

Parenting style, Emotional Intelligence and Career Self-efficacy of Teenagers

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ABSTRACT

This study aimed to examine the correlation between parenting style and emotional intelligence with career self-efficacy as well as predictive factors on teenager's career self-efficacy in Terengganu, Malaysia. A total of 335 Lower Six students from schools in Terengganu were selected using purposeful sampling method as the respondents in this study. This study was conducted using a survey method with three sets of questionnaires, namely Parenting Style Scale, Scale of Emotional Intelligence, and Scale Career Self Efficacy-Simplified version. The data were analyzed descriptively using mean and percentage alongside the inference analysis that was based on correlation and regression. The findings of this study indicated that there was a significant positive correlation between parenting style and emotional intelligence with teenagers' career self-efficacy. The regression analysis showed that parenting style (authoritarian, authoritative, and permissive) and emotional intelligence were the contributing factors to teenagers' career self-efficacy. As a conclusion, parenting style and emotional intelligence need to be improved as they are both positively correlated with teenagers' career self-efficacy. Further studies are required to strengthen the findings of this study.



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1. INTRODUCTION

Career self-efficacy plays an important role in an individual's life. It is defined as the confidence of a person in his or her abilities and capabilities in carrying out the tasks related to his or her career [1], [25]. [3] stated that career self-efficacy is an important aspect of an individual in the process of self-formation, especially in terms of beliefs, motivation, and affective stages. As teenagers' actions are based on what they believe objectively and in reality, career self-efficacy helps engage them in a task when they believe that the task can be completed successfully and continuously motivate them [8]. Hence, career self-efficacy is deemed as the prerequisite for the success of a task and if a teenager has a good level of self-efficacy, they tend to perform better in their career and achieve more career goals [3]. Therefore, career self-efficacy is crucial in preparing teenagers to face the actual working life. Besides, [4] stated that career self-efficacy is also important in the process of career selection since it helps teenagers in discovering their career abilities.

Parents play an important role in shaping the career self-efficacy in teenagers. According to [12] both the parenting style and family support are important to teenagers' social and intellectual development. [21] stated that there are two main mechanisms in parenting style and parent involvement which increase teenagers' social capital and social control. It is important for parents to provide a conducive family environment to smoothen the transition process from teenager to adulthood. This can be achieved by creating a harmonious and pleasant family environment where teenagers can receive sufficient care, support, and guidance from their parents [14]. Multiple studies have shown that parenting styles and practices can promote children's self-control capabilities in stressful situations [6] problem management skills [33] and also social competencies for good interpersonal relationships [24]. On the other hand, teenagers who do not receive proper parental care, encouragement, and support from the family will have low career-efficacy, resulting in the unpreparedness to employment, difficulty in making decisions, lack of confidence in their ability, reluctance to commit and be responsible, and lack of willingness and motivate on towards their career [13].

Aside from parenting style and parental involvement, emotional intelligence is another important factor in forming the career self-efficacy in teenagers. Emotional intelligence is the emotional and social competencies or abilities to have quality communication with oneself and others to adapt to the environment [5]. Regarding this, [17] mentioned, that teenagers who grew up in a family that emphasizes interpersonal relationships and emotional connection among family members will have a higher emotional intelligence, making them more responsible, independent, confident, and socially competent. Furthermore, he also stated that emotional intelligence is one of the predictive factors to the successfulness of a person's career and it is closely related to job satisfaction. Meanwhile [29] stated individuals who have a stable emotionally are able to control their emotions, more motivated, able to recognize others' emotions, and having the ability to handle different kinds of relationships. Similar with Social Cognitive Theory, proposed by [2] also stated that career self-efficacy is the strengths, confidence, and beliefs of individuals to be able to excel in any field that they are involved in.

2. Literature Review

Career self-efficacy is the confidence of an individual towards their abilities and capabilities in carrying out career-related tasks [1], [25]. It is an important aspect of teenagers' self-formation process, especially in terms of career preparation. The formation of career self-efficacy does not depend solely on teenagers' own efforts but is also affected by other factors such as the environment [9] and parental support [11]. High level of emotional intelligence helps teenagers to better understand themselves and in turn, helps them in forming a higher career self-efficacy which enables them to make career decisions based on their capabilities [2]. Teenagers who are about to graduate from secondary school, pre-university, or college need to be more sensitive towards their career preference and the available career opportunities, as well as develop a career strategy as they are just one step away from the career world. Hence, career self- efficacy become especially important to this group of teenagers.

Stated that teenagers who are unclear about their career direction are usually those who do not understand their own personality and ability, and lack interest in career planning. This group of teenagers usually face issues in getting career related information which further disrupt their career self-efficacy. Moreover, [7] stated that teenagers that lack confidence in their abilities to succeed academically are most probably not confident enough in carrying out their career tasks either. According to [27], [28] low self-efficacy not only affects teenagers psychologically but also their future. [32] stated that even though the effects of parenting style on teenagers' behavior were studied and reported in previous studies, there are still some factors that have not yet been studied. Firstly, aside from parenting style, the social behavior of a teenager can be affected by other factors as well. For instance, the characteristics of the teenager (such as gender and age), socioeconomic status of the family, and even culture [15], in which each of these factors needs to be studied

in detail. Secondly, studies that focus on the role of father in parenting are still limited. To date, most of the studies were only focused on either the role of mother or both parents in parenting [30]. However, there are more fathers involving directly in child-rearing nowadays, hence, the role of fathers in parenting should be specifically studied [16]. Thirdly, studies related to the effects of parenting style and emotional intelligence on teenagers were poorly conducted, especially those targeted Malaysian teenagers [18], and there is still no study on the correlation among emotional intelligence, parenting style, and career self-efficacy of teenagers.

According to [18], parenting style and emotional intelligence are interrelated variables, but these two variables were mostly studied independently in previous studies (Alegre, 2012; Alegre & Benson, 2007; Berg, 2011; Scott-Ladd & Chan, 2004; Smith, 2005; Spector, 2005; Wells, Torrie, & Prindle, 2000). This study aimed to fill the knowledge gap identified through literature review. The main purpose of this study was to determine the correlation between parenting style and emotional intelligence with the career self-efficacy of Form Six students. In addition, predictive factors on career self-efficacy were also studied.

3. Methodology

3.1 Research Design

The cross sectional survey was used in this quantitative study. Three sets of questionnaires were used as the data collection tools, namely the Care Style Scale by [6] which was translated by [18], Self-Efficiency Scale-Simplified (1996) which was translated and Emotional Intelligence Scale by which was translated by [18]. The sample size was determined based on the formula of [23]. Purposeful sampling method was used to select the sample based on the requirement that the respondent must be in Lower Six grade. A total of 335 Lower Six students were selected out of 2511 Lower Six students across all districts in the State of Terengganu.

3.2 Analysis of Data

The data obtained was analyses used a descriptive analysis such as mean and frequency to compare a min score within variable while inferential data was analysis used a colleration spearman to measure a coloration between variable and regression analysis were used to predict a significant variable contributed to a career self-efficacy.

4. Findings / Results

Table 1 showed the correlation between emotional intelligence and parenting style with career self-efficacy. The results indicated that there was a significant positive correlation between emotional intelligence and parenting style with teenagers' career self-efficacy with a relationship strength (r) value of 0.392 and p valuet was larger than 0.05, $P=>0.05$, which was a moderate correlation according to. Also, there was a significant positive correlation between parenting style with teenagers' career self-efficacy with an (r) value of 0.434 and p value that was larger than 0.05, $p=>0.05$ which was a moderate correlation according to.

Table 1 Correlation between Emotional Intelligence and Parenting Style with Career Self-Efficacy

| Variables | Career Self-Efficacy | |
|------------------------|----------------------|---------|
| | R value | P value |
| Emotional Intelligence | .392** | .000 |

Parenting Style .434** .000

**significant at p-value > 0.05

The predictive factors to the career self-efficacy of teenagers were also examined in this study, Table 2 and 3 showed the results of predictive factors to the career self-efficacy. The result showed that parenting style and emotional intelligence were contributing to the career self-efficacy of teenagers.

Table 2 Model of Multiple Regression

| Model Summary ^b | | | | |
|----------------------------|-------------------|----------|-------------------|----------------------------|
| Model | R | R Square | Adjusted R Square | Std. Error of the Estimate |
| 1 | .476 ^a | .226 | .221 | .38929 |

a. predictors (constant): Parenting style, Emotional intelligence

b. Dependent variable: Career self-efficacy

Table 3 Summary of Regression Analysis

| Model | | Jnstandardized Coefficients | | Standardized Coefficients | | |
|-------|----------------------|-----------------------------|------------|---------------------------|-------|------|
| | | B | Std. Error | Beta | t | Sig |
| 1 | (Constant) | 1.584 | .213 | | 7.422 | .000 |
| | Combines of 3 | | | | | |
| | Parenting style mean | .114 | .021 | .315 | 5.539 | .000 |
| | Emotional mean | .244 | .061 | .228 | 4.000 | .000 |
| | Authoritarian mean | .156 | .062 | .160 | 2.522 | .012 |
| | Permissive mean | .146 | .061 | .166 | 2.398 | .017 |
| | Authoritative mean | .170 | .056 | .192 | 3.055 | .002 |

The results showed that parenting style and emotional intelligence were contributing to teenagers' career self-efficacy, which the contribution percentage was 22.6 percent. The contribution percentage of parenting style to teenagers' career self-efficacy was 11.4 percent, while the contribution percentage of emotional intelligence to teenagers' career self-efficacy was 24.4 percent. Regarding the contribution of each types of parenting style to teenagers' career self-efficacy, the contribution percentage of authoritative parenting style was 17.0 percent, which was the highest contribution, followed by the authoritarian parenting style with a contribution percentage of 15.6 percent and the permissive parenting style with a contribution percentage of 14.6 percent. The results indicate that parenting style and emotional intelligence are the predictors of teenagers' career self-efficacy.

5. Discussion

5.1 Correlation between Emotional Intelligence and Parenting Style with Career Self-Efficacy

According to the theory of emotional intelligence [17] emotionally stable individuals are able to control their emotions, more motivated, able to recognize others' emotions, and having the ability to handle different kinds of relationships. Thus, emotional intelligence increases the level of teenagers' career self-efficacy, indirectly. Moreover, the results also reported that the respondents who had stable emotions and career self-efficacy were better in controlling and determining their career direction. This was congruent with the Social Cognitive Theory, [3] which stated that career self-efficacy is the strengths, confidence, and beliefs of individuals to be able to excel in any field that they are involved in. The results of this study also showed that there was a significant positive correlation between parenting style and teenagers' career self-efficacy with a moderate strength, which was congruent with the finding of [12] that indicates a parenting style is playing an important role in determining the level of career self-efficacy in teenagers. A positive, confident, motivated, and responsible parenting style will help in forming a stable and high level of emotional intelligence which in turn, increases the career self-efficacy in teenagers.

5.2 The predictive factors to the career self-efficacy

The authoritative parenting style was the factor with the highest contribution percentage. This result was similar with that of the studies by [8]. According to [6], authoritative parents are firm, loving, consistent, and supportive while having high expectations and demands on their children. Besides, [20] stated that authoritative parenting style also helps children to feel safe and secure. Children raised with this kind of parenting style tend to have good personalities and high self-confidence and hence, are higher in career self-efficacy. Nevertheless, authoritarian parenting style was the most dominant parenting style practiced by the respondents' parents, followed with authoritative parenting style and permissive parenting style. The reason for the dominance of authoritarian parenting style could be because the respondents and their parents were from the east coast of Peninsular Malaysia where most of the families are still practicing the traditional authoritarian parenting style.

The parents in this region were mostly having lower education levels, hence, they tend to inherit the parenting style from their previous generations as they are more comfortable with it and convinced that such parenting style is more effective in raising successful and polite children with noble personalities and good manners. In fact, not only families in the east coast of Peninsular Malaysia, previous studies showed that multiple communities in Asia were still practicing authoritarian parenting style and deemed that as the best parenting style. For instance, the studies conducted by [10] among the Chinese community in cross-cultural society, the studies conducted by [22], [31] among the Korean and Turkish communities, and lastly, the study by [26] which involved the Asian and Australian Chinese communities.

For authoritarian parents, obedience to parents is a sign of respect. According to [6] children raised with authoritarian parenting style are usually afraid to make decisions and express their opinions, and unable or refuse to take responsibility for their decisions. However, based on the literature review, the findings of [6], cannot be generalized to non-western communities. Moreover, the results of this study also showed that emotional intelligence was contributing to teenagers' career self-efficacy. This finding was in line with that of the previous studies, for instance, the study by [17], which stated that emotional intelligence is one of the predictors of the successfulness of a person's career and it is closely related to the person's job satisfaction. Furthermore, the sample of this study mostly lived at home and were controlled by their parents as [12], stated that parents play an important role in the process of developing teenagers' emotional intelligence as they spend most of their time with their parents at home under their supervision and guidance.

6. Conclusion

As a conclusion, both emotional intelligence and parenting style have a significant positive correlation with teenagers' career self-efficacy. In addition, the parenting style and emotional intelligence are the predictors of teenagers' career self-efficacy. Therefore, parents need to adopt and apply an appropriate parenting style in nurturing their children, so that the children can be optimistic, confident, and are always motivated. Also, emotional intelligence should also be emphasized in parenting as it helps teenagers to better understand themselves in terms of their abilities and career interests, where both are vital for a sound career planning.

Recommendations

Based on the findings of studies that have been conducted show parenting style and emotional intelligence have a relationship with career self –efficacy. For future research, it is suggested that the study should be conducted by keeping in view the other population such as technical institution students, University and College. All these institutions have a different student and they have different background. Diverse findings will further strengthen the findings of this study. Some suggestion to the stakeholders to ensure programs that can improve the quality of parenting styles need to be expanded to increase awareness of the importance of parenting styles in determining the self -efficacy of their children's careers. In addition, parents, counselors and relevant parties should also ensure that emotional intelligence among adolescents can be improved because this element has also been proven in this study has a relationship with career self-efficacy.

Limitations

The study has a limited scope and it has only focus on Form Six student, so the finding of the study does not generalize to others population. Besides it is suggested that in the future, the career self-efficacy should be measured by factors that contribute to the teenagers career self-efficacy development, serious attention should be given to the level of self -efficacy of teenagers, especially to them who will finish school because they are closest to the world of careers. They need a good mental preparation to gather information about the career, need guidance as a reference about the scope of the career in which they are interested.

Conflict of Interest

The authors declare that there are no conflicts of interest regarding the publication of this paper.

7. References

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