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## Research of Career Maturity in Comparison to Senior Secondary School Students' Well-Being

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### ABSTRACT

It is tough for the country's youth to choose a career path. A preparedness, attitude, and competency to cope effectively with professional development tasks make up the concept of career maturity. Career maturity is very important in the lives of kids since it determines where they will be placed in the future. It is the ability to make an informed decision about a particular occupation and to depict growth on a continuum. Making a career decision is one of the most difficult issues students face. It is intimately tied to career maturity. Understanding the vocational world is important for students because it allows them to evaluate their job choices in light of their abilities. Career maturity and well-being play a significant role in proper guidance in the selection of courses of study as well as in occupation.

**Keywords:** Career Maturity, Well-Being, Students

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### Introduction:

The purpose of education is varied, but the basic goal is to help an individual to understand themselves and to be able to choose one vocation over another. Successful career development frequently includes setting realistic, intentional goals while also ensuring employee-employer cohesion. Understanding how occupation choices are determined based on self- and work-related knowledge can help you establish a positive career path and find a job that you enjoy. The decision is difficult and has ramifications in every element of a person's life. Lifestyle, status, and living conditions are all influenced by one's profession. Although it would be nice to believe that choosing a career is a painless process with a positive end, this is not always the case. Secondary school students begin thinking about their future careers at a time when they are still forming their own identities and maturing as students. A lack of academic preparation and restricted access to job experiences, as well as career maturity, all impair the capacity to make a career decision.

Individuals who are more advanced in their careers are able to define specific professional preferences and put plans in place to attain their objectives. Economic changes, such as recessions, downsizing, greater job exportation, and layoffs, need that today's youngsters prepare for the changing realities of the 21st century labour market by laying strong foundations for professional decision-making throughout their lives. Even for the most prepared and driven young person, the maturation and development required to make informed career decisions in this complicated and increasingly demanding workplace is changing. It is evident that in today's world, choosing a job is not a single decision taken at a single point in time, but rather a process including numerous decisions, big and little, that combine to set one on a unique career path. The process of vocational decision-making begins at a young age, as seen by the small child who knows exactly what he or she wants to be when they grow up. And it continues in some developmentally appropriate form all the way through life. Senior secondary school students are beginning to make important decisions about their future education and professional routes, as well as how to identify their aspirations and create educational and career goals, during this time. Beginning with one's first career fantasy and continuing through students and their age, the various career options that a person makes entail a complex synthesis of personal, societal, and environmental factors. It is critical that these students develop the efficacy, skills, and preparation necessary to make adaptive employment decisions and create realistic career goals. A person, whether male or female, must perform multiple roles in his or her life. An emotionally immature and unsatisfied person can't meet society's expectations and can't bear his burdens. Career maturity and decision-making well-being are crucial components for senior secondary school pupils' comprehension of career behaviors and analyzing other progress toward accomplishing varied career choice goals.

Career maturity refers to an individual's ability to master specific career development activities that are relevant to his or her life stage. In order to provide proper professional guidance, it is critical to first determine an individual's level of career maturity. A preparedness, attitude, and competency to cope effectively with professional development tasks make up the concept of career maturity. A professionally mature individual can be assumed to be more competent of making an adequate and realistic job choice and decision.

Well-being is concerned with how and why people have positive experiences in their life, including both cognitive and affective reactions. As a result, it includes research that has employed terminology like happiness, satisfaction, morale, and positive self-concept. Wellbeing can also be defined as the ability to create positive aspects of one's life, general satisfaction, a sense of accomplishment, and complete satisfaction.

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### Statement of the problem

A study of career maturity in relation to the well-being of senior secondary school pupils.

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### Objectives of the study

The study was done with the following objectives:

1. To determine the differences in students' attitudes toward career maturity and their overall well-being.
2. To determine the relationship between students' career maturity and their overall well-being.

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### Hypotheses of the study

1. There is no discernible difference between students' career maturity and their well-being.
2. There is no significant association between students' career maturity and their well-being.

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### Sample of the study

The current study's sample consists of 200+ students drawn from Ludhiana's senior secondary schools. The sample was made up of 100 males and 100 girls from the same homogeneous group..

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### Tools used

To gather data for this study, the investigator used the following standardized tools.

1. John O' Crites created a career maturity inventory (1989).
2. Good health

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### Statistical Techniques used

1. The gender and stream differences within the groups on the variables were investigated using the t-ratio.
2. Pearson's coefficient R of correlation was calculated to see if there was a link between career maturity and happiness.

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### Analysis and interpretation of data

1. Pearson's correlation approach was used to determine the relationship between career maturity and well-being.
2. The results are provided in the tables below.

Variable	T-ratio	R ratio
Career Maturity	1.00	0.156*
Well being		1.00

The values of the coefficient correlation between career maturity and well-being are shown in the table below. As a result, senior secondary school students' career maturity and well-being were favorably associated. In other words, as their professional maturity grows, so does their well-being.

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### Conclusions:-

Based on the data analysis, the following conclusion was reached:

1. There is no discernible variation in the students' attitudes toward their future careers. It means that both boys and girls have an equal interest in pursuing a vocation.
2. There is no significant association between students' career maturity and their well-being. As a result, we can claim that they are of equivalent career maturity in terms of their overall health.

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**Educational implications**

1. The study's findings are expected to be extremely useful to educational theorists, teachers, psychologists, parents, and others concerned with the field of education.
2. The findings will aid in determining the students' level of career maturity and well-being.
3. These findings will assist the teacher in learning about the students' vocational issues and interests.
4. The research will assist in effective career planning.

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