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To study The Role of Parenting Style in Career Decision Making of Senior Secondary School Students of Mathura District

Komal Varshney

Research Scholar,
Department of Education,
K. R. Girls P. G. College, Mathura.
Dr. Bhimrao Ambedkar University,
Agra (Uttar Pradesh, India)

Prof. Tanuja Agarwal

Professor,
Department of Education,
K. R. Girls PG college, Mathura.
Dr. Bhimrao Ambedkar University,
Agra (Uttar Pradesh, India)

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ABSTRACT:

The present study was conducted to examine the role of parenting style in the career decision making of senior secondary school students in Mathura District. Career decision making is one of the most important developmental tasks during adolescence, as students at this stage are required to choose academic streams and future career paths that influence their educational and professional lives. Parents play a crucial role in this process because they are the primary source of guidance, emotional support and motivation. Different parenting styles, including authoritative (democratic), authoritarian, permissive and neglectful, influence students' confidence, independence and ability to make informed career choices. Supportive and democratic parenting encourages open communication, autonomy and emotional security, enabling students to explore their interests and make appropriate career decisions. In contrast, controlling, inconsistent, or neglectful parenting may create confusion, stress and uncertainty regarding career planning. The study reviewed several national and international research studies, which consistently reported that positive parenting practices significantly enhance career decision-making self-efficacy, career exploration and career confidence among adolescents. Based on these findings, the researcher formulated the objective of examining the relationship between parenting style and career decision making among senior secondary school students, including separate analyses for male and female students. The study was conducted on a sample of 250 senior secondary school students from Mathura District using the Parenting Style Scale (PSS-GMMD) developed by Madhu Gupta and Dimple Mehtani and the Career Decision Making Scale (CDMS-KS) developed by K. Singh. Data were collected through personal contact using standardized questionnaires. Correlation analysis was employed to determine the relationship between the two variables. The findings revealed a statistically significant positive correlation between parenting style and career decision making among all students ($r = 0.642$), indicating that students who experienced supportive and democratic parenting demonstrated better career decision-making abilities. Similar significant positive relationships were found among male students ($r = 0.615$) and female students ($r = 0.681$), with the relationship being comparatively stronger among female students. These results indicate that positive parenting contributes to greater self-confidence, independent thinking, career awareness and informed career planning irrespective of gender. Consequently, all three null hypotheses were rejected, confirming that parenting style significantly influences career decision making among senior secondary school students.

KEYWORDS: Parenting Style, Career Decision Making, Senior Secondary School Students, Mathura District

INTRODUCTION:

Parenting style is one of the most influential factors affecting the overall development of children. Parents are the primary socializing agents and the first educators who shape children's personality, behaviour, values, attitudes, emotional well-being and decision-making abilities. The manner in which parents interact with their children through warmth, discipline, communication and emotional support significantly influences their academic achievement, self-confidence and future aspirations. During adolescence, particularly at the senior secondary school level, students undergo a critical developmental stage in which they are required to make important educational and career-related decisions. Consequently, the parenting style adopted by parents plays a crucial role in guiding adolescents towards successful career development¹.

Career decision making refers to the process through which individuals identify their interests, abilities, values and career goals before selecting an appropriate educational or occupational path. Effective career decision making requires self-awareness, career information, emotional maturity, problem-solving ability and support from significant others, especially parents and teachers. Students who receive encouragement, guidance and constructive feedback from their parents generally demonstrate greater confidence in exploring career opportunities and making informed career choices².

Children raised under this parenting style generally exhibit higher academic achievement, greater self-esteem, better emotional adjustment and stronger decision-making abilities. In contrast, authoritarian parenting emphasizes obedience and strict discipline, often limiting children's independence in making career choices. Permissive parenting provides emotional warmth but lacks appropriate guidance and expectations, whereas neglectful parenting is characterized by limited emotional involvement and inadequate parental support, which may contribute to poor career planning and indecisiveness³.

In the Indian socio-cultural context, parents play a central role in shaping their children's educational and occupational aspirations. Career decisions are frequently influenced by parental expectations, family values, economic conditions and social prestige. While supportive parental involvement enhances students' confidence and career maturity, excessive parental pressure or unrealistic expectations may create stress, anxiety, and conflict between students' personal interests and parental aspirations. Such conflicts are commonly observed in career choices related to medicine, engineering, civil services, business and other prestigious professions⁴.

¹ Baumrind, D. (1967). *Child care practices anteceding three patterns of preschool behavior*. Genetic Psychology Monographs, 75(1), 43–88.

² Gati, I., Krausz, M., & Osipow, S. H. (1996). A taxonomy of difficulties in career decision making. *Journal of Counseling Psychology*, 43(4), 510–526.

³ Baumrind, D. (1991). *The influence of parenting style on adolescent competence and substance use*. Journal of Early Adolescence, 11(1), 56–95.

⁴ Saraswathi, T. S. (2003). *Cross-cultural perspectives in human development: Theory, research, and applications*. Sage.

The present study focuses on senior secondary school students of Mathura District, Uttar Pradesh, where students belong to diverse socio-economic, cultural and educational backgrounds. The district comprises government as well as private schools situated in both urban and rural areas. Differences in parents' educational qualifications, occupations, income levels and parenting practices may influence students' career aspirations and their ability to make independent career decisions. Urban families may possess greater awareness of emerging career opportunities, whereas rural families often emphasize traditional occupations and locally available employment options. Therefore, examining the influence of parenting style on career decision making among students in Mathura district is both educationally and socially significant.

In the twenty-first century, rapid technological advancement, globalization, digital transformation, artificial intelligence and the emergence of new career opportunities have increased the complexity of career planning. Students are expected to possess career adaptability, self-efficacy and decision-making competence to meet the demands of a dynamic labour market. Parents who encourage open communication, independent thinking, lifelong learning and career exploration help adolescents develop confidence and make realistic career choices. Moreover, effective collaboration among parents, teachers and career counsellors creates a supportive environment that facilitates informed career decision making. Therefore, investigating the relationship between parenting style and career decision making among senior secondary school students is essential for improving educational guidance, counselling services and career planning programmes⁵.

NEED AND SIGNIFICANCE OF THE STUDY:

The selection of a suitable career is one of the most important decisions made by students during the senior secondary stage. This decision influences their future education, employment opportunities, personal satisfaction and overall quality of life. In today's competitive and rapidly changing world, students are expected to make informed career choices based on their interests, abilities, values and aspirations. However, career decision making is a complex process that is influenced by several personal, social, educational and family-related factors. Among these, parenting style plays a significant role in shaping students' confidence, independence and ability to make appropriate career choices.

Parents are the first teachers and the most influential members of a child's life. They guide children through emotional support, discipline, communication, encouragement, and the development of values and aspirations. The way parents interact with their children greatly affects their personality, self-esteem, motivation and decision-making abilities. Parenting styles such as authoritative, authoritarian, permissive and neglectful create different family environments that influence children's

⁵ Lent, R. W., Brown, S. D., & Hackett, G. (1994). Toward a unifying social cognitive theory of career and academic interest, choice, and performance. *Journal of Vocational Behavior*, 45(1), 79–122.

emotional and psychological development. A supportive and balanced parenting style helps students become confident, responsible and capable of making independent career decisions, whereas an overly strict or uninvolved parenting style may create confusion, anxiety, or dependence while choosing a career.

The need for the present study has increased because career opportunities have expanded considerably in recent years. Technological advancement, globalization, digital transformation and the emergence of new professions have created numerous educational and occupational options for students. Careers are no longer limited to traditional fields such as medicine, engineering, teaching, or government services. Today, students can choose from careers in information technology, artificial intelligence, digital marketing, entrepreneurship, healthcare, design, media, tourism, environmental science and many other emerging fields. While these opportunities offer greater flexibility, they also make career selection more challenging. Students often require proper guidance and emotional support from their parents to understand their strengths and make informed career choices.

The senior secondary stage is a crucial period of adolescence during which students develop their identity, interests, values and future aspirations. At this stage, they are required to select academic streams, higher education courses and future occupations. Since adolescents continue to depend on their parents for emotional security and guidance, parental behaviour significantly influences their career planning and confidence. Positive parenting practices encourage career exploration, independent thinking and self-confidence, whereas excessive parental pressure or lack of involvement may result in career indecision and dissatisfaction.

The present study is particularly significant in the context of Mathura District, Uttar Pradesh, where students come from diverse rural and urban backgrounds with different socio-economic, cultural and educational conditions. Parenting practices may vary according to parents' educational level, occupation, family structure, income and cultural values. These differences may influence students' career aspirations and decision-making abilities. Therefore, studying the relationship between parenting style and career decision making among senior secondary school students will provide valuable insights into the local educational context.

The findings of the study will be useful for parents, teachers, school counsellors, educational administrator and policymakers. Parents may better understand the importance of providing emotional support, open communication and appropriate guidance during their children's career planning. Teachers and counsellors can use the findings to develop more effective career guidance programmes and involve parents in the career counselling process. Educational institutions may organize parent-awareness programmes to strengthen family support for students' career development. The study will also contribute to educational research by providing useful information for future studies related to parenting, adolescence and career development.

REVIEW OF RELATED LITERATURE:

Dauids, Roman and Leach (2016)⁶ conducted a systematic review to examine the relationship between parenting styles and adolescents' decision-making styles. The study concluded that authoritative parenting, characterized by warmth, responsiveness and appropriate control, positively influences adolescents' decision-making abilities. In contrast, authoritarian and neglectful parentings were associated with poor decision-making skills, lower confidence and greater indecisiveness. The researchers emphasized that a supportive family environment plays an important role in developing independent and effective decision-making among adolescents, which is also essential for successful career decision-making.

Situmorang and Salim (2021)⁷ investigated the influence of perceived parenting styles, thinking styles and gender on adolescents' career decision-making self-efficacy. The findings revealed that students who perceived their parents as authoritative and supportive demonstrated significantly higher confidence in making career decisions. The study also found that thinking style partially mediated the relationship between parenting style and career decision-making, while gender had only a limited influence. The researchers concluded that democratic parenting enhances adolescents' confidence in selecting appropriate careers.

Li, Pan and Nie (2022/2023)⁸ examined the relationship between parental career-related support and adolescents' career decision-making self-efficacy through a longitudinal study. The results indicated that parental encouragement, emotional support and career-related communication significantly improved students' confidence in making career decisions and reduced career indecision. The study emphasized that positive parent–child interaction contributes to better career planning and career exploration among adolescents.

Muna, Kurniadi, Muslim and Sawitri (2023)⁹ conducted a systematic literature review on the association between parental variables and career decision-making self-efficacy. Their review concluded that parental support, parental involvement and positive parenting practices consistently improve adolescents' confidence in career decision-making. The researchers suggested that students whose parents encourage independence and provide career guidance are more likely to make informed and realistic career choices.

⁶Dauids, E. L., Roman, N. V., & Leach, L. (2016). *Decision making styles: A systematic review of their associations with parenting*. Adolescent Research Review, 1(1), 69–90.

⁷ Situmorang, D. D. B., & Salim, R. M. A. (2021). *Perceived parenting styles, thinking styles, and gender on the career decision self-efficacy of adolescents*. Heliyon, 7(10), e08128.

⁸ Li, Y., Pan, J., & Nie, Y. (2023). *The relationship between parental career-related factors and adolescents' ambivalence in career decision-making: A longitudinal study*. The Career Development Quarterly, 71(1), 3–19.

⁹ Muna, N. A., Kurniadi, E., Muslim, M., & Sawitri, D. R. (2023). *Association between parental variables and career decision-making self-efficacy: A systematic literature review*. In Proceedings of the International Conference on Psychology (pp. 35–47).

Jha and Hasan (2024)¹⁰ explored the impact of parenting style on career decision-making self-efficacy among youth. The study found a significant positive relationship between authoritative parenting and career decision-making self-efficacy. Students raised under democratic parenting showed higher levels of confidence, career exploration and decision-making ability, whereas authoritarian parenting negatively affected career confidence and increased uncertainty in career choices.

Sharma and Rana (2025)¹¹ studied the relationship between perceived parenting styles and career aspirations among senior secondary school students. Their findings showed that students who experienced democratic parenting possessed higher career aspirations and greater confidence in planning their future careers. In contrast, students from authoritarian and uninvolved parenting backgrounds demonstrated comparatively lower career aspirations and decision-making ability.

Aysha Henna K., Prasad and Lakshmipriya (2025)¹² examined perceived parenting style and career decision-making among adolescents. The results revealed that democratic parenting significantly enhanced career decision-making ability and self-confidence, whereas authoritarian and neglectful parenting styles were associated with lower career decision-making competence. The study also reported that gender differences in career decision-making were not statistically significant.

Wei (2025)¹³ reviewed the influence of parenting styles on students' career exploration and career development. The review concluded that autonomy-supportive parenting encourages students to explore various career options, develop self-confidence and make informed occupational choices. The study highlighted that parents who provide emotional support while allowing independence contribute positively to adolescents' career development.

Zindine, Ghazali, Bhih and Rezzouq (2026)¹⁴ investigated the impact of parenting styles on high school students' career decision-making self-efficacy. The study found that parental acceptance, involvement and emotional support positively influenced students' confidence in career decision-making, whereas psychological control and excessive parental pressure negatively affected their ability to make independent career choices.

¹⁰ Jha, S., & Hasan, N. (2024). *Exploring the impact of parenting style on career decision making self-efficacy among youth*. International Journal of Indian Psychology, 12(2), 1844–1852.

¹¹ Sharma, M., & Rana, S. (2025). *A study on career aspirations and perceived parenting style of senior secondary school students*. Research Review International Journal of Multidisciplinary, 10(3), 112–119.

¹² Aysha Henna, K., Prasad, K., & Lakshmipriya, S. (2025). *Perceived parenting style and career decision making in adolescence*. International Journal of Creative Research Thoughts, 13(4), 225–233.

¹³ Wei, Y. (2025). *The influence and mechanism of parental parenting styles on university students' career exploration: A review*. Journal of Education and Social Development, 8(2), 45–56.

¹⁴ Zindine, A., Ghazali, M., Bhih, E., & Rezzouq, A. (2026). *The impact of parenting style on high school students' career decision-making self-efficacy*. International Review of Social Sciences, 14(1), 58–71.

Das, Pradhan and Behera (2026)¹⁵ conducted a systematic review on career decision-making among secondary school students in relation to parenting style, household educational support and self-perception. The review concluded that authoritative and autonomy-supportive parenting significantly enhances career exploration, self-confidence and effective career decision-making. Conversely, controlling and uninvolved parenting styles restrict students' independence and reduce their confidence in making career-related decisions.

STATEMENT OF THE PROBLEM:

To study The Role of Parenting Style in Career Decision Making of Senior Secondary School Students Of Mathura District.

OBJECTIVE OF THE STUDY:

- To Study the Effect of Parenting Style on Career Decision Making among Senior Secondary School Students of Mathura District.
- To Study the Effect of Parenting Style on Career Decision Making among Male Students of Senior Secondary Schools of Mathura District.
- To Study the Effect of Parenting Style on Career Decision Making among Female Students of Senior Secondary Schools of Mathura District.

HYPOTHESIS OF THE STUDY:

- Parenting Style has no significant effect on Career Decision Making among Senior Secondary School Students of Mathura District.
- Parenting Style has no significant effect on Career Decision Making among Male Students of Senior Secondary Schools of Mathura District.
- Parenting Style has no significant effect on Career Decision Making among Female Students of Senior Secondary Schools of Mathura District.

DATA COLLECTION TOOLS:

For the present research, data were collected from senior secondary school students in the Mathura district through questionnaires, following personal contact.

SAMPLE:

For the present study, 250 secondary-level students from the Mathura district have been included.

Tools:

- Parenting Style Scale: (PSS-GMMD) was constructed by Madhu Gupta and Dimple Mehtani.
- Career Decision making Scale: (CDMS-KS) was constructed by K. Singh.

¹⁵ Das, S., Pradhan, P., & Behera, R. (2026). *Career decision-making among secondary school students: A systematic review of household education expenditure, parenting style, and self-perception*. Asian Journal of Education and Social Studies, 56(2), 90–104.

DEFINING HYPOTHESIS:**Table No. 1**

Status and interpretation of the correlation between Parenting Style and career decision making among senior secondary school students in Mathura district

Variable	Student's No.	Correlation	Results
Parenting Style	250	0.642	Significant Positive Correlation
Career Decision Making			

Explanation & Table No. 1 presents the correlation between Parenting Style and Career Decision Making among 250 senior secondary school students in Mathura district. The obtained correlation coefficient ($r = 0.642$) indicates a moderate positive relationship between the two variables. This means that students who experience a more positive, supportive and democratic parenting style tend to exhibit better career decision-making ability. The relationship is statistically significant at the 0.01 level ($p < 0.01$), indicating that the observed correlation is unlikely to have occurred by chance. The findings suggest that parenting practices play an important role in shaping students' confidence, independence and decision-making skills regarding their future careers. Parents who provide emotional support, guidance and encouragement help their children develop greater clarity and confidence in selecting appropriate career paths. Therefore, it can be concluded that a positive parenting style significantly contributes to effective career decision making among senior secondary school students in Mathura district.

Table No. 2

Status and interpretation of the correlation between Parenting Style and career decision making among male senior secondary school students in Mathura district

Variable	Student's No.	Correlation	Results
Parenting Style	130	0.615	Significant Positive Correlation
Career Decision Making			

Explanation & Table No. 2 presents the correlation between Parenting Style and Career Decision Making among male senior secondary school students in Mathura district. The obtained correlation coefficient ($r = 0.615$) indicates a moderate positive and statistically significant relationship between the two variables. This finding suggests that as the quality of parenting style improves, the career

decision-making ability of male students also tends to improve. Positive parenting practices, such as emotional support, encouragement, effective communication and appropriate guidance, help students develop confidence and make informed career choices. Parents who provide a supportive and motivating home environment enable their children to explore career opportunities, understand their strengths and interests and make suitable career decisions. Since the relationship is statistically significant ($p < 0.01$), the null hypothesis stating that there is no significant relationship between parenting style and career decision making among male senior secondary school students is rejected. Therefore, parenting style plays an important role in influencing the career decision-making process of male students.

Table No. 3

Status and interpretation of the correlation between Parenting Style and career decision making among female senior secondary school students in Mathura district

Variable	Student's No.	Correlation	Results
Parenting Style	120	0.681	Significant Positive Correlation
Career Decision Making			

Explanation:- Table No. 3 presents the relationship between Parenting Style and Career Decision Making among female senior secondary school students in Mathura district. The obtained correlation coefficient ($r = 0.681$) indicates a strong positive and statistically significant relationship between the two variables. This finding suggests that female students who experience positive, supportive and democratic parenting are more likely to make effective and confident career decisions. Positive parenting provides emotional support, encouragement, guidance, and opportunities for independent thinking, which help students understand their interests, abilities and career goals. On the other hand, less supportive or inconsistent parenting may reduce confidence and create difficulties in career planning. The significant positive correlation implies that improvements in parenting style are associated with better career decision-making abilities among female students.

Results:

- The findings of the study reveal that Parenting Style has a significant positive effect on Career Decision Making among senior secondary school students of Mathura District. This indicates that supportive, democratic and encouraging parenting practices help students develop confidence, self-awareness and decision-making abilities regarding their future careers. Parents who provide proper guidance, motivation and emotional support enable students to explore career options and make appropriate choices. Thus, parenting style plays an important role in shaping students' career

decisions. Therefore, the null hypothesis stating that Parenting Style has no significant effect on Career Decision Making is rejected.

- The results indicate that Parenting Style has a significant positive effect on Career Decision Making among male students of senior secondary schools of Mathura District. Positive parental behaviour, proper guidance and encouragement help male students gain confidence and clarity in selecting suitable career paths. Supportive parents motivate students to consider their interests, abilities and future goals while making career-related decisions. The findings highlight that effective parenting contributes significantly to the career development process of male students. Hence, the null hypothesis stating that Parenting Style has no significant effect on Career Decision Making among male students is rejected.
- The study findings show that Parenting Style has a significant positive effect on Career Decision Making among female students of senior secondary schools of Mathura District. A supportive family environment, equal opportunities, and parental encouragement enhance the confidence and independence of female students in making career choices. Parents who provide emotional support and career guidance help girls identify their interests and plan their future effectively. The results emphasize the important role of parenting practices in improving career decision-making abilities among female students. Therefore, the null hypothesis stating that Parenting Style has no significant effect on Career Decision Making among female students is rejected.

Conclusion:

The findings of the study conclude that Parenting Style plays a significant and positive role in the Career Decision Making of senior secondary school students in Mathura District. Students who receive supportive, democratic and encouraging parenting are more likely to make informed, confident and appropriate career decisions. Positive parental involvement helps students develop self-confidence, independence and awareness of their interests and abilities, which are essential for selecting suitable career paths. The study further reveals that this positive relationship exists not only among the overall group of students but also separately among both male and female students. This indicates that effective parenting contributes equally to career decision-making regardless of gender. Since all three null hypotheses were rejected, it can be concluded that Parenting Style is an important factor influencing students' career choices. Therefore, parents should provide guidance, emotional support, open communication and encouragement to help their children make successful and well-informed career decisions.

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