS (Statistical Package for the Social Sciences): To analyze the data collected from the questionnaire, SPSS was employed. SPSS is a powerful statistical software that allows for comprehensive data analysis, including descriptive statistics, correlation analysis, and regression analysis. Using SPSS, the researcher could perform complex statistical operations to identify patterns, correlations, and potential causal relationships within the data. This analysis provided valuable insights into the impact of parental influence on students' career choices and the overall validity of the research findings.

3.14 LIMITATIONS OF THE STUDY

The study subject to the following limitations:

- Since the data was collected from students whom the researcher already knew, there could be a selection bias. This might limit the diversity of perspectives and experiences, as these students might not represent the broader student population.
- The use of questionnaires relies on students' self-reported data, which may be influenced by their desire to provide socially desirable responses or their own perceptions and biases.
- The study's findings may not be generalizable to all students, particularly if the sample is not representative of different demographics or educational backgrounds.
- As the study collects data at a single point in time, it may not capture changes in students' perceptions or career decisions over time, limiting the ability to assess long-term impacts.
- There could be a risk of non-response bias if certain groups of students are less likely to respond to the questionnaire, potentially skewing the results.
- The influence of parental dreams might vary significantly across different cultural, social, or economic contexts, and the study might not account for these variations if the sample is concentrated in specific areas.

CHAPTER 4

DATA ANALYSIS AND INTERPRETATION

4.1 Introduction

This chapter provides a comprehensive analysis of the data collected to examine the impact of students' career choices on fulfilling parental dreams. The central aim of this study is to understand how students' career decisions intersect with their parents' aspirations and expectations. The analysis is based on a dataset obtained from a structured questionnaire distributed via Google Forms, which was completed by 55 respondents from various colleges across Kerala.

The quantitative data collected through this survey offers valuable insights into the trends and patterns related to students' career choices and their perceptions of parental influence. This data was analyzed using the Statistical Package for the Social Sciences (SPSS) and Microsoft Excel, providing a statistical overview that highlights key relationships and trends.

4.2 Demographic Profile

Age Distribution of Respondents
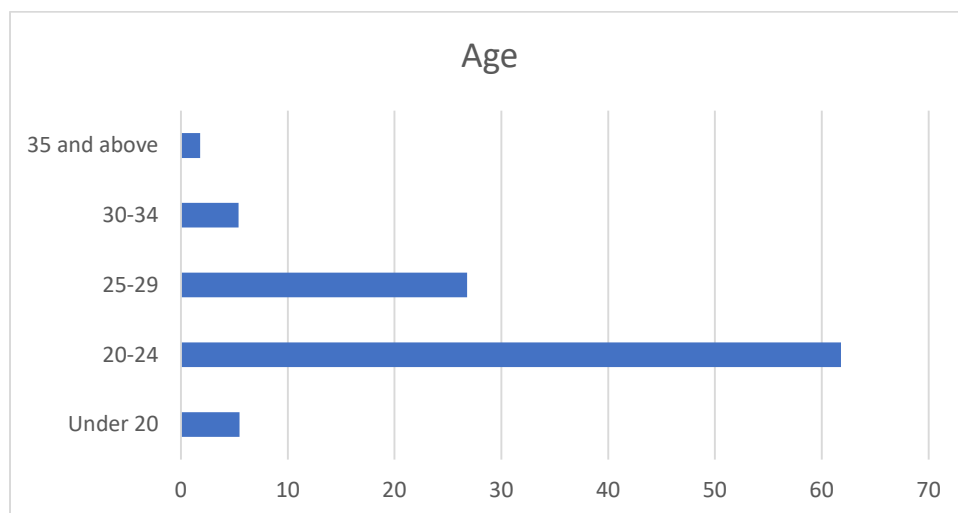
Fig 1 Age

The age distribution data reveals that a significant majority of the population is young, with 61.8% aged 20 to 24 years, followed by 26.8% in the 25 to 29 age range. Only 5.5% are under 20, while the percentages drop sharply for older age groups, with 5.4% aged 30 to 34 and

just 1.8% aged 35 and above. This indicates a youthful demographic, predominantly concentrated in the early twenties.

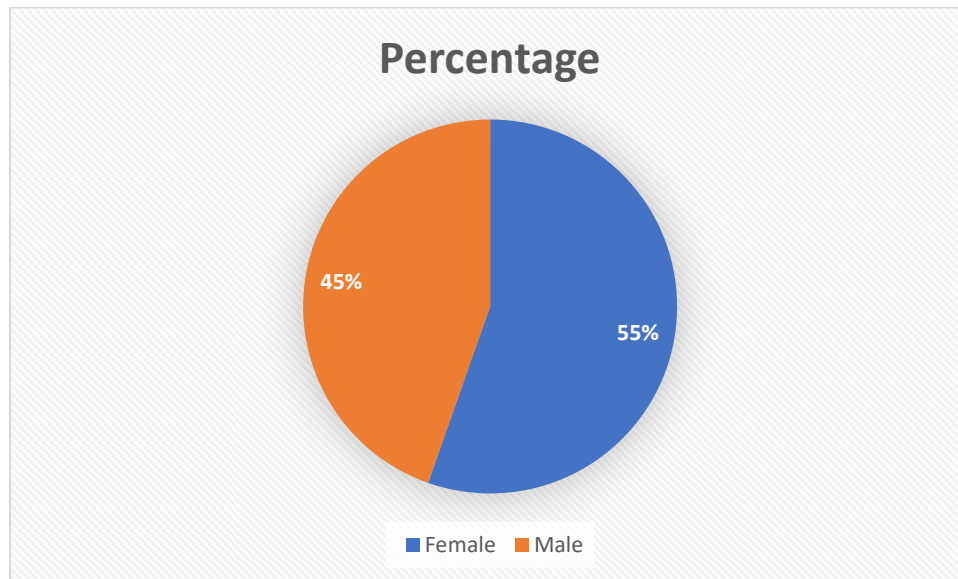**Gender Distribution of Respondents**

Fig 2 Gender

The graph illustrates the gender distribution among the survey respondents. Of the total participants, 55% are female and 45% are male. This distribution reflects a slightly higher representation of females compared to males, offering a nuanced view of career-related issues from both perspectives. By including a substantial number of both genders, the survey ensures that the findings can be analyzed for gender-specific trends and differences, providing a well-rounded understanding of how career experiences and pressures may vary between genders.

Academic Level of Respondents

The graph displays the distribution of respondents based on their highest level of education. The majority of participants, comprising 66.1%, hold a Master's degree, indicating a highly educated sample with advanced academic qualifications. This is followed by 25% of respondents who have completed undergraduate degrees, suggesting a strong foundation in higher education. A smaller portion, 5.4%, falls into the "Other" category, which includes various non-traditional or specialized educational backgrounds. Notably, 1.8% of respondents hold a PhD, representing those with the highest level of academic achievement, while another 1.8% have completed only high school. This varied academic background allows for a diverse

perspective on career-related issues, reflecting a range of experiences and educational attainments.
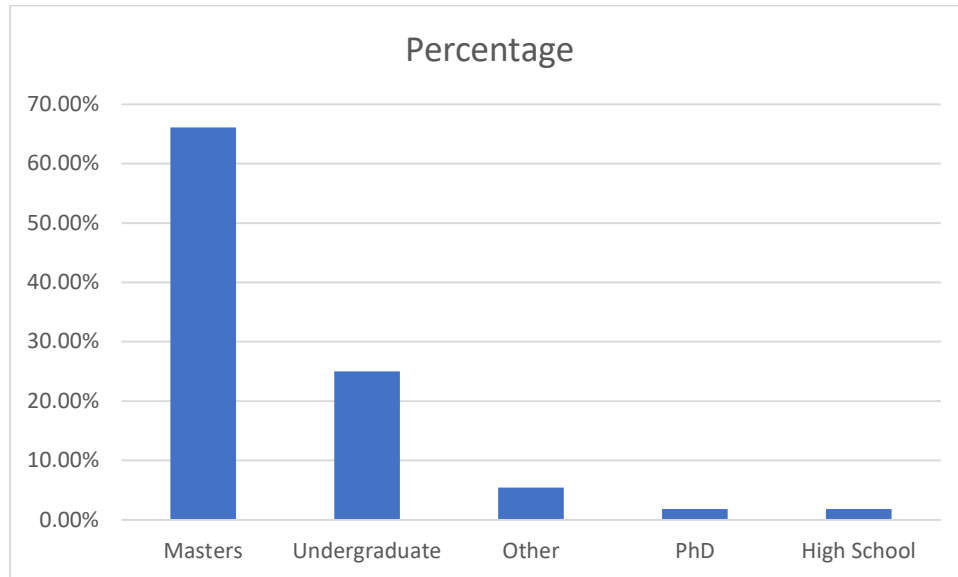

Fig. 3 Education

4.3 Parental Influence

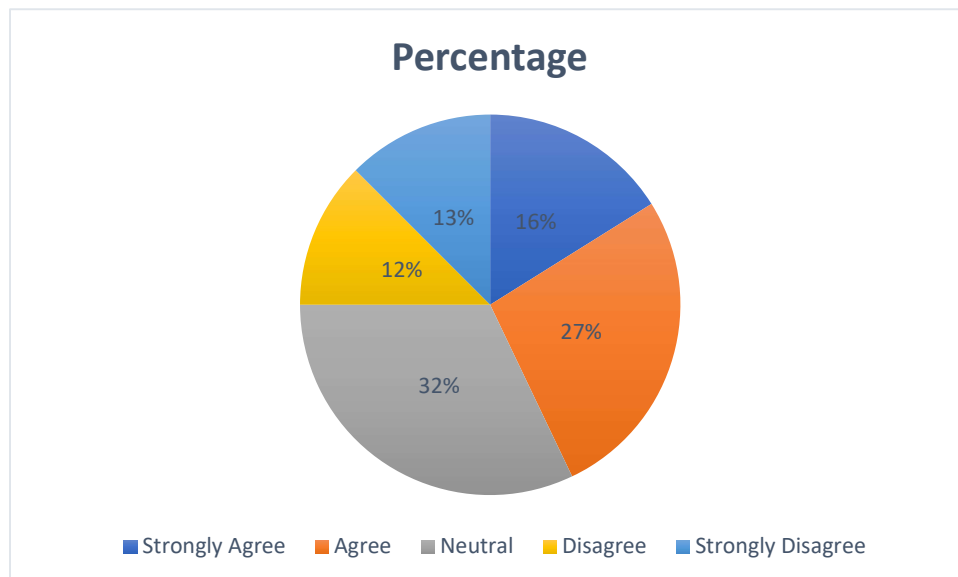### 4.3.1 Impact of Parental Career Expectations

Fig 4 Career Expectation

The graph shows how respondents feel about the influence of parental career expectations on their own careers. A large portion, 32%, are neutral, meaning they are unsure or feel that

parental expectations have a limited impact. About 16% strongly agree that these expectations have significantly affected their career, and 12% also agree, though less emphatically. On the other hand, 12% disagree, feeling that parental expectations have not influenced their career, while 13% strongly disagree, indicating they believe parental expectations have had little to no effect. This shows a mix of opinions on the extent of parental influence on career choices.

4.3.2 Influence of Parental Wishes on My Career Choices
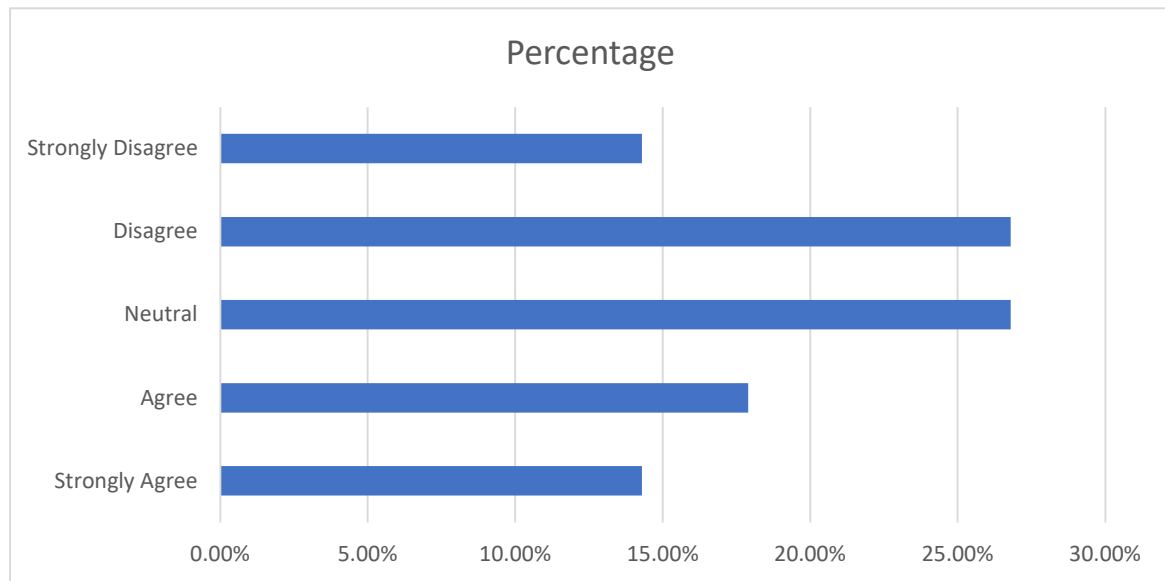
Fig. 5 Parental wisher on Career choices

The graph illustrates how respondents view the influence of their parents' wishes on their career decisions. A total of 14.3% strongly agree that parental wishes have significantly shaped their career choices, while 17.9% agree to a lesser extent.

In contrast, 26.8% are neutral, suggesting they are unsure or feel that parental wishes have a moderate effect. Another 26.8% disagree, indicating that they believe parental wishes have not had much impact on their career. Lastly, 14.3% strongly disagree, reflecting that they feel parental wishes have had little to no influence on their career choices.

This distribution highlights a range of experiences regarding the impact of parental wishes on career decisions, from significant influence to minimal effect.

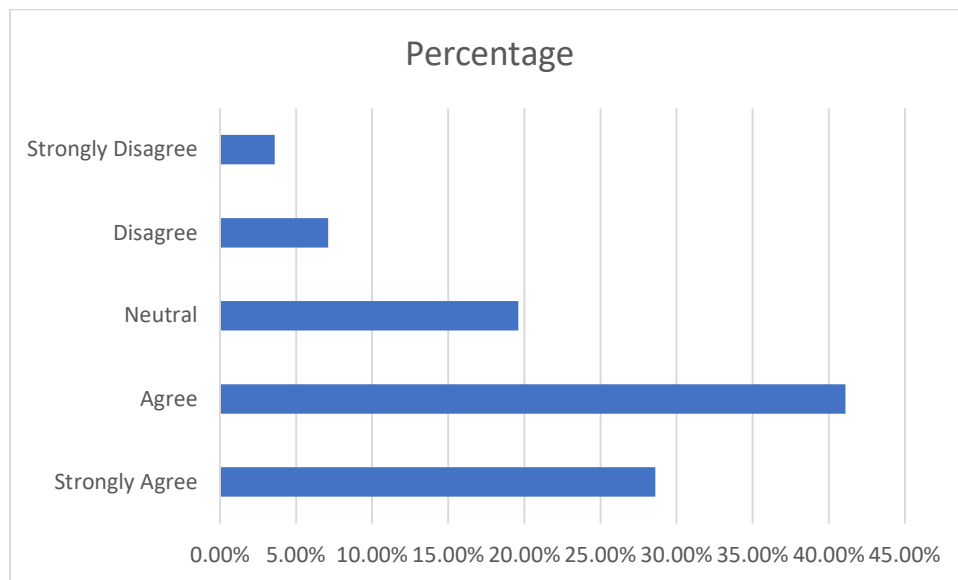### 4.3.3 Parental Pride and Its Influence on My Career Choices

Fig. 6 Parental Pride

The graph shows how often respondents take their parents' pride into account when making career decisions. A substantial 28.6% of respondents strongly agree that they frequently consider how their career choices will make their parents proud. Additionally, 41.1% agree, indicating that parental pride is an important factor in their career planning.In comparison, 19.6% are neutral, suggesting they are either unsure or believe that the consideration of parental pride has a moderate impact. A smaller group, 7.1%, disagree, indicating that they do not often think about parental pride in their career choices, while only 3.6% strongly disagree, reflecting that they rarely consider this aspect.

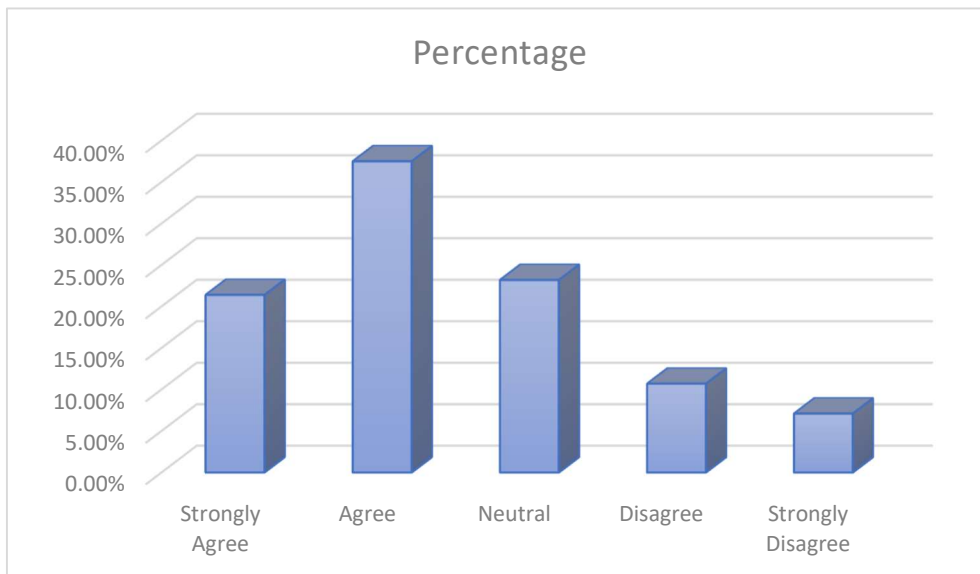### 4.3.4 Impact of Parental Approval on My Career Decision-Making

Fig. 7 Parental Approval

The graph illustrates the extent to which respondents feel their parents' approval influences their career decision-making. A significant 21.4% of respondents strongly agree that parental approval plays a major role in their career choices. Additionally, 37.5% agree, showing that a considerable portion of participants view parental approval as an important factor in their decision-making process.

Conversely, 23.2% are neutral, indicating that they may experience a moderate or uncertain level of influence from their parents' approval. Meanwhile, 10.7% disagree, suggesting that parental approval has little impact on their career decisions. A smaller percentage, 7.1%, strongly disagree, reflecting that they feel parental approval does not affect their career choices.

Overall, the data highlights that while a majority of respondents see parental approval as a significant influence, there is also a notable proportion who feel it plays a lesser or no role in their career decision-making.

4.3.5 Balancing Personal Career Goals with Parental Expectations
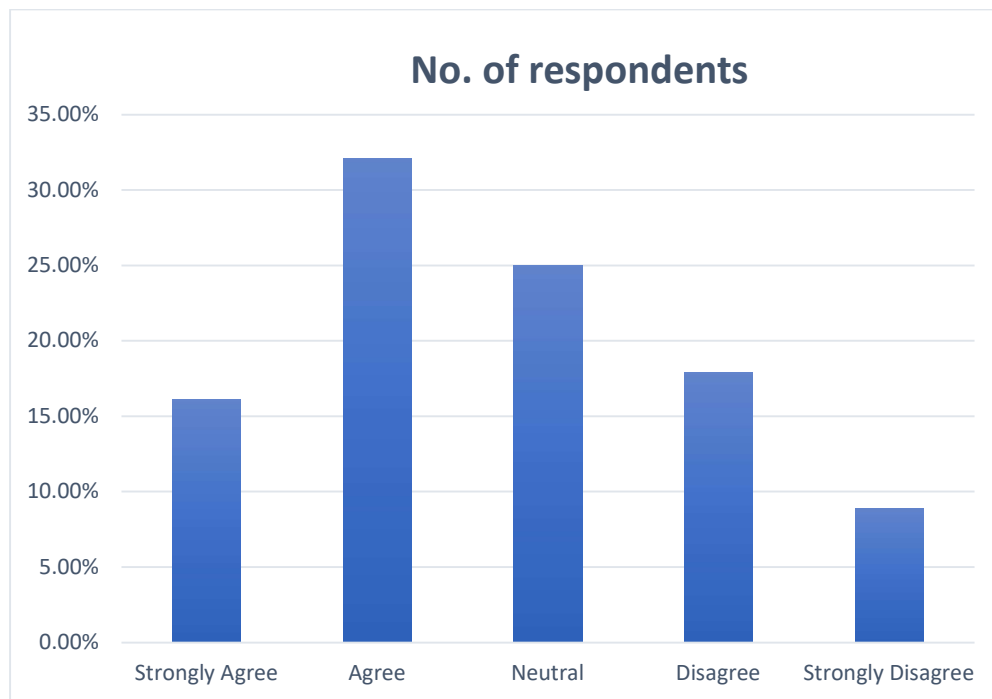

Fig. 8 Balancing Career Goals

The graph shows the level of conflict respondents experience between following their own career goals and meeting their parents' expectations. A notable 16.1% of respondents strongly agree that they feel conflicted in balancing their personal ambitions with parental expectations. Additionally, 32.1% agree, indicating that a significant portion of participants experience some degree of conflict in this regard.

In contrast, 25% of respondents are neutral, suggesting that they may have mixed feelings or experience a moderate level of conflict. Meanwhile, 17.9% disagree, reflecting that they do not often feel conflicted between their career goals and their parents' expectations. A smaller 8.9% strongly disagree, indicating that they rarely experience this conflict.

4.4 Student Perceptions

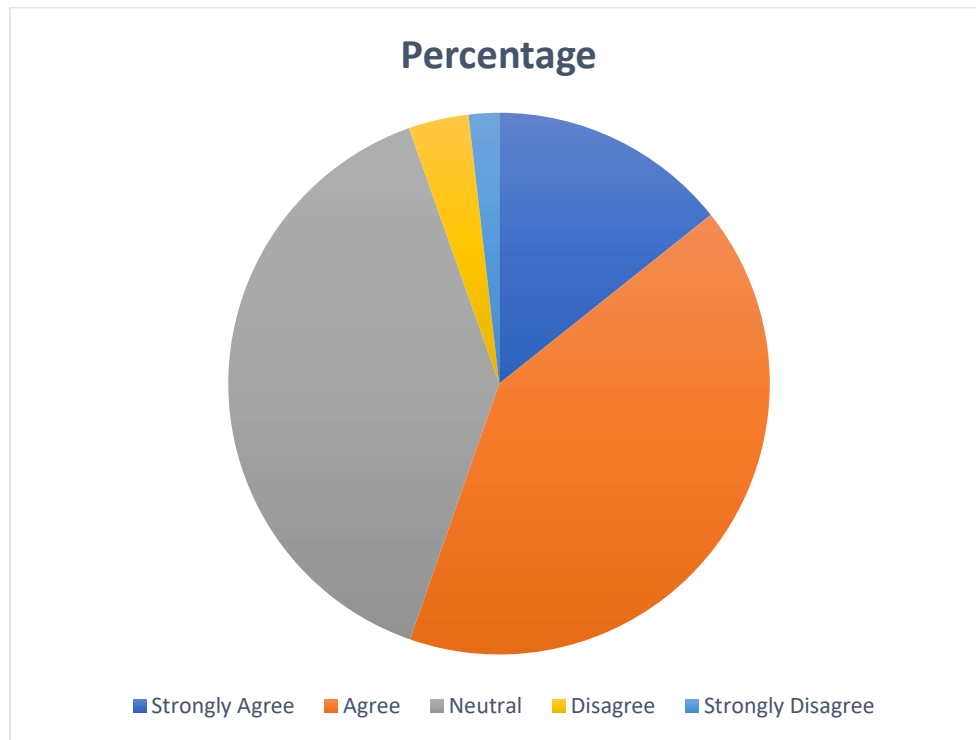**4.4.1 My Career vs. Parents' Expectations**

Fig 9. My career v/s Parent's Expectation

The graph illustrates respondents' satisfaction with their career choice even when it does not fully align with their parents' expectations. A total of 14.3% of respondents strongly agree that they are satisfied with their career choice despite parental expectations. Additionally, 41.1% agree, indicating that a significant majority find contentment in their career decisions even if they do not completely meet their parents' desires.

In comparison, 39.3% are neutral, suggesting they feel indifferent or have mixed feelings about their satisfaction in relation to parental expectations. A smaller proportion, 3.6%, disagree, reflecting that they are less satisfied with their career choice when it does not align with their parents' expectations. Only 1.8% strongly disagree, indicating that very few respondents feel strongly dissatisfied with their career choice based on parental expectations.

Overall, the data shows that while most respondents are satisfied with their career choices despite not fully meeting their parents' expectations, there remains a considerable percentage who are neutral or less satisfied with this balance.

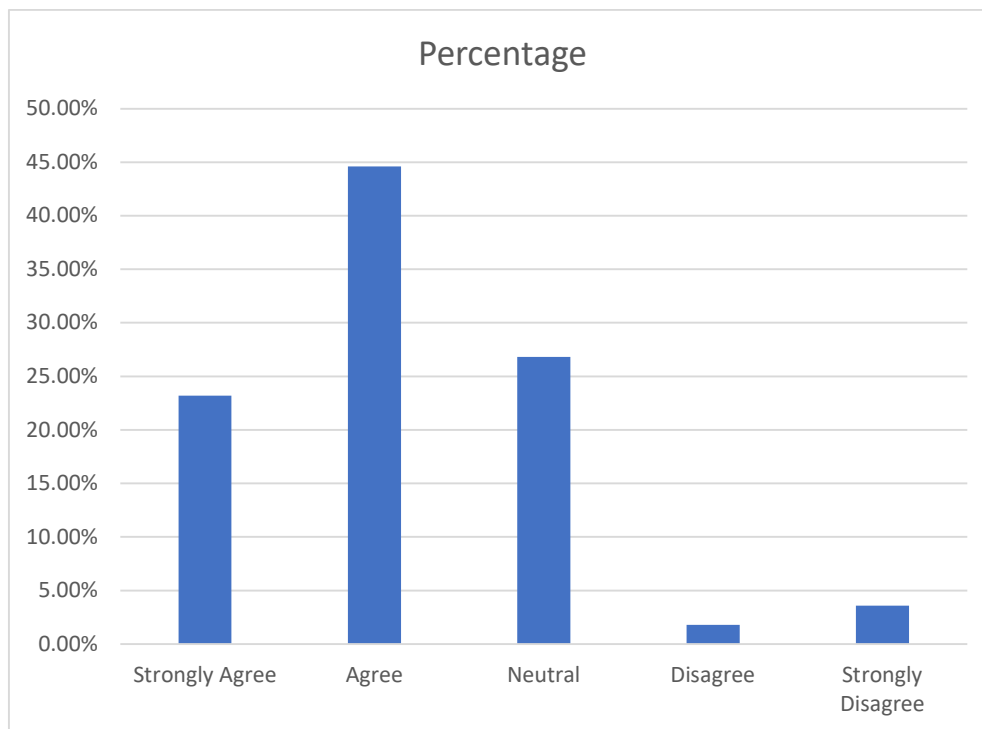**4.4.2 Pride in Career Alignment with Parental Expectations**

Fig 10 Career Alignment

The graph shows how respondents feel about their pride in their career when it aligns with their parents' wishes. A substantial 23.2% of respondents strongly agree that they feel proud when their career choices align with their parents' expectations. Additionally, 44.6% agree, indicating that a significant majority find pride in meeting their parents' wishes through their career decisions.

On the other hand, 26.8% are neutral, suggesting they have mixed feelings or no strong opinion about the pride they feel in relation to parental expectations. Only 1.8% disagree, reflecting that a very small portion feels less proud when their career aligns with their parents' wishes. A mere 3.6% strongly disagree, indicating that only a few respondents do not feel pride in aligning their career with their parents' expectations.

Overall, the data indicates that most respondents experience a sense of pride when their career aligns with their parents' wishes, though a smaller segment remains neutral or indifferent to this alignment.

4.4.3 The Influence of Parental Dreams on Career Motivation

Percentage

7% 11%
16%
36%
30%

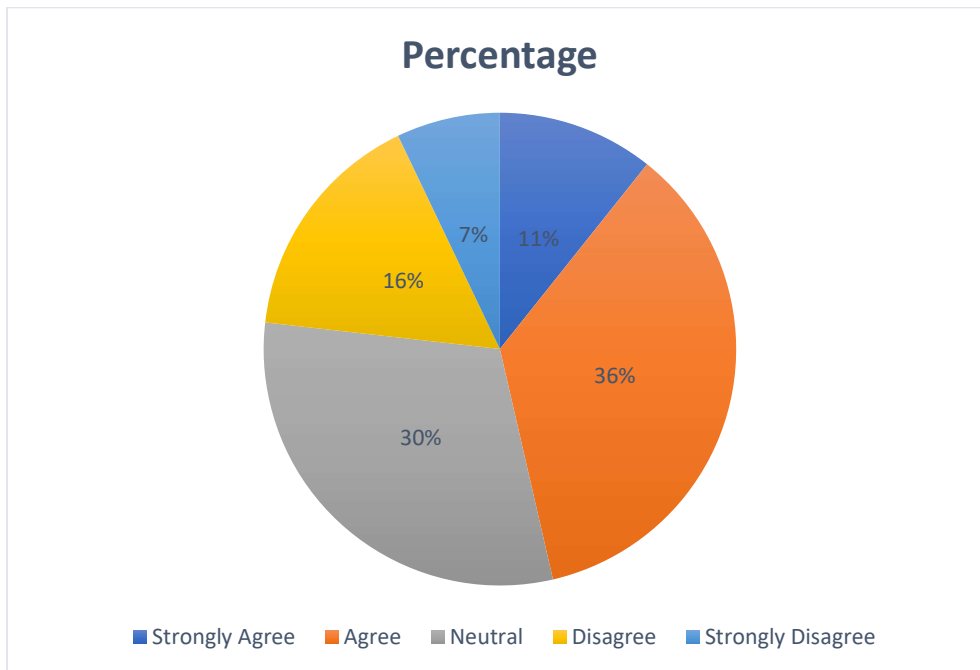■ Strongly Agree ■ Agree ■ Neutral ■ Disagree ■ Strongly Disagree

Fig. 11 Parental Dreams and Career Motivation

The graph illustrates how respondents' motivation to succeed in their careers is influenced by whether their career choices align with their parents' dreams. A total of 10.7% of respondents strongly agree that they are highly motivated when their career fulfills their parents' aspirations. Additionally, 35.7% agree, indicating that a significant portion of participants are motivated by aligning their career with their parents' dreams.Conversely, 30.4% are neutral, suggesting that their motivation is either moderately influenced by or indifferent to the alignment with their parents' dreams. A smaller percentage, 16.1%, disagree, indicating that they do not find their motivation strongly tied to fulfilling their parents' dreams. Only 7.1% strongly disagree, reflecting that a small number of respondents feel little to no additional motivation from aligning their career with their parents' expectations.

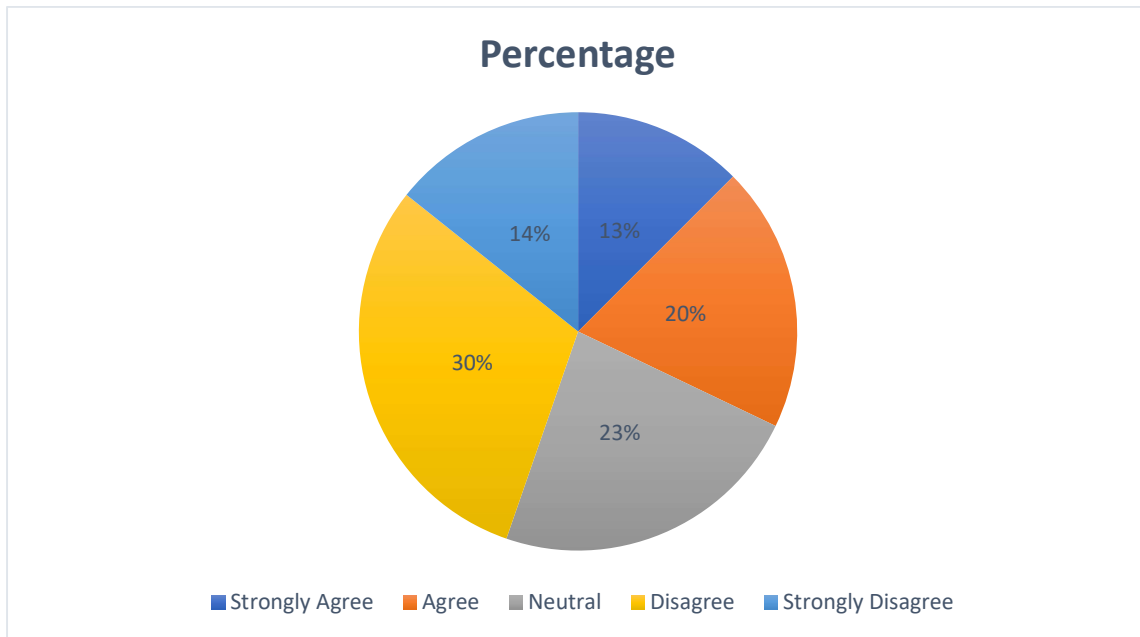**4.4.4 Compromising Personal Career Interests to Meet Parental Expectations**

Fig 12 Compromising Personal Interests

The data reveals varying degrees of compromise among respondents when it comes to aligning their career interests with their parents' expectations. 12.5% of respondents strongly agree that they frequently make such compromises, indicating a notable level of alignment with parental expectations. 19.6% agree, suggesting that a moderate number of participants regularly adjust their career goals to meet their parents' wishes. A significant 30.4% of respondents disagree, reflecting that they do not often feel the need to compromise their career interests. Additionally, 14.3% strongly disagree, showing that a smaller group feels they rarely or never make such compromises. The 23.2% who are neutral indicate a range of experiences or uncertainty about the frequency of this compromise. Overall, while some respondents frequently find themselves adjusting their career interests to meet their parents' expectations, a substantial portion do not experience this compromise often.

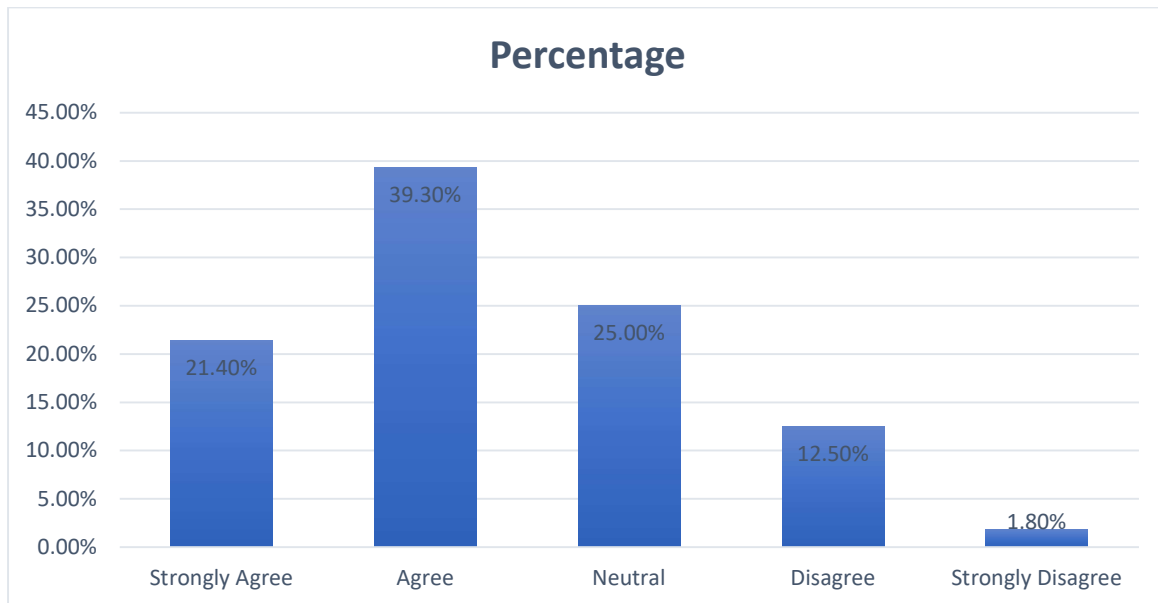**4.4.5 Perceived Parental Support for Personal Career Goals**

Fig. 13 Perceived Support

The graph depicts the level of support respondents feel from their parents when they express their own career goals. A notable 21.4% of respondents strongly agree that they receive substantial support from their parents regarding their career aspirations. Additionally, 39.3% agree, indicating that a significant majority feel supported by their parents in their career pursuits.

On the other hand, 25% are neutral, suggesting they have mixed feelings or are uncertain about the level of support they receive. A smaller portion, 7.1%, disagree, reflecting that they do not often feel supported by their parents in expressing their career goals. Only 3.6% strongly disagree, showing that a very small number of respondents feel unsupported by their parents in this regard.

Overall, the data reveals that most respondents feel supported by their parents when expressing their career goals, though there is a notable segment that remains neutral or feels less supported.

4.5.6 Open Discussions with Parents for Managing Career Expectations
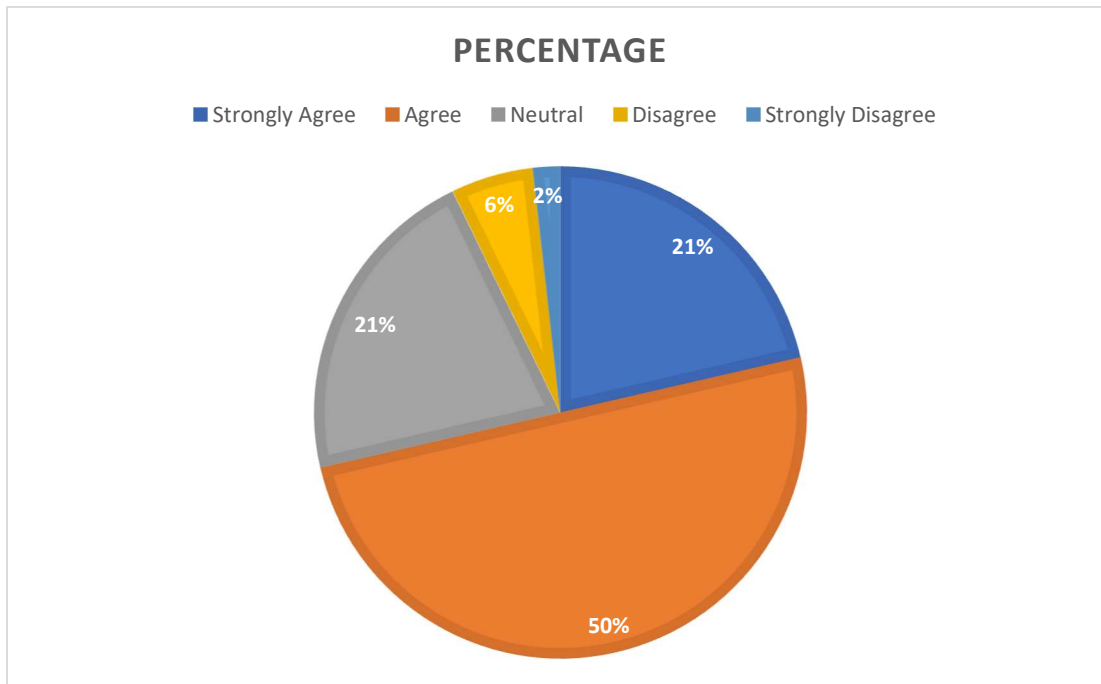

Fig. 14 Open Discussions

The graph illustrates the extent to which respondents find it helpful to have open discussions with their parents about their career goals to manage expectations. A substantial 21.4% of respondents strongly agree that such open discussions are very beneficial in managing their parents' expectations. Additionally, 50% agree, indicating that half of the participants find these conversations helpful in aligning their parents' expectations with their own career goals.

In contrast, 21.4% are neutral, suggesting that they either find these discussions moderately helpful or are unsure about their effectiveness. A smaller group, 5.4%, disagree, reflecting that they do not often find open discussions with their parents helpful in managing expectations. Only 1.8% strongly disagree, indicating that a very small percentage of respondents do not find these conversations beneficial.

4.5 Managing Parental Pressure

4.5.1 Career Expectation Related Stress and Anxiety

The graph depicts how respondents experience stress or anxiety when their career goals differ from their parents' expectations. A notable 10.7% of respondents strongly agree that they experience significant stress or anxiety in such situations. Additionally, 32.1% agree, indicating

that a considerable portion of participants feel some level of stress or anxiety when their career aspirations do not align with their parents' expectations.
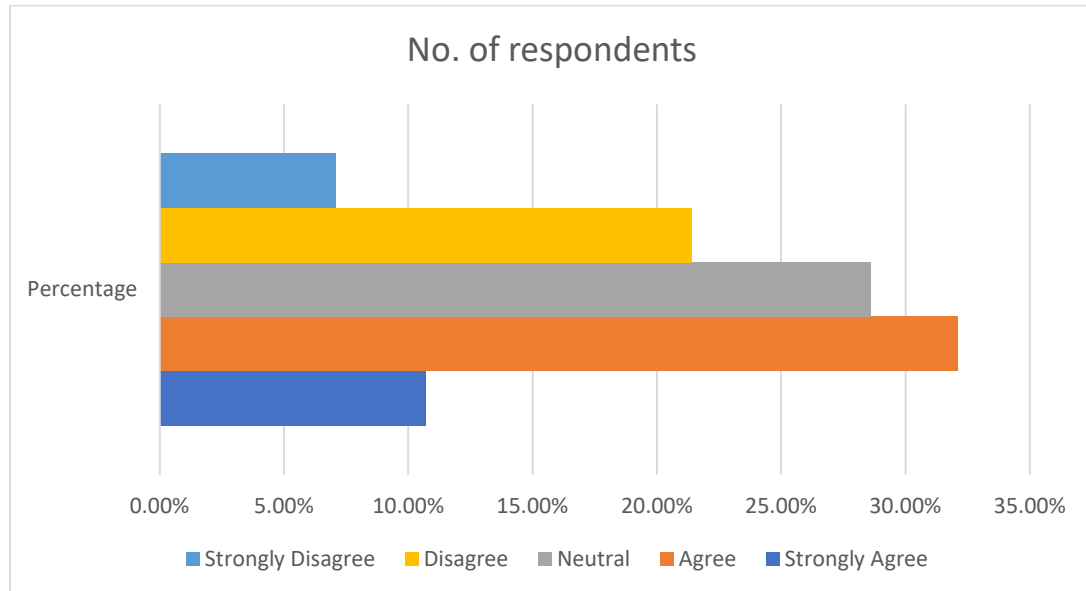

Fig. 15 Career Expectations and Stress

In contrast, 28.6% are neutral, suggesting they either experience moderate levels of stress or anxiety or are unsure about how these differences affect their mental well-being. A smaller group, 21.4%, disagree, reflecting that they do not frequently experience stress or anxiety due to differing career goals. Only 7.1% strongly disagree, indicating that a small percentage feels little to no stress or anxiety in this context.

Overall, the data shows that a significant proportion of respondents do experience stress or anxiety when their career goals diverge from their parents' expectations, though opinions on the extent of this stress vary.

4.5.2 The Impact of Parental Pressure on Career Choices

The graph illustrates how respondents feel pressured to pursue a career that aligns with their parents' wishes, even if it differs from their own desires. A total of 10.7% of respondents strongly agree that they experience significant pressure to match their career with their parents' expectations. Additionally, 26.8% agree, indicating that a notable portion of participants feel some level of pressure to align their career with their parents' wishes.
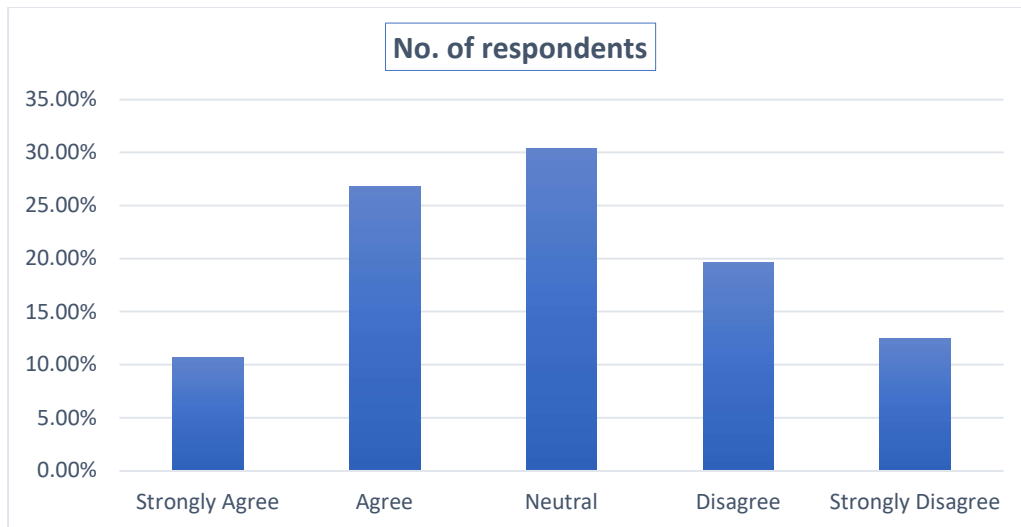
Fig. 16 Parental Pressure

Conversely, 30.4% are neutral, suggesting that they either feel moderate pressure or are unsure about how much pressure they experience in this regard. A smaller group, 19.6%, disagree, reflecting that they do not often feel pressured to conform to their parents' career expectations. Only 12.5% strongly disagree, indicating that a small percentage feel minimal to no pressure from their parents regarding their career choices.

Overall, the data shows that while a significant number of respondents feel pressure to align their career with their parents' wishes, a considerable proportion also report varying degrees of neutrality or disagreement about this pressure.

4.5.3 Perceived Parental Pressure on Career Choices
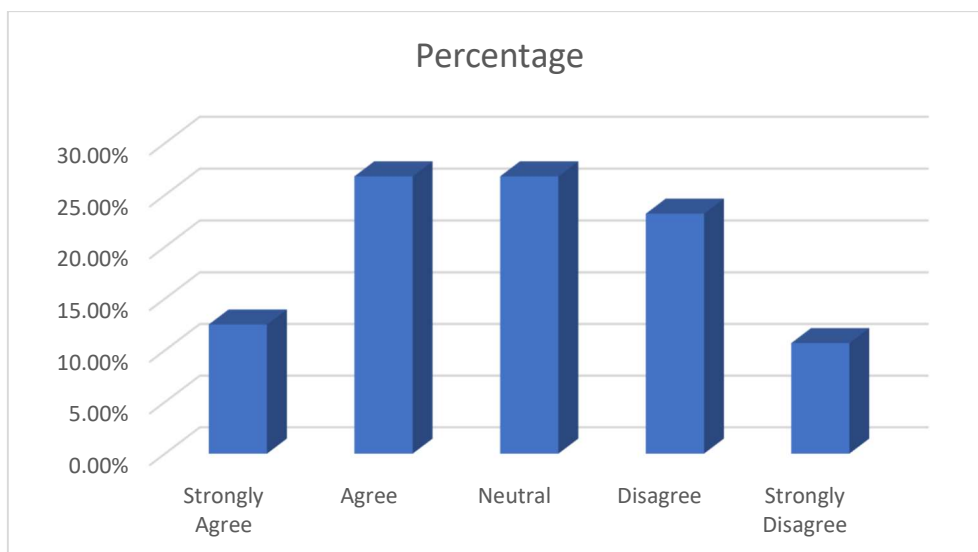
The graph depicts the extent to which respondents feel significant pressure from their parents concerning their career choices. A total of 12.5% of respondents strongly agree that they experience significant pressure from their parents regarding their career decisions. Additionally, 26.8% agree, indicating that a notable portion of participants feel a considerable level of pressure from their parents.

In contrast, 26.8% are neutral, suggesting that they either experience moderate pressure or are unsure about the extent of parental influence on their career choices. A smaller group, 23.2%, disagree, reflecting that they do not feel significant pressure from their parents regarding their career. Only 10.7% strongly disagree, indicating that a minority of respondents feel minimal to no pressure from their parents about their career decisions.

Overall, the data shows that while a significant number of respondents feel substantial pressure from their parents regarding their career choices, there is also a considerable proportion who report varying degrees of neutrality or lack of pressure.

4.5.4 Challenges in Managing Parental Expectations Regarding Career Choices
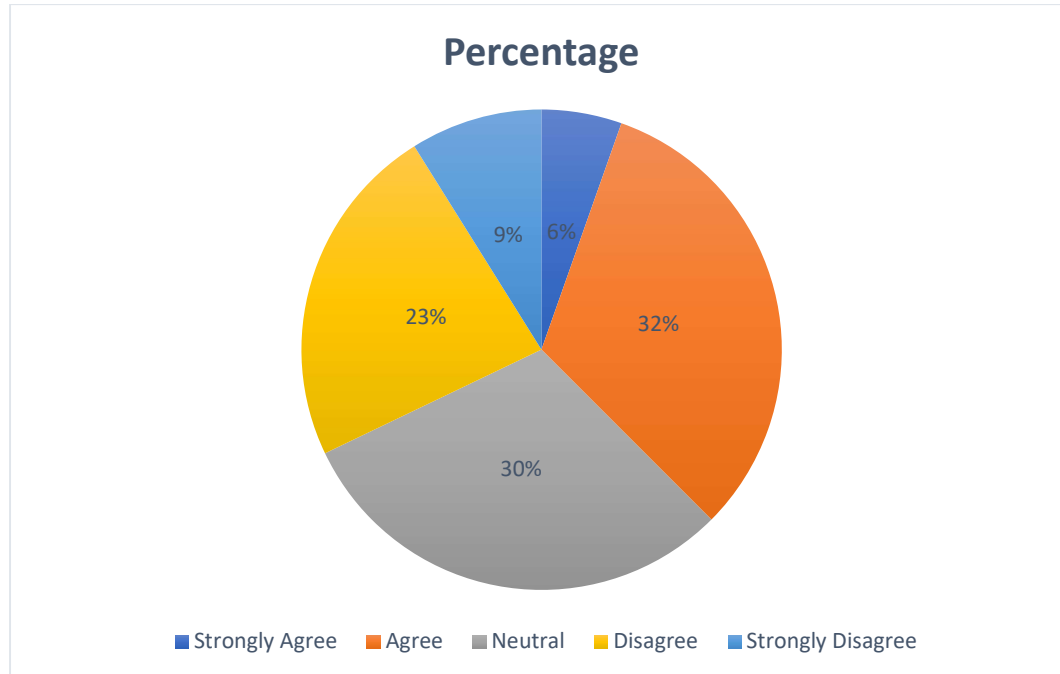

Fig. 17 Managing Parental Pressure

The graph illustrates how respondents manage their parents' expectations regarding their career choices. 5.4% of respondents strongly agree that they find it very difficult to handle these expectations, indicating a small but significant group who struggle with this issue. 32.1% agree, reflecting that a notable portion of participants experience difficulty in managing their parents' career expectations.

On the other hand, 30.4% of respondents are neutral, suggesting that they either experience moderate difficulty or are uncertain about the extent of the challenge. A smaller group, 23.2%, disagree, indicating that they do not often find it difficult to handle their parents' expectations. Only 8.9% strongly disagree, showing that a minority feels they rarely or never face difficulty in this regard.

Overall, the data reveals that while a significant number of respondents do find it challenging to handle their parents' expectations about their career, there is also a considerable portion who either experience less difficulty or are neutral on the issue.

4.5.5 Open Communication with Parents About Career Preferences:
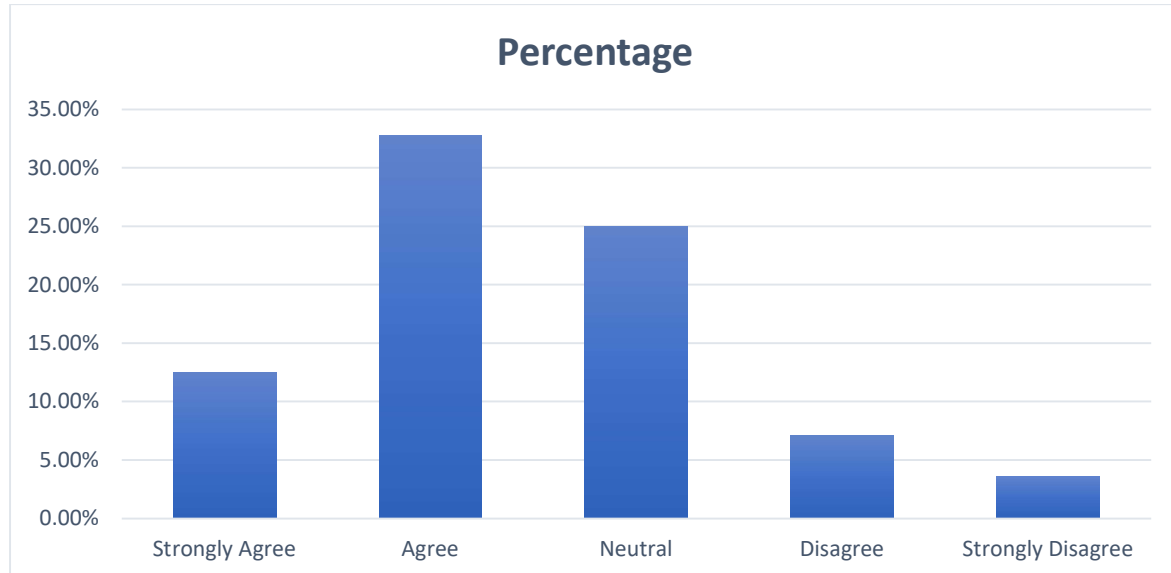
The graph shows the extent to which respondents communicate openly with their parents about their career preferences to manage their expectations. 12.5% of respondents strongly agree that they actively discuss their career preferences with their parents, indicating a commitment to open dialogue. 32.8% agree, suggesting that a significant portion of participants make an effort to communicate their career goals to manage parental expectations.

In contrast, 25% are neutral, reflecting that they either have mixed feelings about this communication or are unsure about how effective their discussions are in managing expectations. A smaller group, 7.1%, disagree, meaning they do not often engage in open communication about their career preferences. Only 3.6% strongly disagree, indicating that a very small percentage feels they do not communicate openly with their parents regarding their career.

Overall, the data indicates that many respondents value and engage in open communication with their parents about their career preferences, though a notable percentage remains neutral or does not actively discuss their career goals with their parents.

4.6 Long term Impacts

4.6.1 Impact of Differing Career Aspirations on Parent-Child Relationships
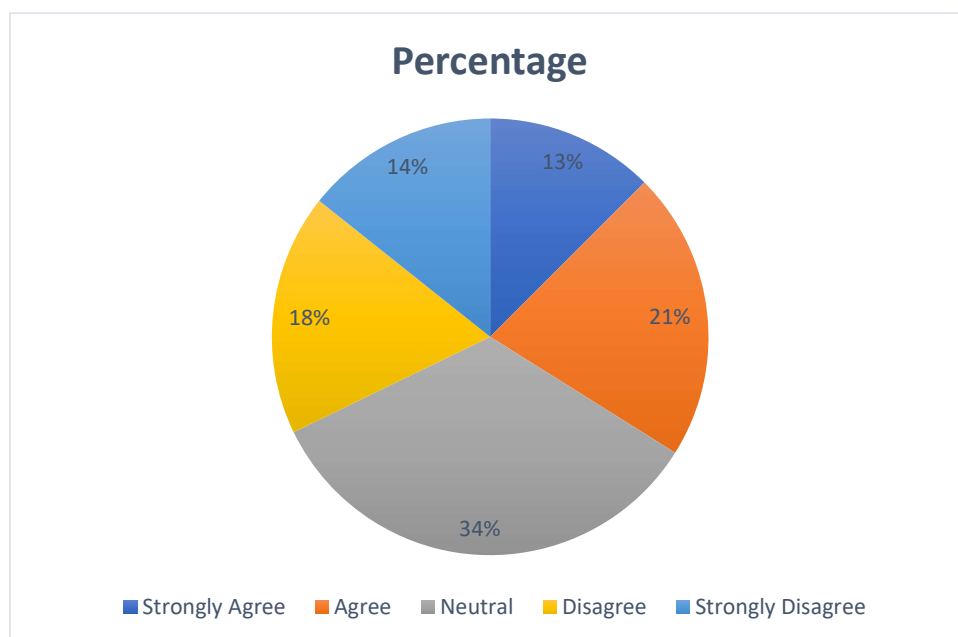

Fig. 18 Long Term Effects

The graph shows how differing career aspirations affect the relationship between respondents and their parents. 12.5% of respondents strongly agree that they feel significant tension with their parents over career differences, while 21.4% agree, indicating that many do feel some

tension. 33.9% are neutral, meaning they are unsure or experience moderate tension. 17.9% disagree, suggesting they do not often feel tension, and 14.3% strongly disagree, showing that a smaller group feels little to no tension in their relationship with their parents regarding their career goals.

4.6.2 Seeking External Advice to Balance Career Goals with Parental Expectations
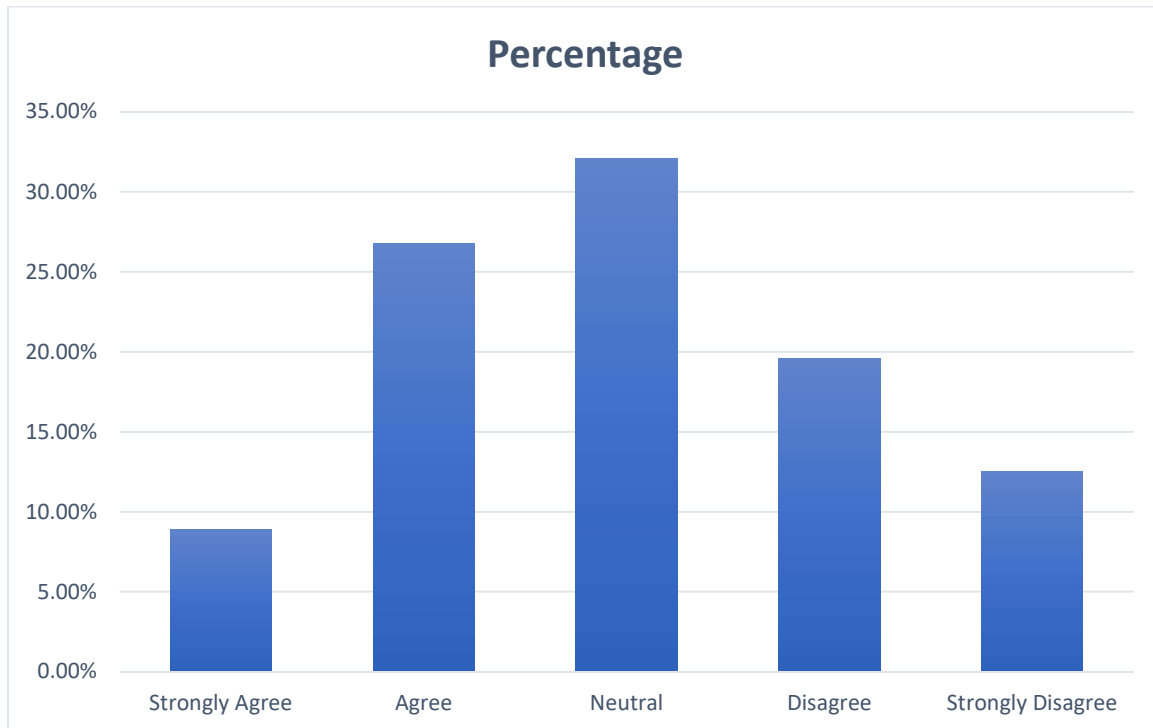

Fig19 Seeking Advice

The graph shows how often respondents seek advice from others to balance their career goals with their parents' expectations. 8.9% of respondents strongly agree that they often seek such advice, while 26.8% agree, indicating that many people look for guidance in this area. 32.1% are neutral, suggesting they either sometimes seek advice or are unsure. 19.6% disagree, meaning they do not often seek advice, and 12.5% strongly disagree, showing that a smaller group rarely or never seeks help

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4.6.3 The Impact of Long-Term Parental Pressure on Career Achievements
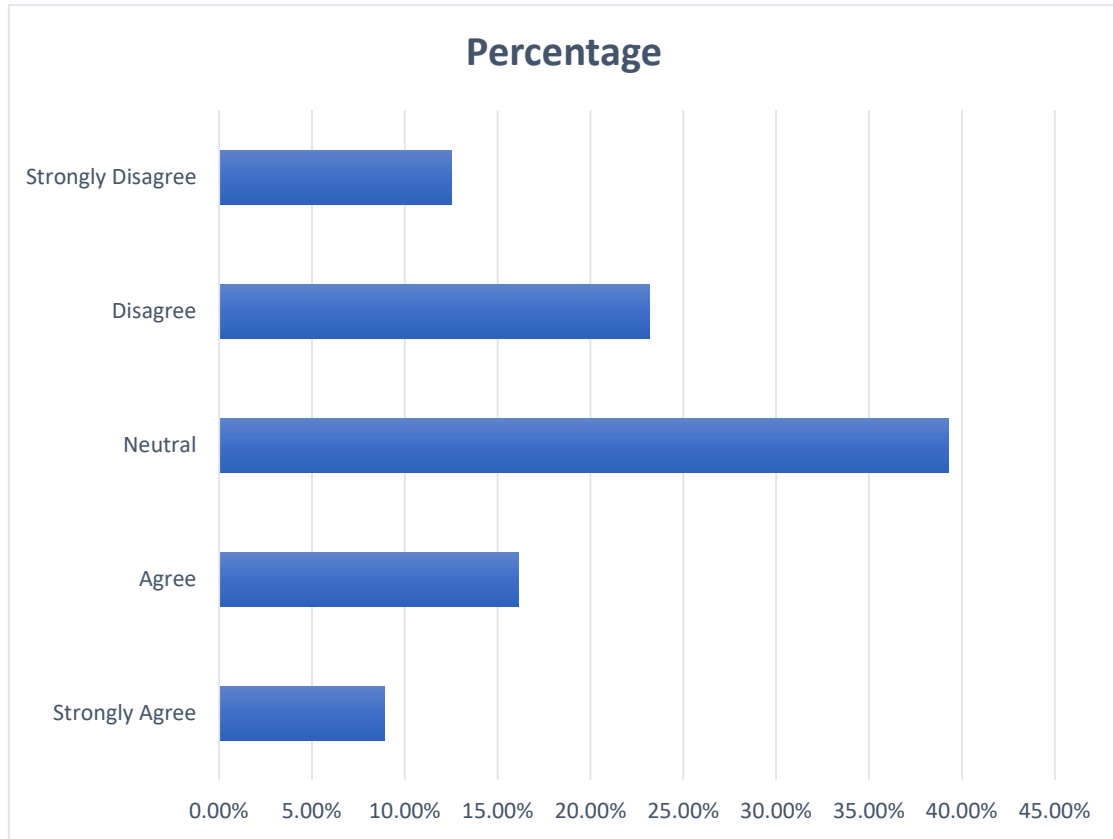
The graph shows how long-term parental pressure has impacted respondents' career achievements. 8.9% of respondents strongly agree that this pressure has positively influenced their career success, while 16.1% agree, indicating that some people feel that parental pressure has been beneficial. 39.3% are neutral, meaning they either see this pressure as having a mixed effect or are unsure. 23.2% disagree, reflecting that they do not believe parental pressure has positively influenced their achievements. 12.5% strongly disagree, showing that a smaller group feels that this pressure has not been beneficial to their career success.

4.6.4 The Role of Parental Expectations in Career Fulfillment Over Time
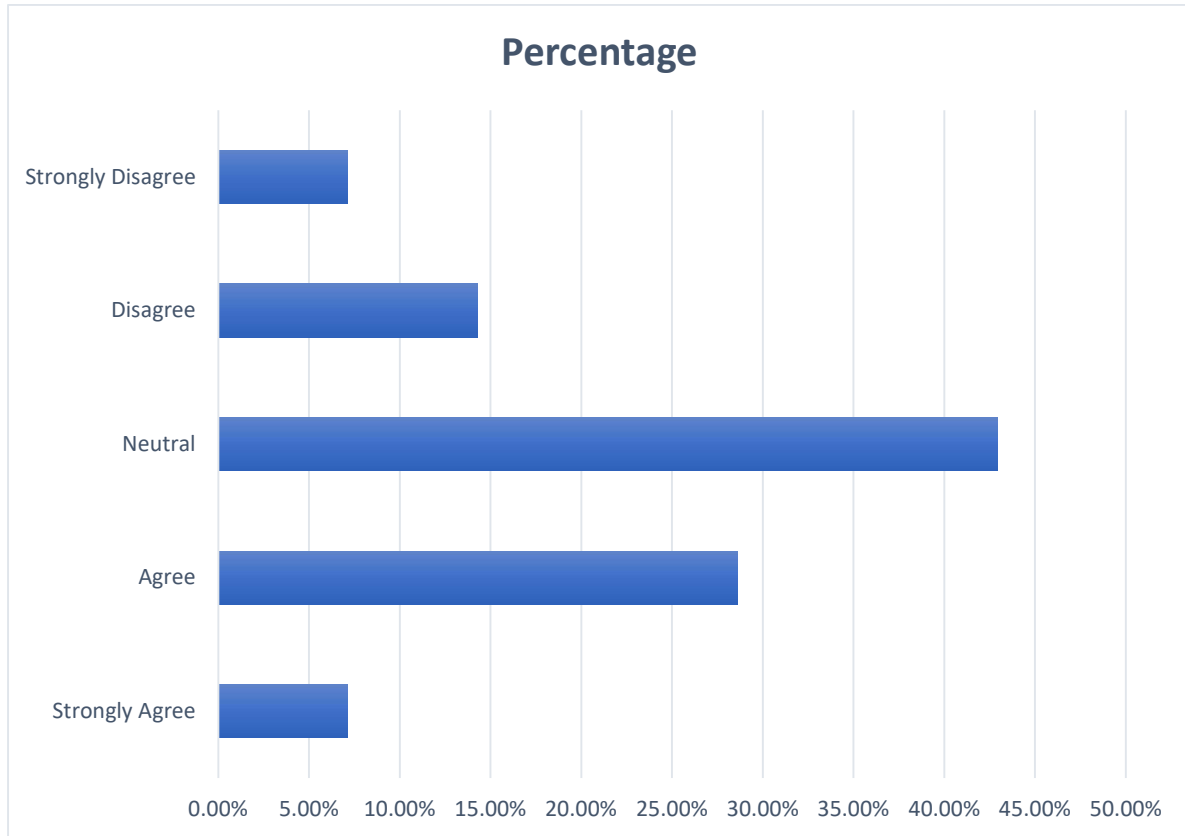
Fig. 20 Career Fulfilment

The graph shows how respondents feel about the impact of parental expectations on their career fulfillment over time. 7.1% of respondents strongly agree that parental expectations have contributed to their sense of fulfillment in their career, while 28.6% agree, indicating that many feel these expectations have played a positive role. 42.9% are neutral, suggesting that they are either unsure or feel that parental expectations have had a mixed impact. 14.3% disagree, reflecting that some do not feel that parental expectations have contributed to their career fulfillment. 7.1% strongly disagree, showing that a small percentage feel that these expectations have not enhanced their sense of fulfillment in their career.

4.6.5 The Impact of Meeting Parental Career Expectations on Job Stability
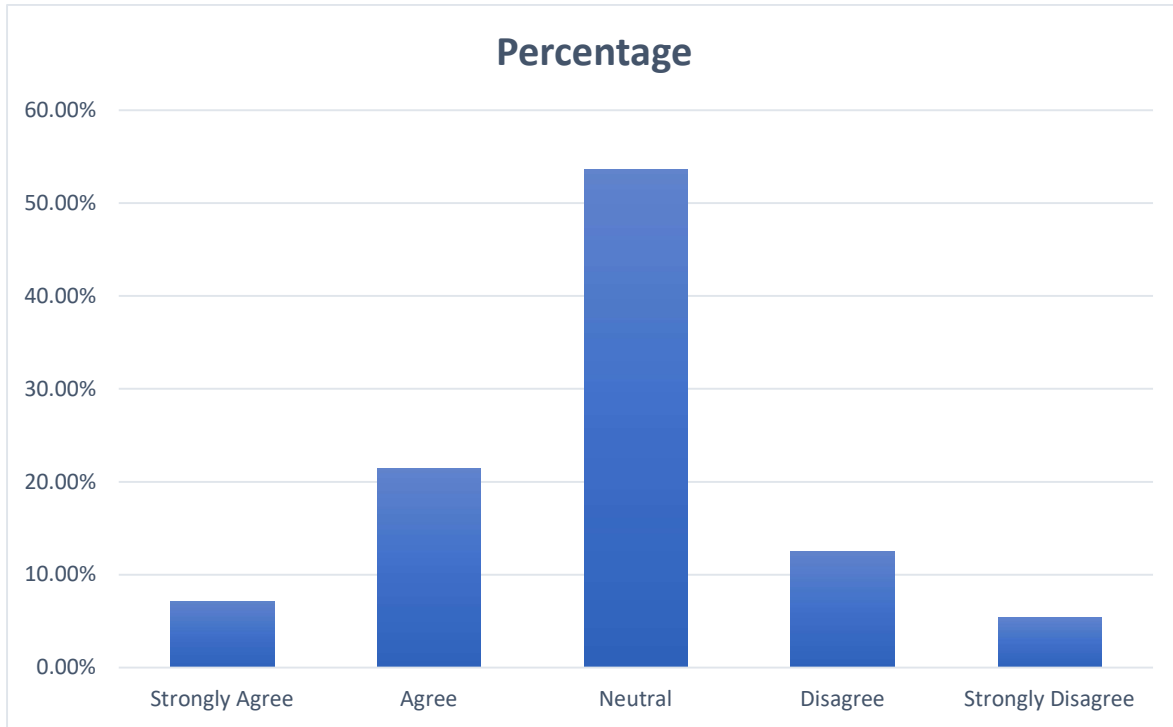
Fig. 21 Maintaining Job Stability

The graph illustrates whether meeting parents' career expectations has led to better job stability. 7.1% of respondents strongly agree that aligning with their parents' expectations has resulted in increased job stability. 21.4% agree, indicating that some people feel meeting these expectations has positively affected their job security. 53.6% are neutral, suggesting they either see a mixed effect or are unsure about the impact of parental expectations on job stability. 12.5% disagree, reflecting that a smaller portion does not believe meeting these expectations has improved their job stability. 5.4% strongly disagree, showing that a minority feel that aligning with parental expectations has not contributed to better job security.

4.6.6 Long-Term Career Satisfaction as a Result of Parental Expectations Despite Initial Challenges
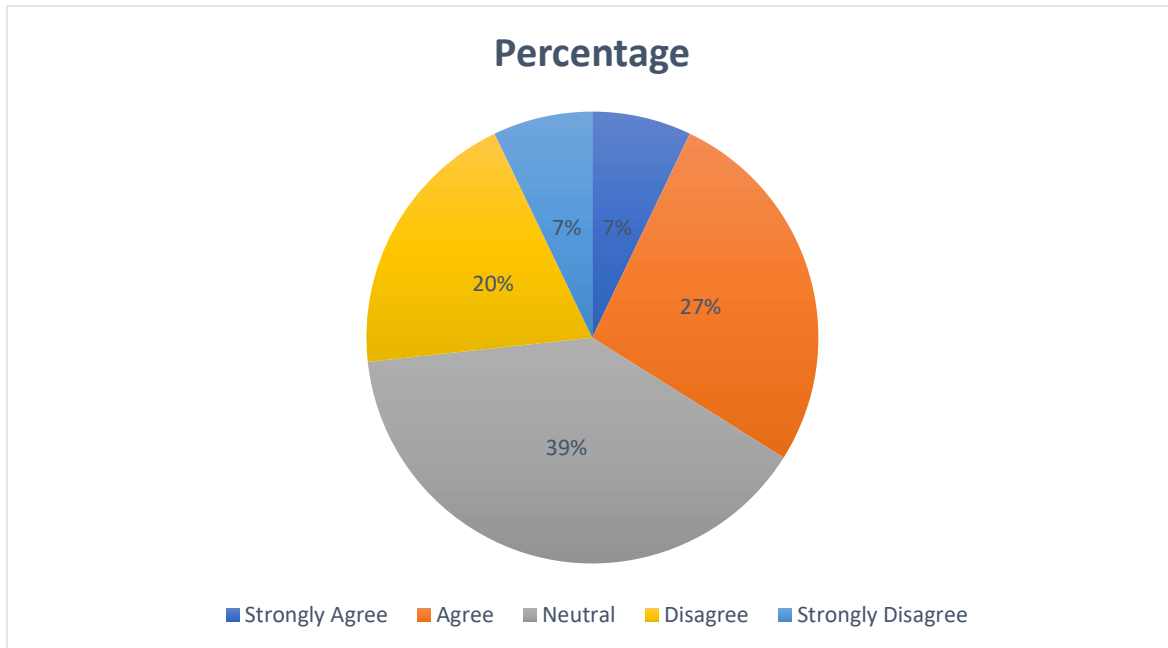
The graph shows the extent to which respondents feel that parental expectations have contributed to long-term career satisfaction despite facing initial challenges. 7.1% of respondents strongly agree that these expectations have led to lasting career satisfaction, even after early difficulties. 26.8% agree, suggesting that a notable portion feels that meeting their parents' expectations has ultimately resulted in career satisfaction. 39.3% are neutral, indicating they either see mixed results or are unsure about the impact. 19.6% disagree, reflecting that some do not believe parental expectations have led to long-term satisfaction. 7.1% strongly disagree, showing that a small percentage feel these expectations have not contributed to their long-term career fulfillment despite initial obstacles.

4.6.7 Long-Term Mental Health Impacts of Parental Career Expectations

The graph depicts the long-term impact of parental expectations on respondents' mental health. 10.7% of respondents strongly agree that parental expectations have significantly affected their mental health over time. 21.4% agree, indicating that a notable portion feels that these expectations have had a lasting impact on their mental well-being. 30.4% are neutral, suggesting they experience mixed effects or are uncertain about the extent of the impact. 21.4% disagree, reflecting that some do not feel that parental expectations have had a significant long-term effect on their mental health. 16.1% strongly disagree, showing that a smaller group feels these expectations have had little to no impact on their mental well-being over time.
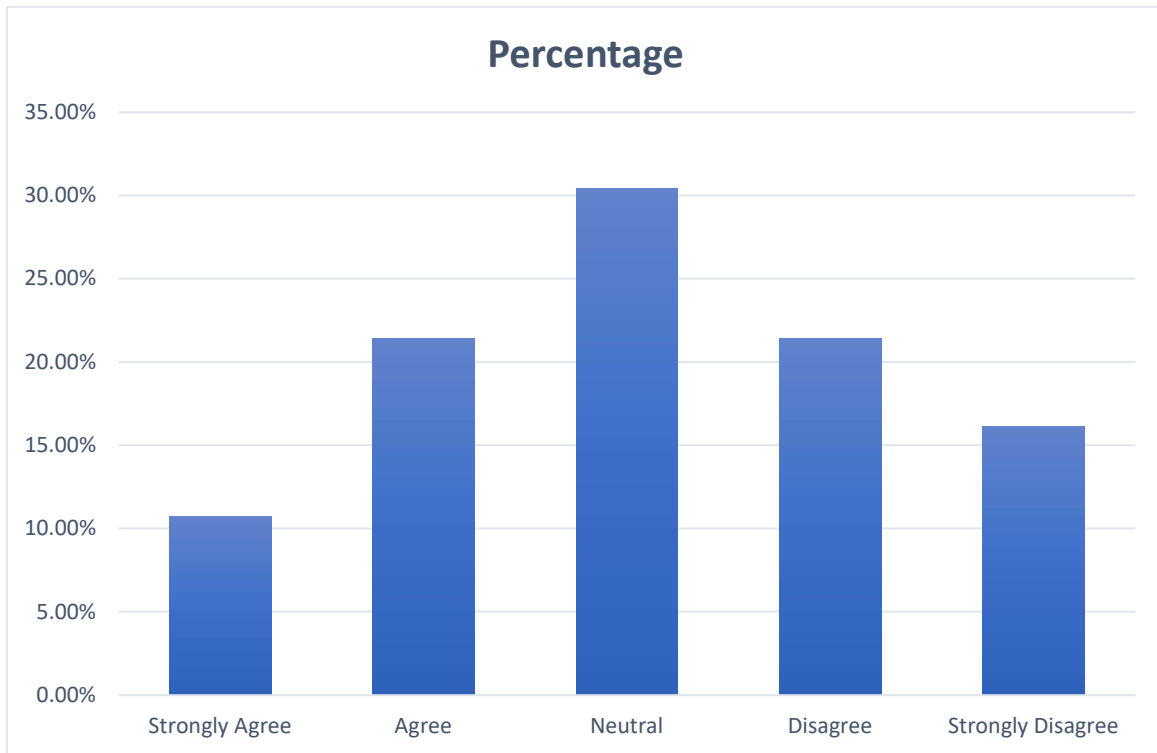
Fig 22 Mental Health Impacts

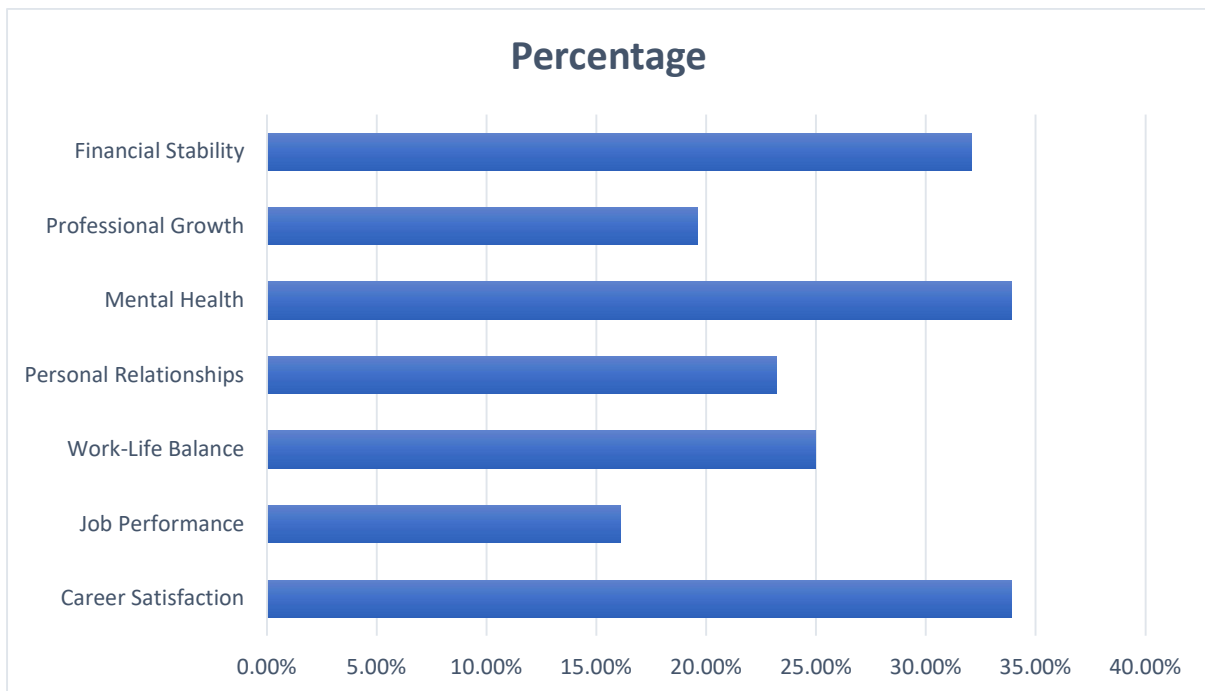## 4.6.8 Areas Impacted by Parental Pressure on Career Choices

Fig. 23 Areas Impacted

The graph highlights various aspects of respondents' lives that have been influenced by parental pressure. Career satisfaction and mental health are the most commonly affected areas, with 33.9% of respondents indicating that both have been significantly impacted. Work-life balance is also notably affected, with 25% of respondents reporting its influence. Personal relationships are impacted for 23.2%, suggesting that parental pressure can extend beyond career-related aspects. Job performance and professional growth are less affected, reported by 16.1% and 19.6% of respondents, respectively. Financial stability is influenced for 32.1%, showing that career-related pressures can also impact financial aspects. Overall, parental pressure affects a wide range of areas, with significant impact on career satisfaction, mental health, and work-life balance.

4.6.9 Long-Term Effects of Parental Career Pressure
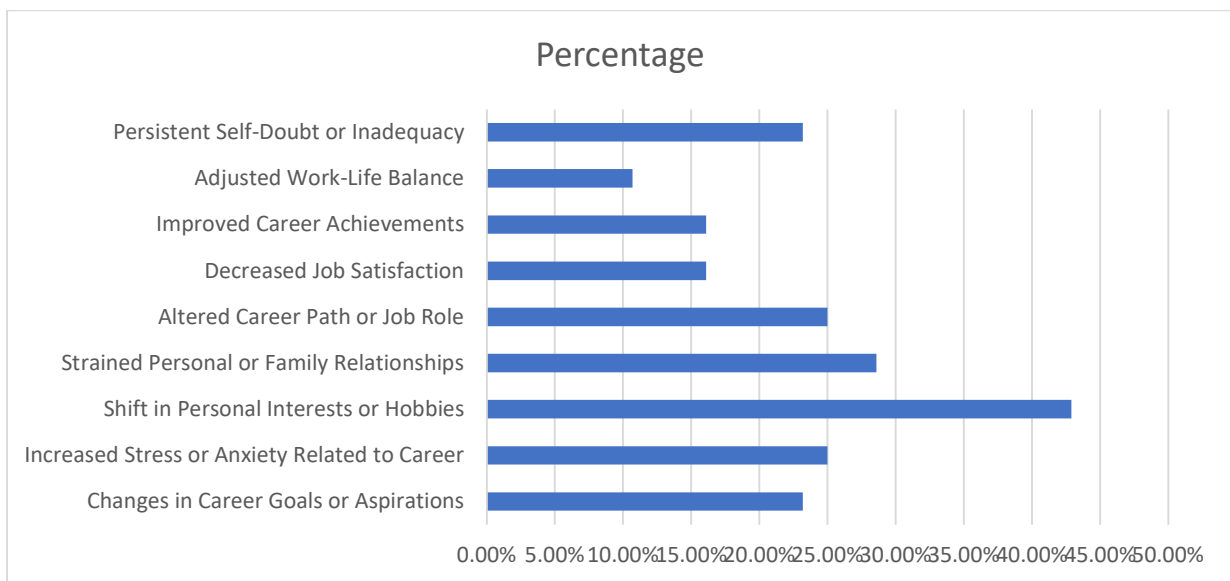
Fig. 24 Areas Affected due to Career Pressure

The graph illustrates various long-term effects that respondents have experienced due to parental pressure regarding their career. The most notable effect is a shift in personal interests or hobbies, reported by 42.9% of respondents, indicating that many have altered their personal interests as a result of parental expectations. Increased stress or anxiety is another significant effect, experienced by 25% of respondents, reflecting the emotional toll of parental pressure.

Strained personal or family relationships also affect 28.6% of respondents, showing the broader impact on their social life.Altered career path or job role and decreased job satisfaction are experienced by 25% and 16.1% of respondents, respectively, indicating changes in their career trajectories or satisfaction levels. Improved career achievements and adjusted work-life balance are reported by 16.1% and 10.7%, suggesting that some respondents perceive benefits or adjustments in these areas. Persistent self-doubt or inadequacy affects 23.2%, highlighting ongoing psychological impacts. Overall, the data reveals a mix of both negative and positive long-term effects of parental pressure on various aspects of respondents' careers and personal lives.

CHAPTER 5

FINDINGS, SUGGESTIONS AND CONCLUSION

5.1. Introduction

This chapter synthesizes the insights gathered from our research on the influence of parental expectations on career decisions and personal well-being. The primary objective of the study was to investigate how these expectations shape individuals' career paths, affect their job satisfaction, and impact their mental health. Parental expectations can play a dual role: they can serve as a source of motivation and direction, but they can also lead to significant stress and compromise personal goals. Understanding this dynamic is crucial for both individuals making career choices and for parents who wish to support their children effectively.

Our research involved collecting and analyzing data from a diverse group of respondents to gauge their experiences and perceptions regarding parental pressure. We explored various aspects, including how parental expectations influence career satisfaction, the emotional impact of these expectations, and the long-term effects on personal and professional life. The study also examined the coping strategies individuals use to manage these pressures and how they navigate the often conflicting demands of personal aspirations versus parental desires. This chapter will delve into the major findings, offering a comprehensive view of how parental expectations affect career-related decisions and overall life satisfaction.

5.2 Major Findings

1. Influence of Parental Expectations on Career Satisfaction

The relationship between parental expectations and career satisfaction is complex and multifaceted. Many respondents reported that fulfilling their parents' career expectations provides a sense of accomplishment and stability. For these individuals, meeting parental expectations often leads to feelings of pride and a sense of validation, contributing positively to their overall career satisfaction. This alignment with parental wishes can enhance job security and lead to a stable professional life, as the career paths chosen often align with traditional or established roles valued by parents.

However, there is a significant portion of respondents who find that adhering to parental expectations comes at the cost of personal career interests and aspirations. These individuals frequently experience a compromise between their own career goals and the expectations set

by their parents. This compromise can result in reduced job satisfaction, as personal interests and passions may be sacrificed for the sake of meeting familial desires. This dissonance between personal fulfillment and parental expectations highlights a key challenge: while parental approval can provide motivation and stability, it can also create dissatisfaction if it requires individuals to forgo their own career ambitions.

In summary, while parental expectations can positively influence career satisfaction by providing motivation and stability, they can also lead to decreased satisfaction if they force individuals to compromise on personal career goals. The balance between meeting parental expectations and pursuing personal aspirations is crucial for long-term career happiness.

2. Emotional and Psychological Impact of Parental Pressure

The emotional and psychological impact of parental pressure on career choices is profound. Many respondents reported experiencing significant stress and anxiety when their career goals did not align with their parents' expectations. This pressure often manifests as feelings of inadequacy and self-doubt, which can adversely affect mental health and overall well-being. The stress associated with meeting high parental expectations can lead to chronic anxiety and impact individuals' ability to make autonomous career decisions.

On the other hand, some individuals find that meeting their parents' expectations can lead to emotional relief and a sense of fulfillment. For these respondents, aligning their career with parental wishes reduces anxiety related to potential disapproval and fosters a sense of accomplishment. This positive emotional impact, however, is contingent upon the individual's perception of their career alignment and personal satisfaction.

The emotional toll of parental expectations underscores the importance of addressing mental health concerns and developing coping strategies. Techniques such as mindfulness, counseling, and stress management can help individuals handle the psychological burden of parental pressure. Understanding and mitigating the emotional impact of these expectations is crucial for maintaining mental health and making balanced career decisions.

3. Influence on Career Decision-Making

Parental expectations play a significant role in shaping career decision-making processes. Many respondents reported that their parents' wishes heavily influence their career choices. This influence can lead to a sense of pride and validation when individuals achieve success in

careers that align with their parents' desires. However, it can also result in career decisions that do not fully reflect personal interests or aspirations.

The need to balance parental expectations with personal career goals often leads individuals to seek advice from mentors, career counselors, or other external sources. These external advisors can provide valuable perspectives and help individuals navigate the conflicting demands of personal aspirations versus parental desires. Seeking guidance is an important strategy for managing the pressure and making informed career decisions that are both fulfilling and aligned with family expectations.

Overall, while parental expectations can provide direction and motivation, they also necessitate a careful balancing act. External advice and support play a crucial role in helping individuals navigate these pressures and make career choices that align with both their own goals and their parents' expectations.

4. Long-Term Career and Life Implications

The long-term effects of parental pressure on career choices reveal a nuanced picture. For some individuals, meeting parental expectations leads to long-term career achievements and stability. These individuals often experience a sense of accomplishment and security in their professional lives, as their career paths align with traditional or familial expectations.

However, there are also significant long-term challenges associated with parental pressure. Some respondents reported that adhering to their parents' expectations resulted in changes in personal interests, strained relationships, and decreased job satisfaction. These long-term effects highlight the potential drawbacks of parental pressure, as individuals may experience ongoing personal and professional adjustments that impact their overall life satisfaction.

The long-term implications of parental expectations underscore the importance of finding a balance between meeting family expectations and pursuing personal goals. While parental pressure can contribute to career stability and achievements, it can also necessitate significant personal sacrifices and adjustments. Understanding these long-term effects is crucial for making informed career decisions that align with both individual aspirations and familial expectations.

5. Strategies for Managing Parental Expectations

To navigate the complexities of parental expectations, individuals can employ various strategies to balance their own career goals with familial desires. Open communication with parents is essential for understanding and addressing conflicting expectations. Engaging in honest discussions can help both parties align their expectations and reduce misunderstandings.

Developing coping strategies, such as stress management techniques and seeking external support, can also help individuals handle the pressures of parental expectations. Techniques like mindfulness, relaxation exercises, and therapy can alleviate stress and improve mental health. Additionally, seeking advice from career counselors or mentors can provide valuable insights and guidance for managing parental pressure and making balanced career decisions.

Self-reflection is another critical strategy for navigating parental expectations. By reflecting on their own career goals and interests, individuals can make informed decisions that align with their personal aspirations while also considering familial expectations. This self-awareness helps in finding a balance between pursuing personal goals and meeting parental desires.

5.3 Suggestions

To better manage the impact of parental expectations on career decisions, several key steps can be taken. Firstly, improving communication between parents and children is crucial. Open and honest conversations about career goals and concerns can help both parties understand each other's perspectives and reduce conflicts. Parents should actively listen and support their children's aspirations, while children should clearly express their own career ambitions.

Additionally, utilizing career counseling services can be very helpful. Career counselors offer valuable guidance on making informed career choices, managing stress, and setting achievable goals. Encouraging the use of these services can provide individuals with the support they need to navigate parental expectations while pursuing their own interests.

Another important suggestion is to focus on personal goals. Regular self-reflection can help individuals clarify their own career aspirations and ensure that their decisions align with their personal values and interests. Tools such as career assessments and goal-setting exercises can assist in this process.

Addressing mental health is also essential. Parental pressure can lead to stress and anxiety, so it's important to have access to mental health resources. Seeking professional help can provide

strategies for managing stress and maintaining emotional well-being, helping individuals cope better with the pressures they face.

Finally, promoting a balanced view of success is important. While meeting parental expectations can be significant, it's also vital to recognize the importance of personal satisfaction and growth. Families should discuss various definitions of success and focus on what truly makes each individual happy and fulfilled in their career. By implementing these suggestions, individuals can better balance their own career goals with their parents' expectations, leading to a more satisfying and balanced professional life.

5.4 Conclusion

To sum up, this research highlights how parental expectations can both help and challenge career decisions. While parents can offer valuable guidance, their expectations can also create stress and affect personal satisfaction in a career.

The key to managing this balance is clear communication. Regular, open talks between parents and their children about career goals can help ensure that everyone understands each other's expectations and reduces potential conflicts. Career counseling can also be very helpful, providing professional advice to make better career choices and handle stress.

It's also important for individuals to reflect on their own career goals. This means thinking about what they truly want in their careers and making sure their choices match their personal values. Addressing mental health concerns and understanding that success can be defined in many ways are also crucial. Finding a balance between meeting parental expectations and pursuing personal happiness is essential.

Overall, by following these suggestions, individuals can better manage the pressures of parental expectations and find a career path that is both satisfying and true to their own goals. This approach can lead to a more fulfilling career and better overall well-being.

CHAPTER 6

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CHAPTER 7

APPENDIX

QUESTIONNAIRE

Title: UNDERSTANDING THE IMPACT OF STUDENT'S CAREERS ON FULFILLING PARENTAL DREAMS

OBJECTIVES

General objective

Understanding the impact of parental dreams on student careers.

Specific Objectives

- To learn how students feel when their careers match or don't match their parents' wishes.
- To identify how students deal with pressure from parents about their careers.
- Assess the long-term consequences of parental pressure on student careers and relationships

Demographic Variables

1. **Age**
2. **Gender**
3. **Educational Qualification**

Likert Scale Questions

- These questions use a Likert scale to measure respondents' attitudes or feelings towards various statements related to parental influence and career choices. Each statement is rated on a scale (e.g., Strongly Agree to Strongly Disagree).
- Each question should be presented along with the response options, e.g., Strongly Agree, Agree, Neutral, Disagree, Strongly Disagree.
1. I feel that my parents' career expectations significantly influence my own career decisions:
2. My career choice is often guided by my parents' wishes rather than my own interests:

3. I frequently consider how my career choices will make my parents proud:

4. My parents' approval plays a major role in my career decision-making process:

5. I feel conflicted between pursuing my own career goals and meeting my parents' expectations

6. I am satisfied with my career choice even if it does not fully meet my parents' expectations:

7. I feel proud when my career aligns with my parents' wishes:

8. I experience stress or anxiety when my career goals differ from my parents' expectations:

9. I feel pressured to pursue a career that matches my parents' wishes, even if it is not what I want:

10. I am more motivated to succeed in my career when it fulfills my parents' dreams:

11. I feel significant pressure from my parents regarding my career choices:

12. I frequently find myself compromising my own career interests to meet my parents' expectations:

13. I often find it difficult to handle my parents' expectations about my career:

14. I communicate openly with my parents about my career preferences to manage their expectations:

15. I feel supported by my parents when I express my own career goals:

16. I find it helpful to have open discussions with my parents about my career goals to manage their expectations:

17. I experience tension in my relationship with my parents due to differing career aspirations:

18. I seek advice from others to help balance my career goals with my parents' expectations:

19. Long-term parental pressure has positively influenced my career achievements:

20. Parental expectations have contributed to a sense of fulfillment in my career over time:

21. I feel that meeting my parents' career expectations has resulted in better job stability:

22. The expectations set by my parents have led to long-term career satisfaction despite initial challenges:

23. I have experienced a long-term impact on my mental health due to parental expectations regarding my career:

Checkbox Questions

These questions use checkboxes to allow respondents to select multiple answers from a list of options. They help gather information on various factors or effects experienced by the respondents.

1) Which of the following areas have been affected by parental pressure on your career? (Options: Career satisfaction, Job performance, Work-life balance, Personal relationships, Mental health, Professional growth, Financial stability)

2) Which of the following long-term effects have you experienced due to parental pressure about your career?
(Options: Changes in career goals or aspirations, Increased stress or anxiety related to career, Shift in personal interests or hobbies, Strained personal or family relationships, Altered career path or job role, Decreased job satisfaction, Improved career achievements, Adjusted work-life balance, Persistent self-doubt or inadequacy)