

# THE EFFECT OF PARENTAL INVOLVEMENT AND SOCIAL SUPPORT ON CAREER DECISION-MAKING

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**Abstract.** Students are expected to know the career goals they want to achieve and be able to choose a career that they are interested in from the start. In reality, there are still many students who experience doubts when they want to decide on the career they want. This research adopted a quantitative approach with a research population of 90 FISIP University X students who were specifically selected through a purposive sampling technique. Statistical analysis of the data used a multiple linear regression model with the help of the SPSS computer program. The results obtained: (1) there is a significant influence of parental involvement and social support on career decision making with calculated  $F$  value = 6.358 >  $F$  table = 3.10 and  $p$  value = 0.003 and has an influence contribution ( $R^2$ ) of 12.8%; (2) there is no significant positive influence of parental involvement on career decision making with beta coefficient ( $\beta$ ) = 0.085,  $t$  = 0.727 <  $t$  table = 1.987, and  $p$  value = 0.469 ( $p$  > 0.05); (3) there is a significant positive influence of social support on career decision making with a beta coefficient value ( $\beta$ ) = 0.306,  $t$  = 2.616 >  $t$  table = 1.987, and  $p$  value = 0.010 ( $p$  < 0.05).

**Keywords:** career decision making; parental involvement; social support

## I. INTRODUCTION

The development of adolescence to early adulthood is a stage that every individual will go through. The early adulthood stage is the stage where individuals seek their identity, lifestyle, and plan for the future. According to Putri (2019), early adulthood is a period in which individuals play a role and are responsible for themselves as a whole, where they have experienced a transition between independence and becoming independent and free to make choices and be responsible for the consequences.

The early adult stage is the period during which individuals will plan for their future and draw up plans for the future. One of the tasks of early adult development that will be passed by individuals is the demand for adaptation to careers and jobs (Ramdhani et al. 2018).

The career development theory presented by Donald E. Super has a wide scope, this happens because the development of the position is seen as a process that includes many factors. Some of the influencing factors are found in the individual and in his or her life environment, where the individual and the people around him interact with each other. This triggers the formation of a person's career development process which is carried out by the individual himself with the people around him (Maslikhah et al., 2019).

Career decision-making is a form of individual effort in achieving desired career goals based on interests and talents, personal experience, and understanding of the career they want to pursue. Students are expected to know the career goals they want to achieve and be able to choose a career that has been in demand since the beginning, in fact there are still many students

who experience doubts when they want to decide on the choice of the desired career. The study, conducted in line with Youthmanual, which describes more than 400,000 data taken from students and college students, revealed the surprising fact that 92% of high school/vocational students admitted to being confused about their future, and 45% of students showed regret about their choice of major. It is estimated that there are 10-30% of students who are included in the group that has doubts in career choice. (Greenhaus, Callanan, & Godshalk, 2019).

Career decisions are not only influenced by the surrounding environment, but also by factors in the self (internal) and external (external) in the individual. Internally, there are influencing factors such as interest, talent, self-confidence, and self-understanding. These factors are like a compass that leads a person to the right career direction. Meanwhile, various external conditions such as the quality of education, parental parenting, peer influence, education system support, and campus facilities also play an important role in shaping a person's career decisions (Fadilla, 2020).

Sopiah (2020) explains the involvement of parents in actively participating in children's lives which aims to create strong emotional bonds and support the child's development holistically. Parental involvement is an important thing needed to help children make decisions about the career they want to pursue, in fact there are still many parents who control their children excessively and lack active participation in the process of determining their future.

This finding is in line with the research of Anastiani and Primana (2019) on final year students which showed that parental participation in being involved in making a career

decision got a score of 8%. This means that the difficulties experienced by final year students in making career decisions are largely determined by the behavior of their parents who participate in decision-making, making students confused about the desired goals.

In addition, social support is also an important factor in career decision-making. According to Sajidah (2018), social support is the presence of people around us who provide help, encouragement, and a sense of acceptance, especially when we face challenges.

Social support is certainly an important thing needed by every individual. This is the initial capital for individuals to make career decisions that they are highly anticipated, because with social support and assistance from the nearest environment, individuals will be able to explore, know and ascertain which careers are indeed in demand and want to go to (Fadhillah & Yudiana, 2020).

This statement is supported by research by Rossallina and Salim (2019) who conducted a study on junior high school students and obtained the results that the provision of social support from parents, teachers, and peers will give rise to attitudes towards students' career exploration. The many attitudes shown by students in activities related to career exploration will make it easier for students to make career decisions. If students have received extensive information, they will become more confident when it comes to the career decision-making process.

Prabowo and Kusumaningsih's (2021) research on SMA N 10 Semarang students found positive results between parental support and students' ability to make career decisions. This means that the high level of support provided by parents will also improve the student's ability to make their career choices.

Based on the previous description, this study wants to deeply understand how parental involvement and social environment support affect the career decision-making process in individuals. So the first hypothesis is whether there is an influence of parental involvement and social support on career decision-making in students of the Faculty of Social and Political Sciences, University X Samarinda. Second, whether there is an influence of parental involvement on career decision-making in students of the Faculty of Social and Political Sciences, University X Samarinda. And third, whether there is an influence of social support on career decision-making in students of the Faculty of Social and Political Sciences, University X Samarinda.

## II. RESEARCH METHODS

This study adopts a quantitative design to measure and analyze the bound variable, namely career decision-making and the independent variable, namely parental involvement and social support.

In order to obtain a representative sample, the sampling used is the probability sampling technique. A total of 90 students of the Faculty of Social and Political Sciences, University X Samarinda were sampled in the study. Furthermore, through a simple random sampling technique,

research samples were obtained randomly from the entire population, regardless of background or other characteristics (Sugiyono, 2016).

The research measuring tool uses three measurement scales, namely the career decision-making scale, the parent involvement scale, and the social support scale. The career decision-making scale initially had 20 items, but after a validity test, 2 items were deleted to become 18 items with a reliability of 0.807. The same process was carried out on the parent engagement scale with the results of the final 18 items, and obtained a value of  $\alpha=0.870$ , as well as the social support scale with the results of the final 19 items, and obtained a value of  $\alpha = 0.651$

## II. RESULTS AND DISCUSSION

All students of the Faculty of Social and Political Sciences, University X who entered in 2021 were the target of this research.

Table 1. Number of Research Population

No	Courses	Frequency
1	Social Development	92
2	Public Administration	103
3	Government Science	114
4	International Relations	101
5	Communication Science	107
6	Business Administration	110
7	Psychology	109
<b>Total</b>		<b>736</b>

This study involved 90 students of FISIP University X as research subjects. The full profile of the sample selection criteria, is presented through the following table.

Table 2. Distribution of Research Subjects by Gender

Aspects	Gender	Frequency	Percentage
Gender	Man	27	30%
	Woman	63	70%
<b>Total</b>			<b>100%</b>

It can be seen in this study that based on the gender of 90 FISIP students who are the research subjects, it shows that most of the subjects of this study are female, with a percentage of 70%.

Table 3. Distribution of Research Subjects by Study Program

Aspects	Courses	Frequency	Percentage
Courses	Social Development	12	13.3%
	Public Administration	10	11.1%
	Government Science	8	8.9%
	International Relations	9	10%
	Communication Science	3	3.3%
	Business Administration	2	2.2%
	Psychology	46	51.1%
<b>Total</b>		<b>90</b>	<b>100%</b>

The subjects in this study showed that the largest number came from the Psychology study program, with a percentage of 51.1%. Meanwhile, the research subjects that have the lowest percentage come from the Communication Science study program, which is 2.2%.

Descriptive data was used to describe the condition of data distribution among students of the Faculty of Social and Political Sciences at University X Samarinda. Empirical mean and hypothetical mean are obtained through three measurement scales, namely the career decision-making scale, the parent involvement scale, and the social support scale.

Table 4. Empirical Mean and Hypothetical Mean

Variable	Empirical Mean	Hypothetical Mean	Status
Career Decision Making Parent Involvement	51.82	45	Tall
Career Decision Making Social Support	77.92	65	Tall
	55.04	47.5	Tall

According to Azwar (2014), the interpretation of psychological scores is always relative to a standard or normative. Based on the measurement results, the empirical average on the career decision-making scale (51.82) was higher than the hypothetical average (45), indicating a high category. On the parental involvement scale, the empirical average (77.92) was also higher than the hypothetical average (65), indicating high parental involvement. Meanwhile, on the social support scale, the empirical average (55.04) was higher than the hypothetical average (47.5), indicating high social support in the subjects of this study.

Before testing the research hypothesis, a hypothesis test is first carried out to ensure that the data meets the requirements for analysis. The tests carried out include the normality and linearity of the data.

1. Normality Test

The normality test uses a rule that states that  $p > 0.05$  then the data distribution is normal, on the other hand,  $p < 0.05$  then the data distribution is abnormal (Santoso, 2012).

Table 5. Normality Test Results

Variable	z	P	Information
Career Decision Making Parent Involvement	0.107	0.013	Abnormal
Career Decision Making Social Support	0.077	0.200	Usual
	0.086	0.095	Usual

Based on the results of the normality test that has been carried out on each variable, the result is that the p value in the variables of parental involvement and social support  $> 0.05$ , which means that both variables have a normal distribution of data. Meanwhile, in the career decision-making variable, a  $p < 0.05$  was obtained, meaning that the distribution of data on the variable was abnormal

2. Linearity Test

The assumption test uses a rule that states that if the value of the deviant from linearity  $p > 0.05$  and the value of F is calculated  $< F$  table and the significance is 5% or 0.05, it means that the relationship is declared linear (Gunawan, 2013).

Table 6. Linearity Test Results

Variable	F-hit	F-tab	P	Ket
Career Decision Making – Parent Involvement	0.887	3.10	0.627	Linear
Career Decision Making – Social Support	0.675	3.10	0.848	Linear

The results of the statistical test Table 6 explain that the career decision-making variable – parental involvement and between the career decision-making variables – social support has a linear relationship ( $p > 0.05$ ).

After conducting a hypothesis test, the researcher applied a test to the research hypothesis through a multiple regression model. The results obtained from the variables of parental involvement and social support for career decision-making, the following results were obtained:

Table 7. Full Model Regression Analysis Test Results

Variable	F-hit	F-tab	R2	P
Career Decision Making (Y) Parent Engagement (x1) Social Support (X2)	6.358	3.10	0.128	0.003

The results of the statistical test in Table 4 showed that there was a significant influence of parental involvement and social support on career decision-making, with values  $F = 6.358$ ,  $R^2 = 0.128$ , and  $p = 0.003$ . So it can be concluded that the major hypothesis of this research is accepted. This indicates a significant influence between parental involvement and social support on career decision-making. Then the results of the regression analysis can be seen, in the following table:

Table 8. Results of the Regression Analysis Test of the Phased Model

Variable	Beta	T-hit	T-tab	P
Parent Engagement (x1) Career Decision Making (Y) Social Support (X2)	0.085	0.727	1.987	0.469
Career Decision Making (Y)	0.306	2.616	1.987	0.010

Regression analysis in Table 5 shows that the beta coefficient ( $\beta$ ) for the parent involvement variable is 0.085 and the sig value is 0.469 ( $p > 0.05$ ). The results of the t-count test obtained a score of 0.727, indicating that there was no statistically significant difference between the groups with low parental involvement in career decision-making. Therefore, the minor hypothesis is rejected. Furthermore, regression analysis shows that the beta coefficient ( $\beta$ ) for the social support variable is 0.306 and the sig is 0.010 ( $p < 0.05$ ). This means that every increase of one unit in the social support variable will increase career decision-making by 0.306 units, statistically significant. So that a minor hypothesis that states a positive influence and significance on social support on career decision-making is accepted.

The results of regression analysis show that the major hypothesis of this study is accepted. This means that both parental involvement and social support together have a significant influence on the career decision-making of students of the Faculty of Social and Political Sciences, University X. The contribution of influence  $R^2 = 0.128$  means that 12.8% of the variation in career decision-making can be explained by parental involvement and social support. Sugiyono (2016) explained that the coefficient interval in the range of 0.00 – 0.199 is included in the very low category. This shows that the level of influence of parental involvement and social support on career decision-making is included in the very low category.

The results obtained are in line with the research of Simbolon and Rasyid (2021) which explains the influence of family and friends on career choices, where the lower the involvement of parents and social support, the higher the doubts experienced by individuals in career decision-making. So it indicates that with a high level of parental involvement and social support, the lower the doubt about individual career decision-making.

In addition to parental involvement and social support that can affect the presence or absence of career difficulties, students generally tend to experience difficulties when making a decision. The difficulties experienced include that individuals still do not have an understanding of themselves which includes potential, interests, personality, and resources (Arjangga & Suprihatin, 2023).

Supported by research conducted by Din and Yudianta (2021) on final year students, where it was found that final year students experienced doubts in making career decisions due to *lack of information about the self* or lack of information about themselves. Research and survey results conducted by Greenhaus et al. (2019) also support this statement and prove that students tend to experience doubts and difficulties in the career decision-making process.

Based on the hypothesis test of the gradual regression analysis, it was found that the results of the minor hypothesis analysis in this study were rejected, namely there was no influence of parental involvement on career decision-making in students of the Faculty of Social and Political Sciences, University X with a beta coefficient value ( $\beta$ ) = 0.085, t count = 0.727, and  $p = 0.469$  ( $p > 0.05$ ). The results of the test show that the high and low involvement of parents in students will not make their career decisions. Therefore, it can be concluded

that parental involvement in students cannot influence student career decision-making.

This is in line with Anastiani and Primana (2019) in their research on final year students and obtained research results that show that the contribution of parental involvement to career decision-making is 8% for final semester students. This means that the difficulties felt by final semester students when making career decisions are largely determined by the behavior carried out by parents towards their children.

Based on the hypothesis test of the gradual regression analysis, it was found that the results of the minor hypothesis analysis in this study were accepted, namely there was an influence of social support on career decision-making in students of the Faculty of Social and Political Sciences, University X with a value of beta coefficient ( $\beta$ ) = 0.306, t count = 2.616, and  $p = 0.010$  ( $p < 0.05$ ). The results of this hypothesis test also explain that the lower the social support, the higher the doubt experienced by individuals in career decision-making.

This is in line with Suwanto et al. (2021) in their research which explains the role of social support, especially those obtained from peers, has a positive relationship with career decision-making. This means that the higher the social support obtained, the lower the individual's career decision-making doubts will be.

The existence of social support from parents, family, close friends and the surrounding environment will be able to help individuals to be able to better know, understand and explore their interests and talents. Individuals will feel that they have received the support they need because they want to pursue their desired career specialization. This statement is supported by research conducted by Maslikhah et al. (2022) where a significant positive relationship was found between family support and career decision-making.

Rahayu and Sawitri (2022) also support this statement, where the social support that individuals receive from their peers has a significant positive relationship with individual career decision-making. This means that the higher the social support from peers, the lower the doubt about career decision-making.

### III. CONCLUSIONS

The results of the study found that parental involvement and social support on career decision-making in FISIP University X students had a greater significant influence than parental involvement, which did not show a statistically significant influence. These findings show the importance of social support, both from peers, family, and the academic community, in shaping students' confidence in making career decisions. The implication is that social support programs on campus can help students be more prepared and confident in their career choices. However, the limitations of research by quantitative methods and samples from one faculty, so it is recommended for future researchers to be able to conduct research with a qualitative approach and a broader subject to better understand the influence of parental involvement and



social support, as well as other factors such as the ability to self-efficacy as a form of making a decision on the desired career.

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