

The Influence of Parents and Society Expectations on Student Career Choices: The Role of Academic Counselling in Balochistan

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Abstract

This research discovers the influence of parental and societal burdens on career adoptions among students in Balochistan, with a specific focus on the role of academic counselling. A survey of 281 students divulges momentous external influences, mostly in the fields of medical and engineering, driven by outmoded opinions about job sanctuary. The study also recognizes a serious gap in access to career counselling facilities, mainly for female students, which aggravates misunderstandings about substitute career domains. The results highlight the necessity for effective counselling to aid students make conversant choices that align with their individual interests and goals, rather than surrendering to exterior pressures.

Keywords: Academic Counselling, Parental Influence, Society Expectations, Balochistan Students Career Choices.

Introduction

Background of the Study

Career selections are an essential characteristic of student growth, often governing their future academic achievement and personal gratification. In provinces like Balochistan, Pakistan, students are commonly under pressure by both parentages and societal expectations to select career directions apparent as significant, mostly in medical (MBBS). This prodigy is intensified by social standards and economic constraints, which often undervalue other disciplines like engineering or the humanities. As a consequence, students may undergo through academic disappointment and anxiety when enforced into careers misaligned with their pursuits.

Problem Statement

The lack of appropriate assistance and educational counselling in institutes often put off students ill-prepared to make proper career choices. This is especially true in Balochistan, where the myth of the medical subject as the solely workable career choice is ubiquitous. This research pursues to

tackle the gap in academic counselling and its potential to sanction students in achieving career selections that associate with their personal interests and concentrations, eventually upgrading academic performance and good fortune.

Purpose of the Study

The purpose of this research is to scrutinize the persuade of parent and social pressurize on students' career selections in Balochistan and to evaluate the role that academic counselling plays in justifying these burdens. The research aims to investigate how efficacious guidance can lead to more specified career choices and enhanced academic consequences.

Research Questions

- How does parent and society burdens affect students' career selections in Balochistan?
- What role does educational counselling play in serving students make tailored career choice?
- How does the use of counselling effect student gratification and academic performing accomplishment?
- Does career counselling dissipate common mythologies about job chances outside the medical domain?

Significance of the Study

This study is noteworthy in focusing the social and monetary influences affecting career selections in Balochistan. By investigating the role of counselling in lessening pressure and nurturing specific career paths, this study supports to a comprehensive consideration of how students can be better encouraged in yielding academic and career choices.

Literature Review

Previous studies have emphasized the strong influence of parents and teachers on students' career decisions. Furthermore, the job marketplace serves as a influential factor in career selections, pushing students towards specific paths. The literature articles discover various characteristics of career choosing influence, mostly in relative to parental and societal pressures, academic concentrations, and the role of supervision in shaping students' choices. Here's an overview of how each research subsidizes to this: (Humayon, ..., and 2018 n.d.) discovered the effect of family, personal interest, and financial reflections on career selections among undergraduate students in Vehari, Pakistan. The results showed that family pressure plays a important role in students' choices, together with their personal interests and the state of the low-cost. The study determined that a helpful environment, as well as career counseling, is vigorous to chaperon students in the direction of well-informed career directions, specifically in thought-provoking financial conditions. (Sharif et al. n.d.) studied numerous influencers such as parentages, instructors, and social expectations that form students' career choices in Karachi. Their study emphasized that the influence of fathers, future income forecasts, and societal position were fundamental in shaping students' career directions. The outcomes presented that students have a tendency to to pursue careers that ensure high financial revenues and raised social standing, corroborative the influence of socioeconomic factors on career choices. (Osama et al. n.d.) determined that the motivating and demotivating reasons influencing career selections among intermediate students in Peshawar. The study discovered that individual interest was the principal driver for career choice, while fear of ambiguity, predominantly concerning future job forecasts, was the main demotivating aspect. The research underscored the importance of career supervision and counseling to help students bring into line their career choices with their passions while addressing their worries.

Parents considerably influence their teenagers' career choices based on aspects like gender, socioeconomic circumstantial, and their own education levels. The study (Kanwal, Sharif, and

Sabir 2024) believes that forced careers often lead to frustration among students, disturbing their academic accomplishment and career results. The research highlights the significance of empathetic that each entity has unique safeties and capabilities. Maternities, although well-intentioned, often enforce their own visions, which may not bring into line with their children's requirements, causing career disappointment. (Asghar, Humanities, and 2022 2022) The author states that influences like family pressure, peer pressure, gender, and societal hopes shape career choices among youngsters in Pakistan. Grounded theory is rummage-sale to recognize how these influences interrelate in the decision-making development. This study delivers an ethnically applicable concept on career decision-making in Pakistan, tightfitting the complications of youngster's face when corresponding personal interests with social and family gravities.

The research (Kazi, education, and 2017 n.d.) determines that school counsellors must play a more important role in superintendent students, while students' choices are severely prejudiced by exterior factors like domestic and peers. Maternal influence, predominantly from fathers, plays a critical role in students' career adoptions. Gender, peer influence, and television also affect decision-making. Economic constrictions and academic routine further form career directions. The authors (Khanam et al. n.d.) acclaims that parents respect their children's discrete pursuits and talents rather than daunting their potentials, which can lead to declined academic interest and accomplishment. The main findings that there is a negative association between parent expectations and students' educational interests, mostly when expectations are from top to toe. Male students face higher parental hopes than females, and Social Sciences students showing more academic curiosity than those in Natural Sciences. (Zulfqar et al. n.d.) states that household and social burdens, lack of proper supervision, and economic challenges are crucial aspects that influence students' career choices. Moreover, a discrepancy between teaching styles and students' learning predilections hinders educational development. The study suggests that both parental and educational guidance are missing, subsidizing to students' trouble in making well-versed career selections. These articles deliver a vigorous sympathetic of how social, family, and economic factors influence career choices in Pakistani students, mostly at critical stages like secondary and higher education stages. They also highpoint the necessity for well career counseling and better consciousness among parents to funding students in making self-governing, conversant choices. Some of the most recent literatures with their key findings and limitations are shown below in the Table I.

Research Methodology

Introduction

This study examines the influence of parents and societal expectations on career selections among students of Balochistan, concentrating on the role of educational counselling. A questionnaire was administered to collect views from applicants about their career options, the influence of external pressures, and the alleged role of counselling in improving these difficulties.

Research Design

The research used a quantitative, survey-based method to gather principal data. A well-defined questionnaire was created, separated into four portions: Demographic Information, Parental & Societal Influence, Role of Counselling, and Perception of Career Fields. The questionnaire meant to discover applicants' understandings and perceptions on the reasons that stimulus their career selections, mainly the stresses they face and how academic counselling could alleviate these issues.

Table 1: Literature Review Summery

S.No	Title of Paper	Author(s)	Year	Methodology	Key Findings	Limitations
1	Effect of Family Influence, Personal Interest and Economic Considerations on Career Choice amongst Undergraduate Students in Higher Educational Institutions of Vehari, Pakistan	Asad Afzal Humayon, et al.	2018	Quantitative & Cross-sectional survey	<ul style="list-style-type: none"> Undergraduate career choices strongly influence by family. Personal interest increases struggle and achievement in choosing careers. Impact of economic stability on the career opportunities. 	<ul style="list-style-type: none"> Lack of generalization due to Limited sample size. Findings are specific to undergraduate's students only.
2	Navigating Career Choices: Motivating And Demotivating Factors Among Students in University of Peshawar	Muhammad Osama et al.	2024	Cross-sectional descriptive study	<ul style="list-style-type: none"> Fear and personal interest are the most substantial aspects in career choice selection among intermediate students. 	<ul style="list-style-type: none"> Only the intermediate in Peshawar was considered in the study. Lake of diverse sample for more influencing factors.
3	Imposition Of Parental Career Choices on Their Children in Quaid-I-Azam University Islamabad	Maryam Kanwal et al.	2021	Qualitative research methodology	<ul style="list-style-type: none"> To align with their personal interest most students wish to switch their career for better performance. Imposing the fields in which students are not passionate leads to the dissatisfaction and poor results. 	<ul style="list-style-type: none"> The only focus of this study was on the parents influence and societal pressures without considering other important factors.
4	Factors Influencing Career Choices	Nimra Sharif, et al.	2019	Cross-sectional & comparative study	<ul style="list-style-type: none"> Students' career choices significantly affected by the societal expectations, especially their parents. 	<ul style="list-style-type: none"> Only the Karachi student's data was collected.
5	Adolescents' Career Decision Making: A Qualitative Study	Sameen Fatima A. et al.	2022	Qualitative Study Method	<ul style="list-style-type: none"> Fifteen crucial themes, such as family, peers, gender, etc were carefully identified and analyzed. These themes are the main factors of making career decision among the Pakistani higher secondary level education students. 	<ul style="list-style-type: none"> At different education levels, more study may be required to test the theory in wider sceneries.
6	Parental Expectations and Students' Academic Interests: A Case Study of the Islamia University of Bahawalpur, Pakistan	Latiba Khanam et al.	2022	A Case Study & Quantitative Nature	<ul style="list-style-type: none"> There exists a negative relationship between the student's career choices and their parents' expectations. Boys comparatively faces more expectations from parents than girls. 	<ul style="list-style-type: none"> Study merely focuses on students from the Islamia University of Bahawalpur.
7	Making the Right Choice: Investigating the Factors Influencing Career Choices and Learning Preferences of Students at Higher Education	Asia Zulfqar et al.	2022	Qualitative Research Methodology	<ul style="list-style-type: none"> The job opportunities play a vital role in influencing career choices for students. Parents and teachers notably impact students career selections. 	<ul style="list-style-type: none"> Excluding features e.g. motivation, this study only career decisions and learning choices.

Data Collection Method

Data were accumulated through a Google Forms survey, which included 19 interrogations. These questions were divided into four portions:

- Demographic Information:** Age, gender, education level, and field of study for higher education.
- Parental & Societal Influence:** Examining the intensity of external stress students encounter in their career selections.
- Role of Counselling:** Exploring participants' views on the accessibility and usefulness of academic counselling in their educational organizations.
- Perception of Career Fields:** Acquiring intuition into students' perception and preferences toward different career choices.

A total of 286 students contributed in the survey. Participation was intentional, and all responses were anonymized to ensure privacy.

Data Analysis Method

The gathered information was scrutinized using eloquent statistics. The questionnaire responses were classified and examined using percentages and occurrences, which were then displayed using bar charts, pie charts, and tables. These visualizations focus key patterns in the data, predominantly in relation to age demographics and the effect of external influences on career selections.

Ethical Considerations

Informed permission was obtained from all contestants before they filled out the questionnaire. Applicants were guaranteed that their responses would remain nameless and confidential. No personal information was accumulated e.g. Name, Contact No, CNIC or Address etc., and the data Were used merely for the determinations of this research. All data management measures followed to ethical guidelines for research concerning human participants.

Table II: Demographic Outcomes from the Survey

Age/Gender	Business	Engineering	Humanities/Arts	Medical (MBBS)	Other	Grand Total
16-18		12	4	8		24
Female			4	4		8
Male		12		4		16
19-21	4	25	48	20	12	109
Female	4	13	36	4	8	65
Male		12	8	16	4	40
Prefer not to say			4			4
Above 21	12	36	68	4	24	144
Female	4	8	48	4	20	84
Male	8	28	20		4	60
Under 16				4		4
Male				4		4
Grand Total	16	73	120	36	36	281

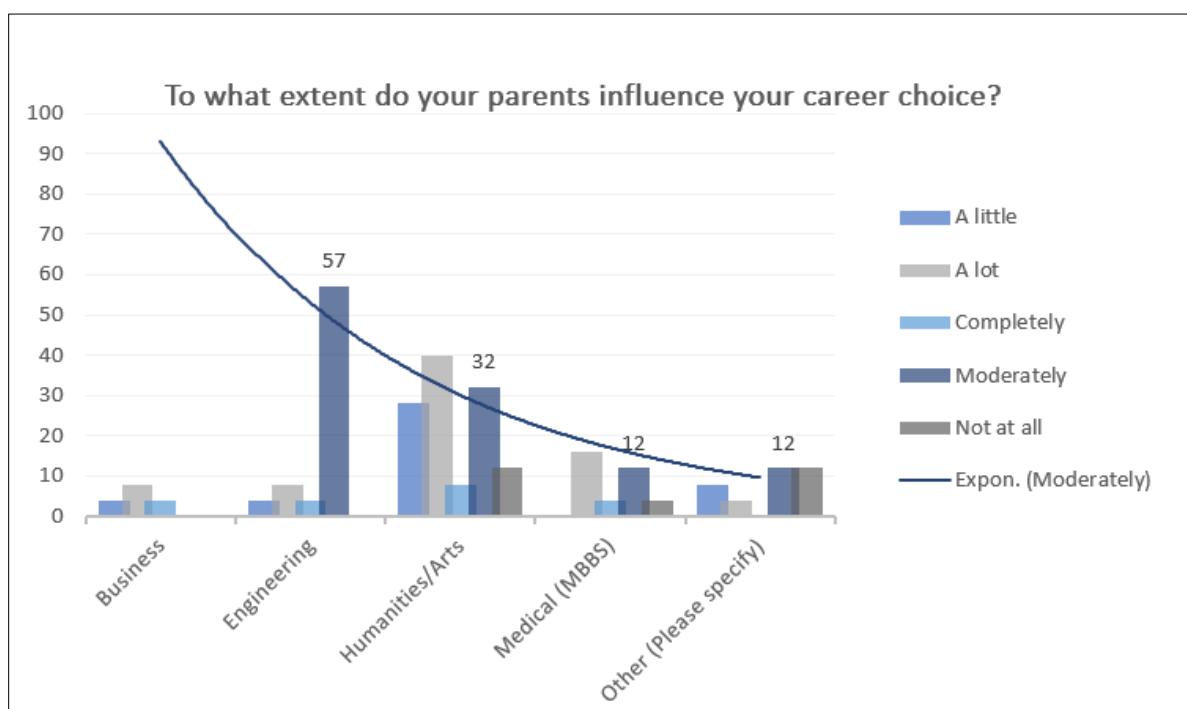


Figure 1: Parents Influence on Student Career Choice

Results and Discussion

Demographic Information

The demographic outcomes, as summarized in Table II, emphasizes important trends about age, gender, and field of study among the 281 candidates. The major age group was those matured above 21, demonstrating 59% of the results, followed by 26% old 19-21, 13% old 16-18, and 2% under 16. Gender dissemination showed that 55.9% of respondents were female, 44.1% were male, and a small amount (1.4%) chosen not to reveal their gender. In terms of field of study, Engineering appeared as a foremost choice, mainly among males aged older than 21, where a distinguished gender discrepancy was perceived (28 males vs. 8 females). Humanities and Arts were mostly chosen by female respondents, specifically those greater than 21, with 48 out of 68 respondents in this discipline being female. The Medical (MBBS) field involved 36 respondents, with a majority of men aged 19-21, while women were more found in the above-21 age group. Business discipline, although less prevalent generally, were more commonly preferred by younger males (16-18) and older respondents (above 21). These outcomes indicate gender-specific preferences and age-based tendencies, mostly in conventionally gendered disciplines such as Engineering and Humanities as further presented in the Table II.

Parental & Societal Influence

Respondents were questioned to evaluate the level to which parental and societal stress affected their career choices. As shown in the Figure 1 the majority of participants (40.2%) showed a *moderate* affect, with 113 out of 281 respondents indicating this choice. Distinctively, this influence was most noticeable in *Engineering*, where 57 out of 73 respondents (78%) reported being moderately affected.

Likewise, *Humanities/Arts* saw a considerable amount of effect, with 40 respondents (33.3%) suffering influenced "*a lot*" by their parents, pursued by 28 (23.3%) who reflected influenced "a little." In contrast, *Medical (MBBS)* responses stated a diverse experience of parental influence, with 16 respondents (44.4%) opinion influenced "a lot" and 12 (33.3%) feeling "moderately" influenced. A minor fraction (11.1%) of medical students felt no impact at all. Particularly, *Business* students conveyed less effect overall, with only 8 respondents (50%) feeling influenced "a lot" and none stating "moderate" or "not at all" influence as can be seen in the . The "Other" type, which includes others domains, displays a more stable distribution of comebacks. These outcomes recommend that disciplines like Engineering and Medical have a tendency to suffer more parental influence, while Business and others fields present a more discrete or partial parental and societal influence on career selections.

The outcomes showed an important percentage shown in Figure 2 observes the societal pressure suffered by respondents about their career selections, mostly regarding to particular disciplines like Medical (MBBS). The comebacks are disseminated across three types: **Yes**, **Somewhat**, and **No**, showing variable measures of observed societal pressure. A noteworthy percentage of respondents, 104 out of 281 (37%), specified that they **do** bear stressed by society to pursue a specific career direction. This implies that societal expectations are a prominent influence for over one-third of the respondents, mostly in fields usually seen as significant, such as medical. Another 105 respondents (37.4%) answered **Somewhat**, representing that while they do experience some level of societal pressure, it may not be as overwhelming or straight. While, 72 respondents, (25.6%) responded **No**, indicating that a quarter of the students do not feel societal pressure influencing their career selections. Overall, these outcomes emphasize that societal pressure is a serious factor for many students in their career decision-making development, with approximately three-quarters of students representing some level of societal influence. This emphasizes the significance of tackling societal influence in academic and career counselling exertions, specifically in areas where specific fields like medical are seen as more necessary or significant.

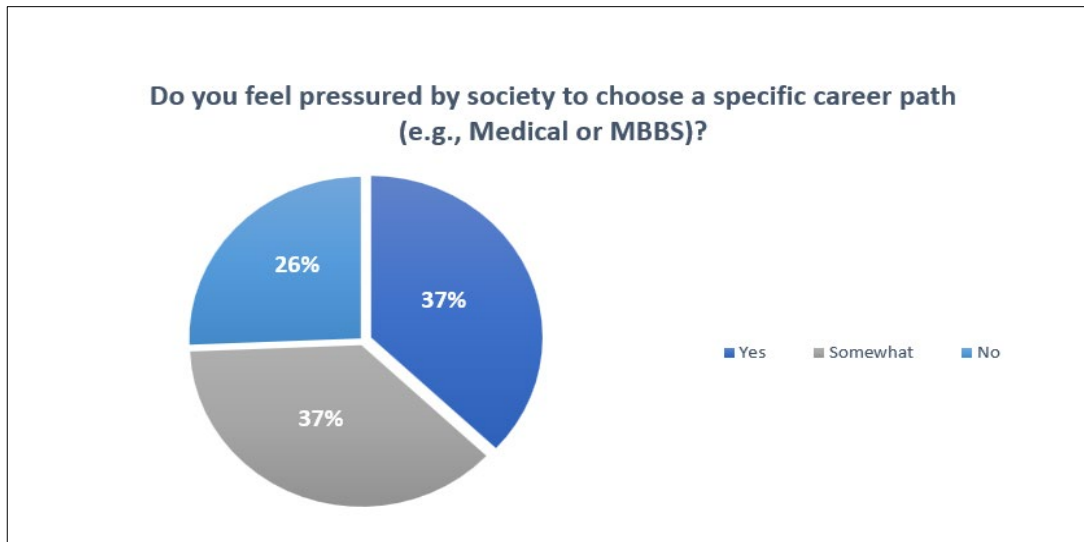


Figure 2: Influence of Society to Choose Specific Career

Role of Counselling

The Figure 3 discloses a considerable discrepancy in gain access to educational or career counselling based on gender. Out of the 281 respondents, the majority, 205 (73%), stated **No**, signifying they had not ever gotten career guidance. This matter is mostly noticeable among females, where 105 out of 157 contestants (66.9%) required to retrieve counselling. Correspondingly, 96 males (80%) also expressed not getting any career counselling. Only 76 respondents (27%) containing 52 females, 24 males, and no one from the "Prefer not to say" category, specified that they had received career counselling. The absence to approach to career counselling, specifically among female students, emphasizes a serious gap in educational support systems. This focuses the crucial need for enhanced and extensive career counselling facilities, which could alleviate societal and parental insists on career decision-making.

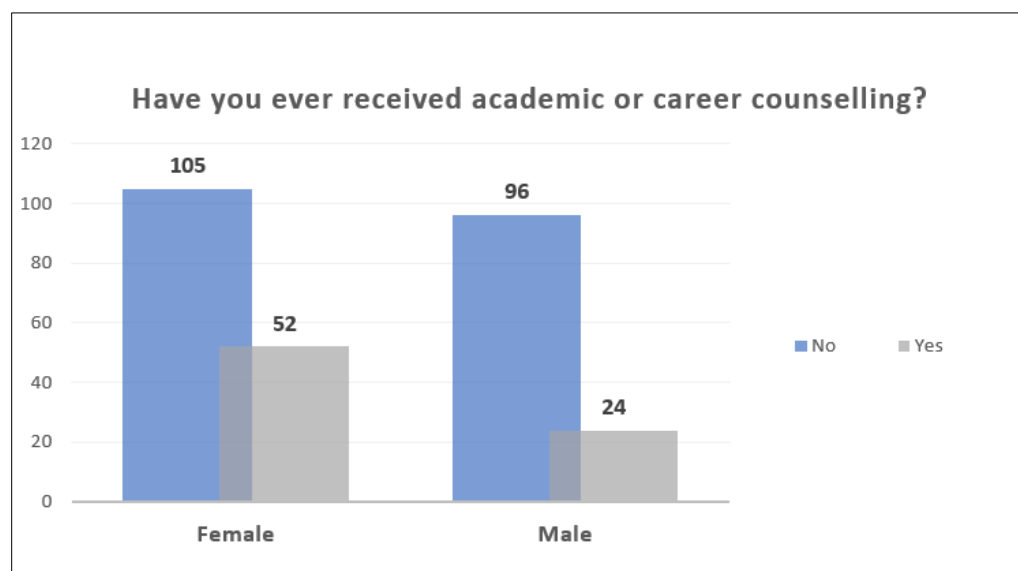


Figure 3: Disparity of Career Counselling

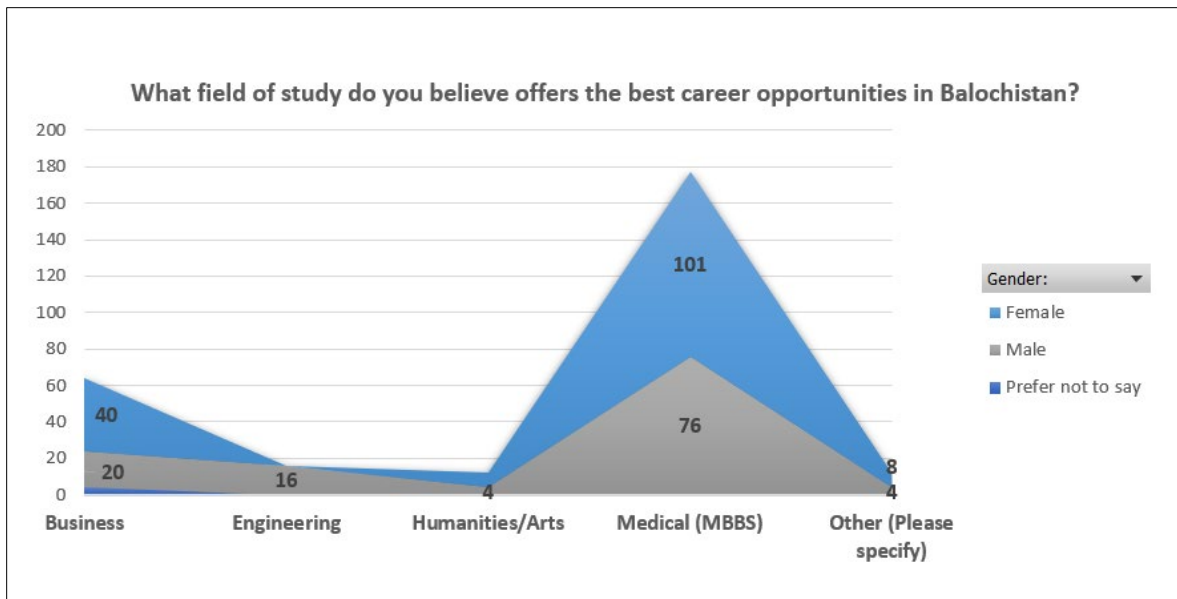


Figure 4: Perception of the Best Career Choice

Perception of Career Fields

The perception of career fields was another significant area of survey. The data exposed that lots of students had misunderstandings about several careers, mostly in disciplines such as engineering, where there is a usual belief that job chances are rare. This misunderstanding subsidizes to the irresistible pressure to pursue medical careers. The chart in the Figure 4 demonstrates that applicants' awarenesses of which field of study offers the best career chances in Balochistan, segmented by gender. **Medical (MBBS)** was devastatingly seen as the most auspicious domain, with 177 out of 281 applicants (63%) choosing it, comprising 101 females and 76 males. This strong predilection reproduces the societal importance on the medical occupation as the primary direction to success. **Business** classified second, with 64 respondents (22.8%) choosing it, of which 40 were female, 20 male. Disciplines like **Engineering** and **Humanities/Arts** gathered comparatively diminutive notice, with only 16 applicants selecting Engineering (all male) and 12 choosing Humanities/Arts, mostly females. The **Other** type also got negligible support, with 12 applicants choosing it.

The donut pie chart in the Figure 5 analyzes respondents awarenesses regarding job chances in disciplines outside of medical, such as engineering and humanities. Out of 281 respondents, the major group, **132 participants (47%)**, answered **Yes**, have faith in that career outside of medical offer fewer job opportunities. This echoes an extensively apprehended belief that medical careers are the most sustainable in the region. Another **89 participants (31.7%)** were **Not sure**, indicating ambiguity about career forecasts in non-medical fields. Only **60 participants (21.4%)** responded **No**, communicating self-confidence in the job opportunities obtainable in other domains. This outcome discloses a dominant conviction that subsidizes to the social and parental pressure pushing students toward medical professions. The vagueness and lack of consciousness about other career paths further emphasize the need for efficient academic and career counselling, which might help students make more enlightened decisions and discover diverse fields with assertion.

Discussion

The results of this research focus several key inclinations in career decision-making among students in Balochistan. The statistics show that parent and societal burden is an important aspect persuading students' career selection, with engineering and medical domains presence the most exaggerated by these external marines. This brings into line with old social theories that underscore

medical occupations as the most auspicious path to financial permanency and esteem in society, leading to considerable pressure on students to pursue careers in these domains, often at the cost of their personal concerns and desires.

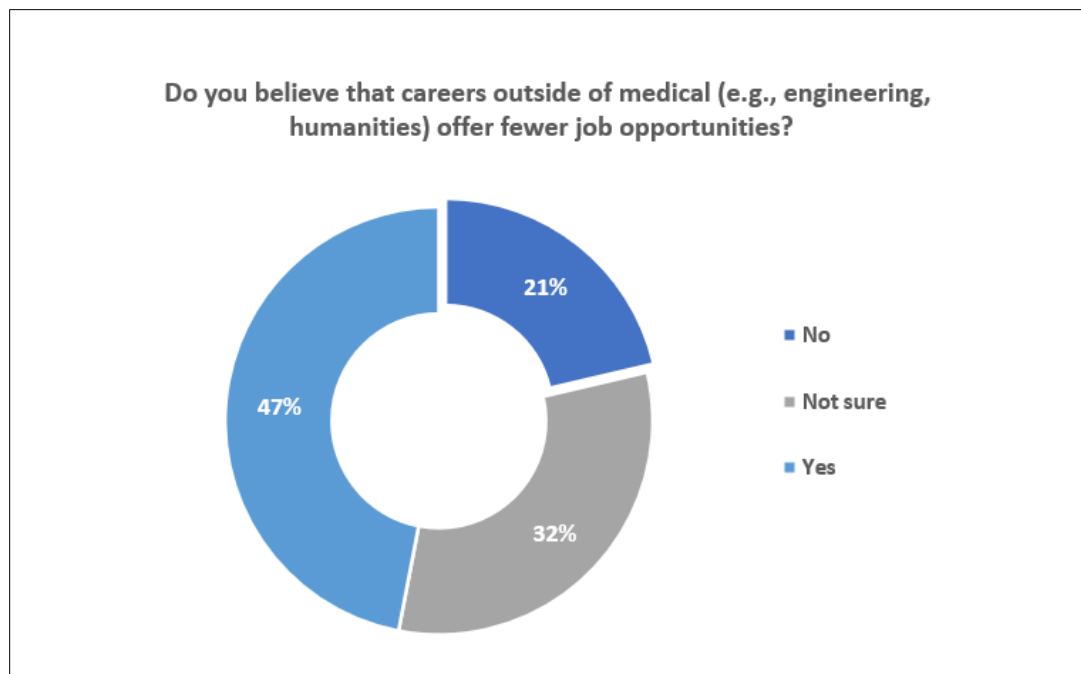


Figure 5: Perception of fewer Job Opportunities other than Medical

Furthermore, the study discovered a serious gap in the approachability and obtainability of hypothetical and career counselling amenities, mainly for female students. With a majority of respondents demonstrating they had not acknowledged career guidance; it is vibrant that formal support is missing in this area. The absenteeism of career counselling theatres a through role in disseminating the mythologies neighboring job opportunities, mainly in fields like engineering, where the misunderstanding of limited job forecasts drives students away from chasing their sincere interests.

The apparent value of diverse career fields was one more vital influence that textured. Medical fields endure to govern students' observations as the best career choice, overwhelming other fields like engineering, business, and the humanities. This overemphasis on medical careers often comes from misrepresentation and societal misapprehensions about job sanctuary in non-medical domains.

Conclusion

This study emphasizes the deep influence of parental and societal burden on career selections among students in Balochistan, mainly with esteem to the devastating prominence on medical fields. It also highlights the crucial need for more manageable and operative academic counselling to chaperon students toward making career choices that align with their personal interests and capabilities, rather than yielding to exterior pressures. The results recommend that career counselling facilities, if made extensively available and applied efficiently, could assist as an equipoise to the societal and parental potentials that presently dominate the decision-making development. Moreover, addressing misapprehensions about job possibilities in non-medical

domains, such as engineering and the humanities, could spread students' career selections, endorsing gratification and academic accomplishment. By encouraging an conversant and complete method to career choice, educational organizations in Balochistan can aid ease the opposing effects of societal and maternal burdens. This will not only permit students to chase their anticipated career directions but also benefit promote a more various workforce prepared to encounter the growing demands of the area.

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