

EFFECT OF CAREER SELECTION ON THE PERFORMANCE OF MEDICAL STUDENTS OF BKMC KPK, PAKISTAN

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ABSTRACT

Objective: To determine the factors that have influence on career decision-making and performance among medical students BKMC Mardan Pakistan.

Materials and Methods: A descriptive cross sectional study was done on MBBS students of 4th and 5th year at Bacha Khan Medical College, Mardan from Dec 2018-May 2019. A convenient sampling method was used, students were invited to fill close ended-structured questionnaire. Data was analyzed via SPSS version 25 descriptive statistics were represented in form of frequency and percentages.

Results: With 84% response rate, family pressure and wishes were the main driving factors to pursue medical career and lack of interest and understanding in studies were the main reasons for bad performances. Male voted more for the need of career counseling.

Conclusion: Getting the better understanding of students' viewpoints by identifying the major factors will help the education system councilor and policymakers to facilitate the process and help align career decision according to productivity and student's preferences ultimately decreasing the stress career failure rate.

Keywords: carrier selection, performances, counseling

INTRODUCTION

Career decision making is an active, ongoing, progressive, complex and multifactorial process.¹ There is strong evidence that people who choose their own career by themselves have better performance than those who are forced to choose a career due to some other factors. Major factors, identified by different studies which influence the individual career are the following;

Studies conducted in different countries and cultures sum up with different relationships among variables selected for these studies. A study in Pa-

kistan revealed that interest depicted by students in some subjects will mostly lead to the better examination performance and selection of profession in the same direction. It is apparent that a relationship exists between personality and career interest in a particular subject. Statistics shows that there is three times higher ratio of dropouts of adolescent from course /subjects than from university. Higher education authority has evidenced that this is because of wrong career choices. Lack of interest can be the most dangerous cause and can end in dissatisfaction and stress career failure³, as evident in studies in Ethiopia.⁴

Career growth is an enduring process for some people⁵. Individual decision for choosing opportunities is affected by many elements i.e. background they live in, personal capacities, and educational

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level.^{6,7} Students always try to plan their careers for a secure future where job opportunities are the important factor that might prefer the career choice.⁸ A good career selection enables students to feel contented in their job that leads to satisfaction.⁹

A study based on fourth year medical students found that career opportunities in combination with prestige are the most important factor in the decision making process of the surgical carrier selection.^{10,11}

Most of the student chooses their career according to abilities and aptitude but some are lacking the skill and opted for certain easy elective courses. Most of them do not want to involve in the fields that may require hard work.¹² Tanuja Agarwala in India investigated 93 Indian candidates from management sciences discipline and concluded that principal influence is that of their father. Other more important factors are expertise, competencies and capabilities of students in career selection decision.¹³

Another element that is influencing their discussion of career selection process, is financial burdens faced by the individuals Ahmed Kerka, claims that piece of information utilized by person and financial resources at their disposal significantly influence individuals decision of carrier selection¹⁴ A study found that prospects opened to an individual can add meaningfully in ones choice of desirable carrier.¹⁵

A study in Pakistan reveals that interest in subject has strong and positive relationship with career choice that they make. Another study in Pakistan reveals that the attraction of early settlement also plays major a role in careers selection.^{14,16}

Increasing demand of health care professionals require that they must be competent enough to tackle the increasing burden. We need doctors with greater efficacy and personal interest for health care. A study conducted in Pakistan by clearly shows that a career choice made by a person himself leads to not only

job satisfaction but also greater efficacy.¹⁷ The aim of the present study was to determine the factors effecting preferences of career choice among students of BKMC Mardan as not much studies have been done on said subject.

MATERIALS AND METHODS

Descriptive cross sectional study was conducted from DEC 2018 TO MAY 2019 in Bacha Khan Medical College Mardan, Khyber Pakhtunkhwa Pakistan. The study was carried out on students enrolled in BKMC, Mardan, who had cleared their Third year professional exams. The sample comprised of 45 students each from Fourth year and Final year MBBS, Making a total sample of 90 students. Convenient sampling technique was used.

Inclusion criteria included all the final year MBBS and fourth year MBBS students at BKMC Mardan, who had appeared in their Third professional medical exam. All those students who were absent or were unwilling to participate were excluded from the study. Incomplete questionnaires were also excluded from study.

Ethical approval was taken from the respective ethical committee of college Confidentiality of all information was maintained and used for research purpose only.

An oral consent was taken and data was collected via structured questionnaire with close ended questionnaire. Data was entered and analyzed via SPSS version 25 descriptive statistics were represented in form of frequency and percentages.

RESULTS

Out of 90 administered questionnaires, our response rate was 84% i.e. 76 students. Incomplete questionnaires were excluded from study data. Out of 76 students, 38 were female students. Below are the responses of the student to the questionnaire.

Table 1: Factors effecting decision selection and performances of medical students at BKMC

S.no.	Variables	Number of students (Percentage)
1	Selection of career by their own choice	53 (69.74%)
2	Influencing factor	
	Family pressure and wish	24 (31.56%)
	Good score in SCC and HSSC	17 (23.68 %)
	Competition with family members	6 (7.89%)
	To serve humanity	5 (6.58%)
	My own passion	18 (22.37%)

3	Interested in studies	56 (73.7%)
	Not interested	20 (26.3%)
4	Attendance	
	> than 90% attendance	41 (53.9%)
	75-90% attendance	29 (38.2%)
	50-75% attendance	2 (2.6%)
	< 50% attendance	4 (5.3%)
5	Passing percentage in professionals exams	
	1st professional	11 (14.17%)
	2nd professional	12 (15.8%)
	3rd professional	11 (14.7%)
7	Hours of study per day	
	< 1 hour	46 (60.5%)
	1-2 hours	20 (26.3%)
	2-3 hours	7 (9.2%)
	>3 hours	3 (3.9%)
8	Any change in opinion about career choices	27 (35.5%)
9	Future plans after MBBS	
	continue medical studies	60 (78.9%)
	teaching	3 (3.9%)
	Select a field other than medical	7 (9.2%)
	Not sure	6 (7.9%)
10	Career counseling is helpful in career selection	
	Yes	61 (80.3%)
	No	5 (6.6%)
	Up to some extent	10 (13.2%)

DISCUSSION

The aims and objectives of this study were to determine the factors influencing carrier selection of students, its impact on their studies and to evaluate the importance of carrier selection counseling. The study showed that 69.7% students chose their profession themselves while the remaining didn't want to study MBBS. Of those who chose profession by their own choice, the main reason was scoring high marks in Matric and F.Sc making 23.7%. A Passion to become a doctor was identified as the second strongest stimulus with 22.37% weightage.

Those who didn't choose their profession themselves, making 31.6%, most of them were pressurized by their family. A study carried out on career selection in Pakistan in Bahauddin Zikariya University Multan, evaluated five leading professions¹⁰ which showed that 16 factors were involved of which growth opportunities was on top followed

by occupational charm, self- esteem, inspiration and work related factors followed.

The study confirm our finding by identifying that highest number of students choosing their profession because of high marks in Matric and F.Sc. which corresponds to the study carried out by Redman and Wilkinson that clarifies career as the application of person's cognition and capabilities providing command over profession, timely work expertise and a basis of developing and battering business networks.

The study pointed out that about 8% of the students chose MBBS for money and good name that secures their future and provides them with a bright, secure and happy future that is in conjunction with study done at Allama Iqbal Medical college, Lahore that students always try to plan their careers for a secure future where job opportunities are the important factor that might prefer the career choice.¹⁶

Our study pointed out to the fact that 73.7%

students were interested in their studies and led to almost no supplies in their exams in the three professional examinations carries out by KMU which is in accordance with a study in Kenya that personality type and interest in subject are main factors influencing career selection and performance¹⁴

The study confers that career counseling and guidance is important beforehand as 80% students think that career counseling is absolutely important in the selection of profession and 13% mostly females thought it was important up to some extent. Another study also shows that we choose career to achieve the professional objectives 'getting informed about upcoming opportunities 'their results and their timely evaluations.²⁰

CONCLUSIONS

According to the data the main influencer for selecting medicine were good marks in Matric and F.Sc and the passion to be medical professional. Family pressure or competition with family members being the leading reason for seeking admission in medical profession. The lack of interest is identified as major reason for bad curriculum achievements; a reason for wastage of resources.

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