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A Study on Career Awareness and Aspiration among Adolescent Students of Secondary Schools

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Abstract

Adolescence is a critical developmental stage where students begin to explore their identities and future goals. This study examines the level of career awareness and aspirations among 100 adolescent students of Standard IX in an English Medium secondary school for the academic year 2025-26. The research utilised a descriptive survey method, employing a structured questionnaire to measure awareness across four domains: career options, self-assessment, sources of information, and decision-making.

The study involved a pre-test to establish baseline awareness, followed by a systematic intervention comprising career guidance sessions, aptitude and personality tests, workshops, and goal-setting activities. Findings revealed a significant improvement in student knowledge; for instance, awareness of diverse career options rose from 7% in the pre-test to 96% in the post-test. The study concludes that structured career guidance is essential in secondary education to help students align their aspirations with their personal strengths and societal opportunities.

Keywords: Career Awareness, Career Aspiration, Adolescent Students, Secondary Education, Career Guidance.

1. Introduction

Career planning is a vital aspect of adolescent development, requiring an understanding of career options and forming aspirations aligned with personal strengths. Secondary education marks the first formal stage where students make choices that influence their future paths. Career awareness refers to the knowledge of different professional options and requirements, while career aspiration reflects the ambitions and goals students hope to achieve. In a

rapidly changing 21st-century world, students need proper guidance to navigate emerging sectors like IT, biotechnology, and digital media.

Statement of the Problem: "A Study on Career Awareness and Aspiration among Adolescent Students of Secondary Schools".

Objectives:

- To assess the baseline level of career awareness among adolescent students.
- To examine the level and nature of career aspirations.
- To identify the gap between students' awareness and their career aspirations.

2. Methodology

The study adopted a **descriptive survey method** to analyze existing conditions without the manipulation of variables.

➤ **Sample:** 100 students of Standard IX from an English Medium High School.

➤ **Sampling Technique:** Random and systematic sampling.

➤ **Tool:** A structured questionnaire containing both open-ended and closed-ended questions covering 20 key areas of career awareness and planning.

➤ **Variables:** The independent variable is Career Awareness, and the dependent variable is Career Aspiration.

3. Analysis and Interpretation

Data was analyzed using percentages and presented through comparative pre-test and post-test results.

Question Parameter	Pre-test (Yes)	Post-test (Yes)
Awareness of different career options	7%	96%
Knowledge of subjects required for career	5%	96%
Confidence in choosing a career	20%	90%
Set short-term goals for career	20%	90%
Awareness of peer influence	18%	90%

Interpretation: The significant jump in percentages indicates that students initially possessed very low knowledge and lacked formal exposure. The intervention shifted students from superficial knowledge to a deeper understanding of their academic requirements and personal abilities.

4. Interventions Implemented

A multi-faceted approach was used to enhance student awareness:

1. **Scientific Assessment:** Conducted Aptitude and Personality tests to help students identify strengths and interests.
2. **Practical Exposure:** Organized workshops, career fairs, and used audio-visual presentations to demonstrate real-life career experiences.
3. **Active Guidance:** Regular teacher-led guidance sessions and goal-setting activities to improve focus and direction.
4. **Resource Integration:** Guided students on using the internet and career magazines for updated information.

5. Conclusion and Recommendations

The study concludes that well-planned career guidance programs significantly improve student confidence and decision-making abilities.

Recommendations:

- Schools should integrate career guidance into the regular curriculum.
- Periodic aptitude and personality tests should be conducted to reduce student confusion.
- Parents should be actively involved in awareness programs to create a supportive home environment.
- Teachers should receive specific training in career counseling to identify and nurture student potential.

6. References

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