



Association between Parental Variables and Career Decision-Making Self-Efficacy:

A Systematic Literature Review

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Highlights

- CDMSE is individual believe that they can complete task related to CDM. One factor that influence CDMSE among adolescent is parent.
- Many researchers using correlational method to their studies. In this study, we will use SLR method to get a broader view about CDMSE.

Abstract

Career decision-making self-efficacy is an individual believe that they can complete tasks related to career decision-making. Many studies about CDMSE focusing on correlational research and case studies, but still lack studies focusing CDMSE with Systematic Literature Review (SLR). This study aims to determine the relationship between parental variables and career decision-making self-efficacy through SLR method. This study use Systematic Literature Review method by reviewing articles from 2016-2021 which published in Google Scholar, PubMed, and Semantic Scholar. The study design was using Preferred Reporting Items for Systematic Literature Reviews and Meta-Analysis (PRISMA) guidelines. After screening process with Rayyan, we found five relevant articles which state parental support had positive correlation with career decision-making self-efficacy. It is concluded that parental support can make teenagers believe that they can complete tasks related to making career decisions.

Keywords: Parental Variables; Career Decision-Making Self-Efficacy; Adolescents

INTRODUCTION

Along the lifespan, individuals are faced with several alternatives that must be determined to support the next level of life. One of them is making career decisions. A career decision is a process of determining a career that begins by selecting possible alternatives through the results of comparison and evaluation of the alternatives (Ansori, 2015). Career decision-making refers to the skill of determining a career path that will be pursued by the individual through a process of self-identification and obtaining information related to a career (Arjanggi, 2017). The process of making career decisions is influenced by several factors, such as self-efficacy.

Self-efficacy is an individual belief that he/she can manage various tasks and carry out many types of performance behavior on a particular matter (Santosa & Himam, 2014). Self-efficacy that is related to the process of career decision-making is also known as career decision-making self-efficacy. Career decision-making self-efficacy (CDMSE) is the belief that one can successfully complete tasks necessary to make career decisions (Betz et al., 1996). CDMSE is related to an individual belief that he/she is able to organize certain behaviors to get the expected career (Primadhini, 2021). In career decision-making self-efficacy, individuals need to conduct self-assessments, search for career information, and find the solutions to solved career-related problems (Zamroni et al., 2014). Self-assessment includes self-analysis of individual talents, interests, and abilities. By analyzing individual talents, interests, and abilities, it will be easier for individuals to make career decisions. Then look for information related to the career to address through various sources and also look for many alternatives that can be used when facing a problem regard to a career.

Many studies attempted to link CDMSE with other factors. One factor that influence CDMSE is parental variables. Kusrini dan Saraswati (2022) on their research shows that there is a simultaneous influence between parental attachment on career decision-making self-efficacy. Amini dan Salim (2020) on their research shows that adolescents need the role of parents to encourage their self-efficacy in the process of making career decisions. In a collectivistic culture such as Indonesia, the presence of parents is an important thing for children to encourage their career decision-making. The statement is supported by Hariyanto et al (2014) which shows a significant relationship between the congruence of parents' expectations and career decision-making in grade 12 students.

Based on the explanation above, the presence of parental variables provides space for career decision-making self-efficacy. Many studies related to parental variables and CDMSE focused on correlational research and case studies. But still, a lack of studies attempted to study both variables with Systematic Literature Review (SLR) method. So it becomes our concern to examine more deeply through the SLR approach in order to get a broader view of the effect of the presence of parental variables on career decision-making self-efficacy. Thus attracting the attention of researchers to explore more about the various parental variables that can influence career decision-making self-efficacy, through a systematic literature review method.

METHOD

The research method used in this study is a systematic literature review. A systematic literature review is a method used to synthesize research findings to reveal the required research area and is an important component in creating a theoretical framework (Snyder, 2019). This systematic review is guided by the Preferred Reporting Items for Systematic Reviews and Meta-analyses (PRISMA) to increase the transparency, accuracy, completeness, and frequency of the

documentation of the systematic review process carried out (Shamseer et al., 2015). This research used POP 7 (Publish or Perish) and Rayyan applications. POP 7 is an application used to conduct literature reviews to identify articles in certain fields (Harzing, 2010). Meanwhile, Rayyan is a free online application to assist researchers in conducting systematic reviews (Johnson & Phillips, 2018).

In the PoP 7 application, the search sources used were Google Scholar, PubMed, dan Semantic Scholar. The keywords used to extract records were: “Parental Variables” AND “Career Decision-making Self-efficacy”. Included articles were ones published between 2016-2021, a junior high school, high school, and college students as participants, applied quantitative designs, and results related to associations related to parental variables and career decision-making self-efficacy. For retrieval, articles were selected by examining titles, keywords, availability of full-text papers, and accessibility. The process of record retrieval is presented in Figure 1.

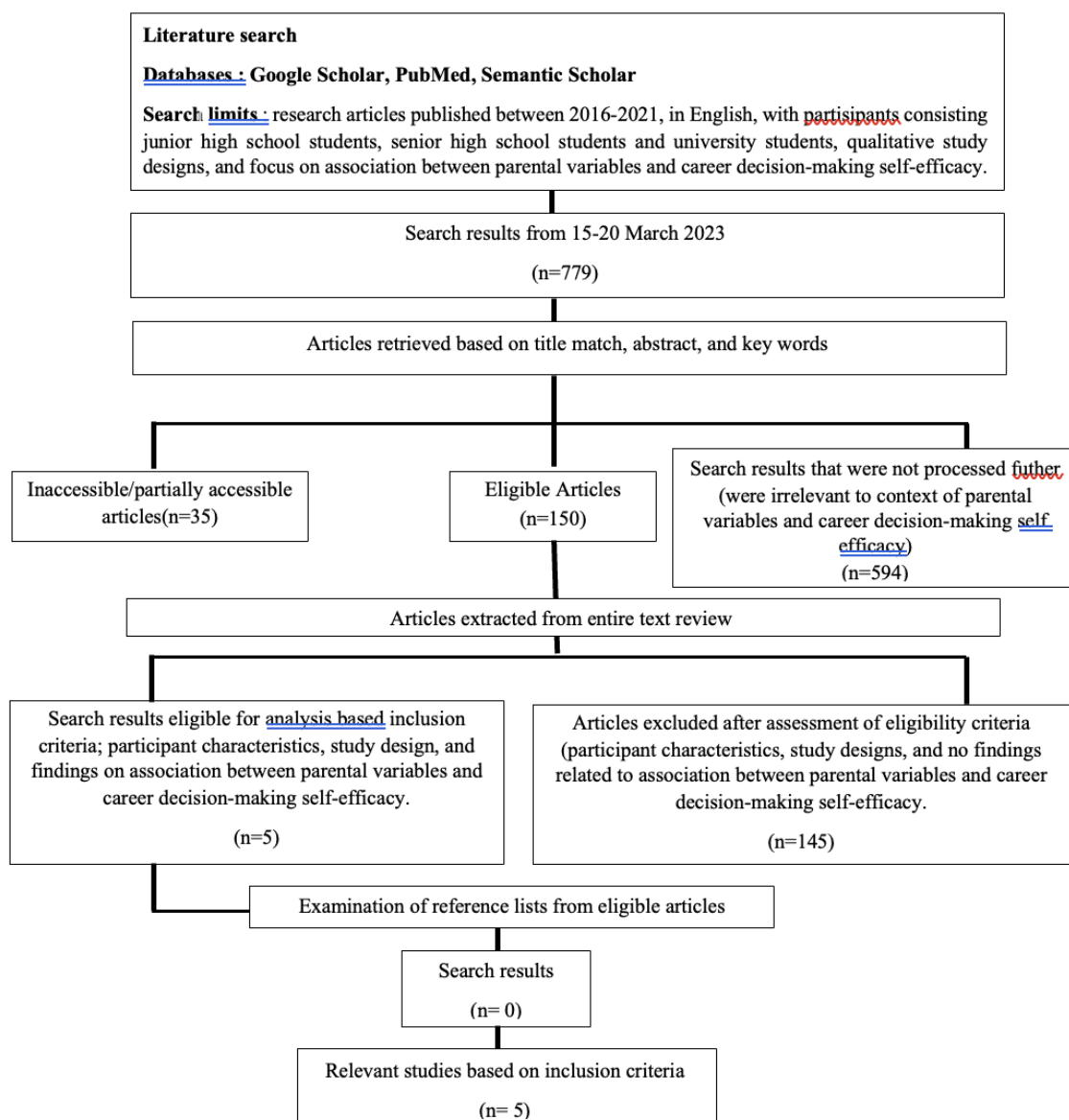


Figure 1. Article Selection Process

RESULT

The process of article retrieval was done between 15-20 March 2023. Article search using the POP7 application retrieved 779 articles from three databases: Google Scholar, PubMed, and Semantic Scholar. All 779 articles were filtered using the Rayyan application, and five relevant articles were extracted for further review.

Table 1.

Article Review Summary

No	Authors	Variables	Participants	Methods	Findings	Country
1.	Guan et al. (2016)	Parental Support, Career Decision-Making Self-Efficacy and Career Adaptability	731 undergraduate students	Quantitative	Parental support has a significant positive relationship with career adaptability and self-efficacy in making career decisions in undergraduate students in China. There is a significant positive relationship between parental support and self-efficacy in making career decisions for students who grow up in families that do not adhere to traditional cultural values in China.	China
2.	Retnam et al. (2018)	Parental Support, Coach Influence, Career Decision Making Self-Efficacy	145 athlete students from National Sports Schools	Quantitative	There is a significant positive relationship between parental support and self-efficacy in making career decisions. Support from parents is the most dominant predictor in predicting an athlete's self-efficacy in making career decisions compared to support from coaches.	Malaysia
3.	Chasanah & Salim (2019)	Parental Support, Career Exploration, Career	140 junior high school students in grades VIII and IX for the	Quantitative	There is a significant positive relationship between parental support related to	Indonesia

		Decision-Making Self-Efficacy	2018/2019 academic year		career and adolescent self-efficacy in making career decisions, and adolescent career exploration behavior.	
4.	Alextian & Abdullah, (2021)	Emerging Issues in Education and Family, Parental Social Support, Career Decision Making Self-Efficacy	217 class XII high school students of SMA 1 and SMA 2 Toraja Utara	Quantitative	Parental support has a significant influence on adolescent self-efficacy in making career decisions with value.	Indonesia
5.	Ramadhani & Suharso (2021)	Proactive Personality, Parental Involvement, Career Decision Self-Efficacy	758 class XI high school students in high schools spread across Jabodetabek	Quantitative	A proactive personality partially mediates the relationship between parental support and parental action on self-efficacy in making career decisions. Parental support and parental actions influence adolescent self-efficacy in making career decisions.	Indonesia

The first article is a study by Guan et al. (2016). The authors examined the moderating role of traditional cultural values on the relationship between parental support, self-efficacy in making career decisions, and career adaptability in Chinese undergraduate students. As we know that China is a country that still adheres to traditional cultures. Traditional cultural values in China have a considerable influence on aspects of people's lives in China, including the capability of parents to provide support for their children's career development. The results showed that there was a significant positive relationship between the support provided by parents and career adaptability and self-efficacy in making career decisions for undergraduate students in China. In addition, other results show that there is a significant positive relationship between parental support and self-efficacy in making career decisions in students who grow up in families that do not adhere to traditional cultural values in China. In contrast, students who grow up in a family who adhere to traditional Chinese cultural values tend to find it difficult to explore and adapt to careers. This is because children who adhere to cultural values in China are required to respect their parents and meet all the expectations that their parents pinned on them so that children do not have more space to explore careers in more depth.

The second article is a study by Retnam et al. (2018). The authors examined the role of parental support and coach support on self-efficacy in making career decisions in athlete students in Malaysia. As we know that in general, high school students obtain a lot of career-related

information facilitated by the school. However, this is different from athlete students who spend most of their time participating in training and are minimally exposed to career-related information flows. This study aims to determine the relationship between parental support and coach support on the self-efficacy of national athlete students in making career decisions. The results showed that there was a significant positive relationship between parental support and self-efficacy in making career decisions. This correlation coefficient means that the higher the parental support given to athlete students, the higher the athlete's self-efficacy in making career-related decisions. This proves that parental support can help a child's career development become more optimal.

The third article is a study by Chasanah & Salim (2019). The authors the effect of parental support on self-efficacy in making career decisions with career exploration as a mediating variable in junior high school students in Indonesia. The results showed that there was a significant positive relationship between parental support related to careers adolescent self-efficacy in making career decisions, and adolescent career exploration behavior. This correlation coefficient means that the higher the support given by people regarding a career, the higher the career decision-making self-efficacy and career exploration behavior in junior high school adolescents. In addition, the results of the regression analysis show that career exploration behavior mediates part of the relationship between career-related parental support and career decision-making self-efficacy.

The fourth article is a study by Alextian & Abdullah (2021). The authors examined the effect of parental social support on self-efficacy in making career decisions in high school students in Toraja, Indonesia. The purpose of this study was to determine the effect of parental support on career decision-making self-efficacy in class XII high school students. The results of the study show that parental support has a significant influence on adolescent self-efficacy in making career decisions with values. This means that parental support in the form of providing emotional support, motivational encouragement, hope, and providing written information related to careers can affect children's self-efficacy in making career decisions. The support provided by parents can make children believe that they can complete tasks related to making career decisions.

The fifth article is a study by Ramadhani & Suharso (2021). The authors examined the relationship between parental involvement and adolescent self-efficacy in making career decisions mediated by a proactive personality. This study aims to determine the role of proactive personality as a variable mediating the relationship between parental and self-efficacy in making career decisions in high school students. The results of the study show that parental support can influence adolescent self-efficacy in making career decisions. In addition, other results indicate that a proactive personality partially mediates the relationship between parental support and parental actions with self-efficacy in making career decisions.

DISCUSSION

The purpose of this study was to determine the relationship between parental variables and self-efficacy in making career decisions using a systematic literature review method. This research used the help of POP 7 (Publish or Perish) and Rayyan applications. After going through the article search process using the PoP7 application and the screening process using the Rayyan application, five articles were found that were relevant to the research theme.

The results of the synthesis of the five research articles state that parental support has a significantly positive relationship with self-efficacy in career decision-making. There are various kinds of parental support variables that contribute to increasing adolescent self-efficacy in career

decision-making, namely parental social support, career-related parental support, and parental involvement. Parents can be considered as a source of self-efficacy for adolescents in the process of career decision-making because parents are the significant others who provide advice and information related to careers and also guide their children to choose careers that suit their interests (Santrock, 2013). Many parents wish that their children could be successful in their careers. They hope to see their children go into an occupation that will bring joy and growth. The joy of every parent is for their children to progress in life. Parents have an important function to carry out during their children's development in career and occupational aspirations (Taylor et al., in Onoshakpokaiye, 2023). So it can be concluded that parental support could make adolescent believe that they can complete any tasks related to career decision.

Previous studies also demonstrated relevant findings, according to studies conducted by Katz et al. (2018) and Boluwatife and George (2021) found that parental support has a great influence on career decision-making in adolescents.

The results of this study are expected to contribute to the development of psychology research, particularly in the field of adolescent career development. This research certainly has limitations. The limitation of this research is that the research scope is only limited to the Asian region zone so future research is expected to be able to examine self-efficacy in making career decisions more broadly outside the Asian Continent region so that readers get more comprehensive information and knowledge about self-efficacy in making career decisions.

CONCLUSION

The conclusion from this systematic literature review study is that parental support has a significant positive relationship with adolescent self-efficacy in making career decisions.

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CONFLICT OF INTEREST

The authors declare no conflict of interest.

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