Teaching self-efficacy and self-service resilient impact on career maturity and career stress

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Abstract

This study examined whether career decision-making self-efficacy, self-resilience, and career maturity in university students affects the job seeking stress. In particular, this study focused on whether career maturity has a mediating effect among career decision-making self-efficacy, self-resilience and job seeking stress. University students have approximately three points in career maturity - the mid-point of a five-point scale, and career decision-making self-efficacy was proved as a variable affecting the career maturity. In addition, self-resilience has no significant effect on career maturity, and a study of the relationship between the career decision-making self-efficacy and job seeking stress revealed a low correlation. In career decision-making self-efficacy affecting job seeking stress, the career decision-making self-efficacy itself has an effect on the job seeking stress but job seeking stress can improve the career maturity. This study, which is related to career maturity, is different from previous studies dealing with only a single dimension for the direct influence.

Keywords

Self-efficacy;ego-resilience;Career Maturity;Job Stress

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Self-efficacy beliefs determine how people feel, think, motivate themselves and behave. Such beliefs produce these diverse effects through four major processes. The impact of modeling on perceived self-efficacy is strongly influenced by perceived similarity to the models. The greater the assumed similarity the more persuasive are the models' successes and failures. They include self-satisfying and self-dissatisfying reactions to one's performance, perceived self-efficacy for goal attainment, and readjustment of personal goals based on one's progress. Self-efficacy beliefs contribute to motivation in several ways: They determine the goals people set for themselves; how much effort they expend; how long they persevere in the face of difficulties; and their resilience to failures.