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The Effect of Career Awareness Status of Students Faculty of Sports Sciences on Career Plans

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Authors' Contribution: A: Study design, B: Data collection, C: Data analysis, D: Manuscript preparation, E: Discussion and conclusion

ABSTRACT

Study aim(s): This study aims to examine the effect of career awareness of Sports Science Faculty students on their career plans.

Methods: The research group consists of a total of 167 people, 82 males, and 85 females, studying at the Faculty of Sport Sciences of Suleyman Demirel University. The personal information form created by the researcher was used to obtain demographic questions, and the career awareness scale developed by (16) was used to determine career awareness. The variance and homogeneity of the obtained data were tested, and the Pearson correlation test was used. In the statistical analysis and interpretations of the data, the $p<0.05$ significance level was taken into consideration. Cronbach Alpha value was calculated as 0.88 for career awareness. A positive correlation was found in the total score of Career Planning and the total score of Professional Career Awareness and in all sub-dimensions of Career Planning and Vocational Career Awareness, where the participants' Career Planning Total Scores and Vocational Career Awareness Total scores were high.

Results: As a result, career awareness is an important concept for making the right career choices.

Conclusions: The studies in the literature and our study, which state that career awareness has an important place in decision-making processes, show that students' career choices have great importance in decision-making processes and that the right career choices will shape their lives correctly.

Keywords: Profession, Career Perception, Future Planning.

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INTRODUCTION

A career is an active process that continues from the day people start their education and training until the day they retire. The most critical period of a career is the period of transition to the profession after finishing one's education.

Every level in the world of education is an important process for individuals to adapt to social life in a developing and changing world [1- 4]. However, since people cannot carry out this process in a healthy way, they often make wrong career choices. The right career choice is an important part of students' lives in terms of achieving psychological and professional success and efficiency.

The concept of career, which we use frequently, expresses meanings such as success in the job, high status, and promotion in business life [5]. It can be expressed as the continuation of the job or profession as well as the activities carried out. Career planning, which starts during their student years, is a very important issue in terms of developing and adapting their professional skills in their subsequent business life. For this reason, it is very important to ensure the career awareness of university students, to help them in this direction, and to provide counseling in terms of their professional future [6].

In general, the concept of consciousness belonging to the research field of psychology is expressed as a concept related to the level of individual consciousness at the decisive level [7]. Considering awareness, which is expressed as the observation of instant experiences by considering the current situation, at the level of physical education and sports activities is very important in terms of building the social future on healthy and therefore solid foundations [8]. Therefore, career awareness studies are an important point in the professional lives of individuals.

One of the most important stages of career development is career awareness. Career awareness has different subheadings. Some of them are basic information about occupations, needs to be related to education and skills, job requirements in the natural environment, and expectations about professional preferences. Some basic points needed to be considered when providing career development services to students. For example, the aim is to enable students in the target group to become more adaptable, flexible, and future-oriented, more aware of their current situation and possible situations related to their future careers. Career planning is the process by which people, taking into account their abilities, interests, and values, set appropriate goals for themselves and make the necessary plans to achieve these goals. According to another definition, career planning is the process of setting career goals through awareness of oneself, one's abilities and limitations, the choices one makes and their consequences, and planning work, education, and related development programs that lead to certain career goals [9].

Various factors guide the individual in career choice and during the formation of the career process. These factors are divided in two different factors such as intrinsic and extrinsic. The source focuses on the individual's personality formation as an intrinsic factor. The individual's career choice is influenced by the motivations formed through emotions, thoughts, achievement, and psychological power factors that have an impact on the formation of the individual's personality throughout life. In external factors, it is explained that the social environment of the individual is effective. Career choice is affected by factors such as family, environment, socio-economic conditions, etc. [10, 11].

Planning, which is considered the process of thinking about the activities that are foreseen to be necessary to achieve the desired goal, is the first and most important step in achieving the desired result. [12] defines career planning as the professional success and expertise that individuals want to achieve in business life. Planning consists of setting goals, analyzing job and career paths, identifying potential job opportunities, applying, and reaching the goal. The planning process is an important process for

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individuals to continue their professional lives, and it can be stated that continuous progress in careers can be achieved with motivation.

METHODS

Research design

The research used a descriptive survey method, which aimed to reveal the current situation. Descriptive research designs are research methods that aim to describe a past or present situation as it is. One tries to define the event, individual, or object under investigation in its own terms and as it is. There is no attempt to change or influence them in any way [13].

Study sample

In the 2022-2023 academic year, 167 students were selected by random method [14] among the students studying at Isparta Suleyman Demirel University, Faculty of Sports Sciences, Departments of Sports Sciences, Physical Education and Sports Teaching, Coaching and, Sports Management participated in the study.

Table 1: Descriptive Statistics of Participants

Variables	Groups	N	%
Gender	Male	82	49,1
	Female	85	50,9
	Total	167	100
Age	18-21	84	50,3
	22-24	78	46,7
	25+	5	3,0
	Total	167	100
Course	1	59	35,3
	2	18	10,8
	3	60	35,9
	4	30	18,0
	Total	167	100
Department	Coaching	24	14,4
	P.E. and Sports Education	59	35,3
	Sport Sciences	50	29,9
	Sport Management	34	20,4
	Total	167	100
Grade Point Average	-1,99	14	8,4
	2,00-3,00	84	50,3
	3,01-4,00	69	41,3
	Total	167	100
Sport Type	Individual	50	29,9
	Team	117	70,1
	Total	167	100
Monthly Income Status	-3.000	119	71,3
	3.001-10.000	46	27,5
	10.000 +	2	1,2
	Total	167	100
Weekly Study Time	1-5 hour	89	53,5
	6-10 hour	63	37,7
	11 hours +	15	9,0
	Total	167	100
Mother's Education Level	Primary education	86	51,5
	High School	54	32,3

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	Bachelor's degree	26	15,6
	Postgraduate	1	0,6
	Total	167	100
Father's Education Level	Primary education	73	43,7
	High School	68	40,7
	Bachelor's degree	22	13,2
	Postgraduate	4	2,4
	Total	167	100
Marital Status	Single	160	95,8
	Married	7	4,2
	Total	167	100

Data collections tools

A personal data form prepared by the researcher, a career plans scale, and a career awareness scale was used to collect the data for the study.

Personal Information Form: Eleven questions were administered to obtain the participants' gender, age, grade, department, GPA, sport type, monthly income, weekly study time, mother's education level, father's education level, and marital status.

Career Plan Scale: The scale developed by [15] is a scale to determine the career plans of college students studying physical education. The scale, which is rated on a 5-point Likert scale and has 5 subdimensions, has a total of 23 items and no reverse-coded items. The construct validity of the scale was tested by factor analysis and confirmatory factor analysis. The reliability of the scale was measured by

Cronbach Alpha and test-retest. The reliability of the 23 items was calculated and Cronbach's alpha was found to be 0.885.

Career Awareness Scale: The scale developed by [16] is a scale that aims to determine the career awareness of students studying sports. The scale, which is rated on a 5-point Likert scale and has 4 subdimensions, has a total of 18 items and no reverse-coded items. As a result of the confirmatory factor analysis, the X2 / df value of the data was 2.38: the RMSEA value was 0.61; NFI value 0.90; CFI value, 0.92; GFI value 0.91; SMRM value 0.62; AGFI value of .86.

Data analysis

The skewness and kurtosis values and Kolmogorov-Smirnov test results of the answers given by the students of the Faculty of Sport Sciences participating in the study are presented in Table 2.

Table 2: Skewness and Kurtosis Values of Participants' Scale Scores

Items	N	Skewness	Kurtosis	p
Career Awareness	167	-,634	,456	,000
Professional Awareness	167	-,575	,214	,000
Career Oriented Belief	167	-,575	-.186	,000
Accuracy of Choice	167	-,749	,528	,000
Adequacy of Education	167	-.528	-.312	,000
CPS Total	167	-,280	-,328	,000
Professional Development Disposition	167	-,306	,241	,001
Professional Readiness	167	-,433	-,581	,000
Professional Awareness	167	-,653	-,179	,000
Professional Self-confidence	167	-,353	-,705	,000
PCAS Total	167	-,390	-,168	,067

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CPS: Career planning scale, PCAS: Professional career awareness scale

Examining the results of the Kolmogorov-Smirnov test can be seen that participants' deviation scores on the scale of career planning and professional career awareness are significant (Table 2). Looking at the normal distribution curves, it was found that there is not too much normal deviation, and [17] explained that the skewness and kurtosis values should ideally be between ±1. In this direction, it was decided to use tests of parametric statistical analysis, and the obtained data were analyzed in a computer environment. Data evaluation used number, percentage, mean, and standard deviation as descriptive statistical methods. Pearson correlation analysis was used between the continuous variables of the study.

RESULTS

Table 3: Descriptive Statistics of Scale Scores

Items	N	Min	Max	$\bar{X} \pm SD$
Career Awareness	167	2,00	5,00	3,987±.618
Professional Awareness	167	1,80	5,00	3.895±.676
Career Oriented Belief	167	2,00	5,00	3.997±.789
Accuracy of Choice	167	1,33	5,00	3,940±,746
Adequacy of Education	167	1,00	5,00	3,613±.894
CPS Total	167	2,12	5,00	3.887±.584
Professional Development Disposition	167	1,17	5,00	3,752±,689
Professional Readiness	167	2,00	5,00	3,940±,773
Professional Awareness	167	2,00	5,00	4,017±,755
Professional Self-confidence	167	2,00	5,00	3,789±,778
PCAS Total	167	1,85	5,00	3,874±,623

CPS: Career planning scale, PCAS: Professional career awareness scale

When Table 3 is examined, it is understood that the Career Planning Total Score of the Faculty of Sport Sciences Students is 3.887±.584. It is seen that the total score of Vocational Career Awareness is 3.874±.623.

Table 4: The Relationship between Participants' Career Planning and Vocational Career Awareness

Items		Professional Development Disposition	Professional Readiness	Professional Awareness	Professional Self-confidence	PCAS Total
Career Awareness	r	,643**	,583**	,673**	,587**	,745**
	p	,000	,000	,000	,000	,000
Professional Awareness	r	,506**	,541**	,629**	,583**	,680**
	p	,000	,000	,000	,000	,000
Career Oriented Belief	r	,625**	,552**	,683**	,565**	,727**
	p	,000	,000	,000	,000	,000
Accuracy of Choice	r	,556**	,557**	,567**	,526**	,662**
	p	,000	,000	,000	,000	,000
Adequacy of Education	r	,414**	,411**	,348**	,410**	,475**
	p	,000	,000	,000	,000	,000
CPS Total	r	,691**	,666**	,724**	,671**	,826**

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p	,000	,000	,000	,000	,000

CPS: Career planning scale, PCAS: Professional career awareness scale

When Table 4 is examined, it is seen that there is a high level of positive (r=,829, p=,000) relationship between the total Career Planning and Vocational Career Awareness scores of the participants, while a positive relationship was found in all sub-dimensions of the total Career Planning and Vocational Career Awareness scores.

DISCUSSION

In the present study, the relationship between Career Planning and Vocational Career Awareness of the students studying in the departments of Coaching, Physical Education and Sports Teaching, Sports Sciences, and Sports Management of Suleyman Demirel University Faculty of Sports Sciences, according to gender, age, class, department, Grade Point Average, sport type, monthly income, weekly study time, mother's education status, father's education status, and marital status was examined.

The importance of career planning and career awareness of students in terms of their professional future is crucial for a successful career and career choice. There are studies on this subject in the literature [18- 21].

When Table 3 is examined, it is seen that the participants' Career Planning Total Scores and Vocational Career Awareness Total Scores are high. When the related literature is examined, according to the study conducted by [22], an individual's career choice is his/her own responsibility and is evaluated in this context. It is seen as an important stage for individuals to have a more agile intelligence and an open mind and to recognize themselves to sustain their lives. In addition, it is recommended that they receive adequate career planning training to feel useful and valuable and thus increase their career planning stages. Changes in the existing structures of organizations, especially as a result of the rapid changes brought by

globalization, make it necessary for individuals working in these organizations to have career goals at a high level. [23] conducted a study on secondary school students and found that the decision-making difficulties of individuals who could not make a career decision were higher than those who could make a career decision. In addition, the career decision-making difficulties of individuals who perceived their academic achievement as low were found to be higher than those of individuals who perceived their academic achievement as high. [24] state that the highest level of teachers' views on career stages is academic achievement and the lowest level is social activity. In their study, [25] found that "security-stability" and "private life" career values were predominant among individuals who have not yet started their active careers. Instead of working all the time, students are more likely to value family and they want to strike a balance between work and personal life and to spend more time on their private lives. This is interpreted as a sign that the desire and interest in flexible working may increase in the later stages of life. Based on this, it is seen that the individual's survival and private life are also effective in career planning.

A positive relationship was found in the total Career Planning and Vocational Career Awareness total score and all sub-dimensions of the Faculty of Sport Sciences students. When the literature was examined, [6] concluded that there was no significant relationship between both dependent variables when the relationship and direction between career planning and job-finding anxiety were examined. Statistically, it can be said that even if the career planning levels of the students are high, they still have anxiety about finding a job. [26] found a significant negative relationship between the level of anxiety about finding a job and the academic procrastination levels of the students participating in the study. According to the

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result obtained, as students' anxiety levels about finding a job increase, their academic procrastination levels decrease in inverse proportion. [27], there is an average positive relationship between students' career planning and work motivation [28], there is a statistically significant relationship between individual-organization fit and career planning [29], there is a significant relationship between perfectionism and career planning attitude sub-dimension [30], and there is a statistically significant difference between students' anxiety about finding a job and hopelessness scores [31].

CONCLUSIONS

As a conclusion, career awareness is an important concept for making the right career choices. The studies in the literature and our study, which state that career awareness has an important place in decision-making processes, show that students' career choices have great importance in decision-making processes and that the right career choices will shape their lives correctly.

RECOMMENDATIONS

It is important for university students studying sports to realize their career awareness levels and try to increase their own career awareness levels, as well as for academics and administrators of our country to work towards increasing the career awareness of these students.

CONFLICT OF INTERESTS

No potential conflict of interest was reported by the authors.

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