

Correlations Relationship Between Social Support and Career Decision-Making Attitudes of College Taekwondo Athletes

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Abstract: The objective of this study was to identify the relationship between social support and the career decision-making attitudes of college Taekwondo athletes. In order to achieve the objective, a survey was conducted on 171 Taekwondo athletes playing for college. Frequency analysis, reliability analysis, correlation analysis and multiple regression analysis were performed using. Sub-factors of social support and career decision-making attitude displayed significant and positive correlations. Emotional support and information support which are sub-variables of social support had a positive effect on career maturity. Emotional support and material support which are sub-variables of social support had a positive effect on career preparation behavior. Emotional support one of social support sub-variables had a positive effect on career decision level. The directions of the follow-up studies based on the limitations of the current study are as follows. First, it is possible that other factors can affect the career of Taekwondo athletes. Therefore, it will be necessary to conduct studies using variables that are more concrete. This study solely focused on college Taekwondo athletes. Data from other college athletes are needed.

Key words: College Taekwondo athletes, social support, career maturity, career preparation behavior, career decision level, relationship

INTRODUCTION

In modern society the emphasis is on choosing a career path or occupation that will satisfy an individual. Quality of life and personal satisfaction are importantly related with a career path. Choosing a career path is a very important and daunting task for college students who are about to graduate (Yoon and Lee, 2002). Colleges help in this process by providing knowledge and human resources that involve education, research and service (Kim, 1996). The result can be a strengthened and more competitive society (Chung and Lee, 1998).

South Korean college students experience challenges in deciding on their career path because systematic career guidance is seldom offered in middle school and high school. They often choose their college majors regardless of their aptitudes (Sung and Bae, 2007). The majority of Korean college students is worried and experience stress concerning their future after graduation (So and Jung, 2012; Kim and Kim, 2012; Ji and Kim, 2007). Despite this, students seldom take practical actions to resolve the issues.

College students majoring in physical education are also concerned and worried about the career path and occupations. They can have difficulty preparing for their career due to a lack of social awareness and support (Yoo *et al.*, 2011). Student athletes spend the majority of their time engaged in their college sport. They can be especially, concerned with their future as many do not have exemplary academic records (Choi, 2006).

Social support is an important factor in the successful transition from adolescence to the adulthood (Kim, 2008). Social support refers to the positive support that can be obtained from human relationships and with respect to career decisions, active support in the career aspirations and decisions by an individual (Shon and Kim, 2005; Blustein, 1997). Greater awareness of social support provided by a person who is influential to the student can increase expectations regarding the career path and occupation (McWhirter *et al.*, 1998).

Another important factor related to the career paths of college students is the career decision-making attitude which refers to the confidence of a college student in selecting their academic major in terms of their future career path (Park, 2010).

This study focuses on Taekwondo student athletes. Choosing a career path is one of many important issues that Taekwondo athletes face. The lifestyle and the value of an athlete can vary and is an important factor in decision-making. This study aimed to provide concrete career counseling materials that will be valuable for Taekwondo athletes in making career-related decisions by identifying the relationship between social support and career decision-making attitude.

MATERIALS AND METHODS

Study subjects: Two hundred college students majoring in Taekwondo at colleges located in Gyeonggi Province in 2017 were the subjects. They were selected using a convenience sampling method. The subjects were attending a Taekwondo major practical course completed a survey. Finally, 171 valid samples were analyzed after excluding data that were judged unreliable. The general characteristics of the survey subjects are shown in Table 1.

Questionnaire: The self-administered questionnaire consisted 26 items, comprising 13 social support items and 13 career decision-making attitudes items. The social support items included revised sub-factors of emotional support, information support and physical support (Hang, 1999; Kim and Lee, 1998). The career decision-making attitude sub-factors included career maturity, career preparation behavior and career decision level derived from prior questionnaires (Park, 2010; Gil, 2005; Osipow, 1986). Responses to each item were ranked using a 5-point Likert 5 scale (strongly agree, 5 points, agree, 4 points, not agree or disagree, 3 points, disagree, 2 points, strongly disagree, 1 point).

Exploratory factor analysis and reliability analysis: Factor exploratory factor analysis was used to verify the validity of the questionnaire. Bartlett's unit matrix test was conducted to evaluate if variables were independent to each other. The suitability of a factor analysis was evaluated by using the Kaiser-Meyer-Olkin (KMO) index of sampling adequacy. Eigenvalues were based on ≥ 1.0 . Items having factor loading ≥ 0.4 were selected. Cronbach's a coefficient was used to analyze the reliability and items ≥ 0.6 were used.

Social support: The Bartlett unit matrix of social support was 972.976 and significance probability was 0.001. The KMO index was 3.834. These results indicated that variable selection was appropriate. Based on the results, factor analysis was conducted for 13 items and three

Table 1: General characteristics of subjects

| Variables | Frequency (n) | Percentage |
|------------------|---------------|------------|
| Gender | | |
| Male | 123 | 71.9 |
| Female | 48 | 28.1 |
| Class | | |
| 1 | 59 | 34.5 |
| 2 | 45 | 26.4 |
| 3 | 37 | 21.6 |
| 4 | 30 | 17.5 |
| Specialty | | |
| Gyeonggi | 93 | 54.4 |
| Poomsae | 40 | 23.4 |
| demonstration | 38 | 22.2 |

factors were extracted. They explained the 66.183% of the total variations. The loading of emotional support was 0.733~0.806. The loading of information support was 0.646~0.857. The loading of physical support was 0.694~0.862. Moreover, the reliability was 0.750~0.844 which was relatively reliable.

Career decision-making attitude: Bartlett unit matrix of the career decision-making attitude was 1174.453 and the significance probability was 0.001. The KMO index was 0.880. The results showed that variable selection was appropriate. Factor analysis was conducted for 13 items based on the results and three factors were extracted. They explained 67.735% of total variances. The loading of career maturity was 0.568~0.857. The loading of career preparation behavior was 0.642~0.851 while the loading of career decision level 0.660~0.836. The reliability was 0.760~0.788 which was relatively reliable level.

Data processing: All questionnaire data were analyzed using SPSS Version 21.0 statistical software. Frequency analysis, exploratory factor analysis, reliability analysis, correlation analysis and multiple regression analysis were performed using. All statistical differences were determined at $p < 0.05$ unless stated otherwise.

RESULTS AND DISCUSSION

Pearson correlation analysis was calculated to evaluate the relationship between the social support and career decision-making attitudes of the college Taekwondo athletes.

The sub-factors of social support and those of the attitude of career decision-making had significant and positive correlations Table 2. Multiple regression analysis was conducted to evaluate the relationship between the social support and the attitude of career decision-making. Social support significantly affected the career maturity Table 3. The significance of the total regression equation was $F = 28.441$ ($p < 0.001$) and explanatory power was

Table 2: Correlations analysis

| Variables | Emotional support (A) | Information support (B) | Material support (C) | Career maturity (D) | Career preparation behavior (E) | Career decision level (F) |
|-----------|-----------------------|-------------------------|----------------------|---------------------|---------------------------------|---------------------------|
| A | - | | | | | |
| B | 0.233*** | - | | | | |
| C | 0.440*** | 0.283*** | - | | | |
| D | 0.555*** | 0.287*** | 1.331*** | - | | |
| E | 0.607*** | 0.256*** | 0.481*** | 0.483*** | - | |
| F | 0.909*** | 0.211*** | 0.366*** | 0.532*** | 0.598*** | - |

*p<0.05, **p<0.01, ***p<0.001

Table 3: Relationship between social support and career maturity

| Variables | B | SE | β | t-values |
|---------------------|-------|-------|-------|----------|
| Constant | 1.177 | 0.284 | - | 4.148*** |
| Emotional support | 0.477 | 0.069 | 0.487 | 6.887*** |
| Information support | 0.139 | 0.060 | 0.153 | 2.312* |
| Material support | 0.063 | 0.061 | 0.074 | 1.029 |

R² = 0.338, F = 28.441***, *p<0.05, ***p<0.001

Table 4: Relationship between social support and career preparation behavior

| Variables | B | SE | β | t-values |
|---------------------|-------|-------|-------|----------|
| Constant | 1.172 | 0.256 | - | 4.576*** |
| Emotional support | 0.459 | 0.063 | 0.481 | 7.335*** |
| Information support | 0.065 | 0.054 | 0.074 | 1.205 |
| Material support | 0.208 | 0.055 | 0.249 | 3.745*** |

R² = 0.431, F = 42.093***, ***p<0.001

Table 5: Relationship between social support and career decision level

| Variables | B | SE | β | t-values |
|---------------------|--------|-------|--------|-----------|
| Constant | 0.432 | 0.148 | - | 2.930*** |
| Emotional support | 0.926 | 0.036 | 0.926 | 25.687*** |
| Information support | 0.007 | 0.031 | 0.007 | 0.221 |
| Material support | -0.038 | 0.032 | -0.044 | -0.1.203 |

R² = 0.828, F = 267.096***, ***p<0.001

approximately 33.8% (R² = 0.338) of the total variance. The beta value which is the relative influence of the social support on the career maturity was significantly affected by emotional support (β = 0.487, p<0.001) and information support (β = 0.153, p<0.05).

Social support had a significant effect on career preparation behavior Table 4. The significance of the total regression equation was F = 42.093 (p<0.001). It explained approximately 43.1% (R² = 0.431) of the total variance. The beta value which is the relative influence of the social support on the career preparation behavior was significantly affected by emotional support (β = 0.481, p<0.001) and physical support (β = 0.249, p<0.001).

Social support significantly affected the career decision level Table 5. The significance of the total regression equation was F = 267.096 (p<0.01). It explained approximately 82.8% (R² = 0.828) of the total variance. The beta value which is the relative influence of the social support on the career decision level was significantly affected by emotional support (β = 0.926, p<0.001).

The objective of this study was to identify the relationship between the social support and the career decision-making attitudes of college Taekwondo athletes. One of the primary reason students go to college is to get

a good job that reflects their personal aptitudes and interests. Colleges should reciprocate by providing a positive atmosphere of learning that includes appropriate career support (Lee and Song, 2004). The social cognitive theory and social cognitive career theory (Lent *et al.*, 2000) have validated the logic and importance of social support to a career. The social support established in this study encompasses the emotional, information and physical support of students majoring in Taekwondo.

There was a positive relationship between the social support and the career decision-making attitudes of college Taekwondo athletes. Social support and especially, emotional support positively influenced career maturity, career preparation behavior and career decision level. Information support and physical support influenced career maturity and career preparation behavior, respectively. Emotional support includes the behavior of respect, affection, trust, interest and experience. The career decision making decisions of the college Taekwondo athletes was affected by family, friends, colleagues and instructors. Shin *et al.* (2012) argued that career exploration behavior and social support had a positive relationship after evaluating the career exploration behavior and social support of community college students. Our results partially support this conclusion. Lee (2007) reported that social support is a factor that significantly affects career maturity. Kim and Kim (2012) described that the social support of college students majoring in physical education positively affects their career awareness, career preparation behavior and career decisions. Our results agree with this view. Although, Kim and Kim (1998) did not study Taekwondo athletes, it is meaningful that their study also evaluated students majoring in physical education. The prior and present findings bolster the view that emotional or information support, rather than excessive physical support will help college Taekwondo athletes in their beliefs and convictions about their career paths. A career decision is not made in a moment. Decisions can change, since, it is the degree of confidence in the decision that makes it final. An appropriate social support and a clear sense of purpose will be valuable for college Taekwondo athletes to have the effective career decision-making attitude.

CONCLUSION

The objective of this study was to identify the relationship between the social support and the attitude of career decision-making of college Taekwondo athletes. To accomplish this objective, we conducted a survey of 171 college Taekwondo athletes and drew following conclusions. Sub-factors of social support and career decision-making attitude displayed significant and positive correlations. Emotional support and information support which are sub-variables of social support had a positive effect on career maturity. Emotional support and material support which are sub-variables of social support had a positive effect on career preparation behavior. Emotional support, one of social support sub-variables had a positive effect on career decision level.

LIMITATIONS

The directions of the follow-up studies based on the limitations of the current study are as follows. First, it is possible that other factors can affect the career of Taekwondo athletes.

SUGGESTIONS

Therefore, it will be necessary to conduct studies using variables that are more concrete. This study solely focused on college Taekwondo athletes. Data from other college athletes are needed.

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