



The Motivational Aspects of the Career Decision Self-Efficacy in Emerging Adulthood: Striving for Goals

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ABSTRACT

The purpose of this study is to examine the relationship between career decision self-efficacy and striving for goals in emerging adulthood. This study is a correlational study involving 228 emerging adults. Striving for Goals Scale and Career Decision Self-Efficacy Scale were used as data collection tools. Preliminary analyses were performed before the data analysis was conducted. As a preliminary analysis, normality, multicollinearity, and Durbin-Watson statistic were checked. After initial analyses, Pearson Product-Moment Correlation analysis was used to determine the relationships between the career decision self-efficacy and striving for goals. Finally, the multiple regression analysis was used to determine the predictive power of striving for goals in career decision self-efficacy of emerging adults. Considering the findings of the study, it was found that there is a significant and positive relationship between striving for goals and career decision self-efficacy ($r = .33$). Moreover, striving for goals explains approximately 13% of the total variance of career decision self-efficacy. As a result, it might be said that striving for goals is a significant source of motivation for career decision self-efficacy.

Keywords: Career Counseling; Career Decision; Career Decision Self-Efficacy; Emerging Adulthood; Striving for Goals.