THE IMPACT OF GUIDANCE AND COUNSELING SERVICES ON STUDENTS ACADEMIC PERFORMANCE AND CAREER CHOICE IN SELECTED SECONDARY SCHOOLS OF SOKOTO METROPOLIS

BY

UMAR MUSA
ADM. NO: 0911403002

AND

HARUNA MUHAMMAD NASIRU
ADM. NO: 0911403063

A PROJECT SUBMITTED TO THE DEPARTMENT OF EDUCATIONAL FOUNDATIONS, FACULTY OF EDUCATION AND EXTENSION SERVICES, USMANU DANFODIYO UNIVERSITY, SOKOTO.

IN PARTIAL FULFILLMENT FOR THE AWARD OF BACHELOR OF ART EDUCATION ENGLISH LANGUAGE (B.AED.ENG)

JULY, 2014
This research project has been read and approved as meeting the requirements for the award of degree in the Department of Educational Foundations, Faculty of Education and Extension Services, Usmanu Danfodiyo University, Sokoto.

Mal. Shehu Yahaya Tsagem Date

Project Supervisor

Prof. A.M. Isah fmr

H.O.D Educational Foundations Date

Deans F.E.E.S Date
DEDICATION

This work has been dedicated to Almighty Allah (S.W.A) and our parents who, as a way of expressing their love for us, gave us the greater legacy in life, Education.
ACKNOWLEDGEMENTS

I thank Allah (S.W.A) for the successful completion of this project and four-year degree programme.

I acknowledge our parents, who beget us to this world, our supervisor deserves more than acknowledgement, he listen to us, make corrections and guide us even beyond our weaknesses and shortcoming. May the hand behind the rising sun and the appearance of the moon elevate him more than he hopes and dreams.

I also commend the efforts of our friends and course-mates Adamu Musa, Mu’azu Muhammad Achida, Ibrahim Yahaya Maradun, Muhammad Ibrahim Shinaka and other numerous that cannot be mentioned.

I thank my siblings for their prayers, financial and moral supports without which our academic journey would have been impossible. We equally like to extend our acknowledgement to Adamu Musa for the time he devoted in typing this project and to all the respondents of our questionnaires.

I would like to acknowledge the effort of Alhaji Sa’adu Bala Gwaram and the family for their kind support.

Finally, I appreciate the care, support and the love received from my wife Halima Sadiya Ibrahim Qusah

Thank you all, i owe you much.
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Contents</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Title page</td>
<td>i</td>
</tr>
<tr>
<td>Approval Page</td>
<td>ii</td>
</tr>
<tr>
<td>Dedication</td>
<td>iii</td>
</tr>
<tr>
<td>Acknowledgement</td>
<td>iv</td>
</tr>
<tr>
<td>Table of content</td>
<td>v-vii</td>
</tr>
<tr>
<td>List of Tables</td>
<td>viii</td>
</tr>
<tr>
<td>List of appendices</td>
<td>ix</td>
</tr>
<tr>
<td>Abstract</td>
<td>x</td>
</tr>
</tbody>
</table>

## Chapter One: Introduction

1.0 Introduction .................................................1
1.1 Background to the Study...................................1-4
1.2 Statement of the Problem...................................4-5
1.3 Objective of the Study.....................................5
1.4 Research Question...........................................5-6
1.5 Scope and Delimitation.....................................6
1.6 Significance of the Study.................................6

## Chapter Two: Review of Related Literature

2.0 Introduction ..................................................7-8
2.1 The need for Guidance and Counseling in Schools.........8-11
2.2 The Principles of Guidance and Counseling in Schools.....11-14
2.3 The Role of Guidance and Counseling Officers in Schools……14-15
2.4 Career Awareness…………………………………………………15-16
2.5 Concept of Career Development………………………………….16-17
2.6 Career Choice as perceived by Secondary School Students……17-20
2.7 Effect of Career choice on Secondary School Students…………20-23
2.8 The need for Career Guidance in Schools………………………23
2.9 Summary and Uniqueness of the Chapter………………………23

Chapter Three: Research Methodology
3.0 Introduction ……………………………………………………………24
3.1 Research Design………………………………………………………24
3.2 Population of the Study…………………………………………………24
3.3 Sample and Sampling Technique……………………………………24-25
3.4 Instrumentation …………………………………………………………25
3.5 Validity of the Instrument……………………………………………25
3.6 Reliability of the Instrument…………………………………………26
3.7 Administration of the Instrument……………………………………26
3.8 Method of Data Collection…………………………………………..26

Chapter Four: Presentation and analysis of Data
4.0 Introduction ………………………………………………………………27
4.1 Presentation and analysis of data……………………………………27-39
4.2 Summary of Major Findings ………………………………………….39
4.3 Discussion of findings …………………………………………………40-41

Chapter Five: Summary, Conclusion and Recommendations
5.0 Introduction ………………………………………………………………42
5.1 Summary ........................................................................................................42
5.2 Conclusion ........................................................................................................43
5.3 Recommendations ..........................................................................................43-45
References ...........................................................................................................46-49
Appendix ................................................................................................................50--52
LIST OF TABLES

Table 1: Distribution According to Career Choice of Female Students. ......................... 27

Table 2: Distribution According to Career Choice of Male Students. ......................... 28

Table 3: Distribution According to the Occupation of Parents. ................................. 29

Table 4: Distribution According to the Father’s Level of Education. ......................... 31

Table 5: Distribution According to Mother’s Level of Education. ......................... 31

Table 6: Distribution According to Family Influence on Students’ Career Choice. ....... 33

Table 7: Distribution According to their Parents Occupations. .................................. 34

Table 8: Distribution According to the Subjects Offered in School. .......................... 35

Table 9: Distribution According to Level of Educational Aspiration of Students. ........ 36

Table 10: Distribution According to Career Selection. ........................................... 37

Table 11: Distribution According to Gender and Career Choice. ............................ 38

Table 12: Distribution According to Influence of Career Choice of Students by Society. ................................................................................................................. 38
LIST OF APPENDICES

Appendix 1: Students Questionnaire........................................50-52
Abstract

The research was undertaken to justify the effectiveness or otherwise of counseling services in Sokoto metropolis, the research method used in this research is descriptive survey research method. The population of this research consists of students of secondary schools in Sokoto metropolis these schools consist of boarding, day and private schools. The samples of four (4) schools were selected within Sokoto metropolis and the sample of fifty (50) students were collected from each school to represent the population, the procedure used in this research was random sampling techniques. The instrument used for this research was questionnaire and the method used for analyzing data is simple percentage. Major finding of this research is that, most of the female students aspire for medical profession, we equally find out that the level of education of parents has considerably increased, this has influenced the students to aspire for higher education. We also find out that parents have no direct influence on the career choice of students. It was recommended that students shall be properly guided in making the right career choice by the authorities concerned and more female students shall be encouraged to aspire for medical profession especially in the northern Nigeria. We also recommend that school authorities shall organize various guidance and counseling activates in school resources persons shall be made to give lectures in various profession especially to final year students.
CHAPTER ONE

INTRODUCTION

1.0 Background to the Study

According to Melvin (1975), secondary school education is the engine room of knowledge acquisition, a stage at which students come in contact with various subjects, which determine the field of study they will like to pursue in higher schools. Secondary school education is kind of level after the primary education and before higher education. Its position in the educational system also speaks of its importance. Schwarzeller (1962) see school as that which provides an outside view of what needs to happen in order for change to occur and also an equal opportunity for developing capabilities and talents.

Education reforms Nigeria always have the secondary schools as main focus. In fact, it is viewed as powerful stage for knowledge, skill and experience acquisition as well as a wide range of career prospects for young boys and girls (Ezekwesili, 2006).

It is systems that is targeted towards strengthening secondary school education and provide students with more practical knowledge that can make them self-reliant after graduation. Kutara (1977) opines that, individual differences exist among people; this has an effect on who the individuals are and what they are capable of doing. What an individual does is sometimes variance with his ability, aptitude capability and interest. Individual differences in the rate of growth, intellect, school achievement sex usually set the pace where students look at themselves in career orientation. But such
factors as home, the school, the mosque, church and the community for very vital factors in the students’ environment, thus, influencing their career choice or aspirations. Other factors like parental expectation, big salary, societal prestige, personal security, good rapport with friends, changes for advancement as well as the nature of the work itself have directly or indirectly lured most student who are about to leave school into making unrealistic career choice.

Career as used in the field of counseling has a broad and technical meaning. Technically, it refers to sequence of role or a position including works, leisure and educational pursuit that may encompass a number of occupations, vocations or jobs one engages in during his working life (Seligman, 1980). According to the international Encyclopedia Britannica (1978) career is job for which it is possible to advance during their working life, so that they may get greater responsibility and earn more money.

Career can also be said to be the total life long experience of work that has come to serve as his means of earning a livelihood (Kolo, 1991). The career choice previously was not as difficult as it is today. There were fewer job opportunities and more importantly, parents, teachers and religious bodies were aware of the existing opportunities as well as requirements for entry into them. Today, the situation the dame for the fact that secondary school students hardly have full knowledge of the requirement for each job and can no longer keep track with the numerous career opportunities, it is against this background that the guidance and counseling was introduced in order to assist the secondary students in choosing a career.
Guidance and counseling is a helping profession which is concerned with molding, reconstructing and rehabilitating a trouble person. It is a self-revealing relationship and both preventive and curative of maladaptive behavior. It is globally accepted that, guidance and counseling activities are for human beings, those with or without problems, normal and abnormal.

The establishment of modern guidance and counseling in secondary schools in Nigeria however, rest on the realization of the need for more sophisticated and integrated package to help individual satisfy their problems and concerns of present day living.

Okon (1984) defined guidance as total programme of a number highly specialized activities implemented by specialist to help individual make wise and intelligent choice and decisions, counseling on the other hand, has been defined by Makinde (1987) as a service designed to help an individual analyze himself by capabilities, achievements, interest mode of adjustment towards what new decision he has made or has make.

Therefore, since guidance and counseling is a profession, for effective counseling to take place it must involves the application of basic principles for effective helping. These however, include the principle of understanding, sequential process; appreciate self-disclosure and observance of ethics. Their applications not only make counseling effective but also add to the specialist of the counseling relationship.

For guidance to be meaningful, it, must be seen as a series of programmed activities which help the normal school child to know himself/herself as an
individual, become more aware of his/her person, experience his/her world and those people he/she relate with it is a dynamic process which undergoes continuous change over time as it is not a single event but a series of events, steps or action which are geared towards the general development of the individual. Hence, guidance and counseling play a vital role in the career choice of the students.

1.2 Statement of the Problem

Most schools in Nigeria run programmes that are deficient in diversification to cater for all career choice of students. In these schools, most of the students are lefty unguided either because their schools have no guidance and counseling services or the nature is not up to standard, students are prone to making unwise career choice or no choice at all because there is no counselor to guide them, until after schooling.

Choice of subjects and course as a result of lack of sufficient information. A part from this problem, there is a conflict between the student’s freedoms of occupation and not only that of the nation’s manpower needs, but also the conflicts between the students’ choices, the parents’ choice and friend’s advice.

The fact that secondary school students cannot make realistic career plans is a serious problem and this research work will equally look at the problem associated with guidance and counseling, career choice and aspirations of these levels of students considering the fact that guidance and
counseling has implication on their choice and aspiration, which career choice has serious consequences on their future and by extension the society at large.

1.3 Objectives of the Study

The broad objectives of this study is to investigate into the impact of guidance and counseling, career choice and its effects on student academic performance in the area of study. The specific objectives include:

1. To justify the effectiveness or otherwise of counseling services in schools under review,
2. To find out the roles of guidance and counseling to the students’ academic performance of then schools under review
3. To identify the career choice of the students in secondary schools of the study area.
4. To investigate the effects of career choice on the future of the secondary school students in the area under review.
5. To explore the factors influencing the career choice of secondary school students in Sokoto metropolis

1.4 Research Question

This research is an attempt to answer the following questions:

1. What are the roles of guidance and counseling services in students academic performance of the area under review?
2. What roles do guidance and counseling services play in career choice of secondary school students of the schools under review?
3. Is there need to improve guidance and counseling services in the area under review.

4. What are career choices of the students in the school under study?

5. Do parents and occupational status influences the career of their children?

6. What are those factors that influence secondary school students’ career choice in the area of study?

1.5 **Scope and Delimitation**

   Sokoto metropolis is a large area with over (50) fifty senior and junior secondary schools, owned by federal, states and private individuals. This study is limited time and financial resources, while the scope of the study is the academic performance and career choice of the students.

1.6 **Significance of the Study**

   Naturally decision-making is very important, it is the hardest thing to make in life. Youths are usually the people concerned with choosing careers, which may hopefully be helped by guidance and counseling officers.

   The study will help to solve the conflicts that exist between parents and students in the area of career choice.

   The research is essential to parents, students, community and government because it will reveal the areas of weakness in the guidance profession and reasons why students should have good performance and careers if they are well counseled.

   This research will equally inform management of schools under study of the importance of guidance and counseling services in schools.
CHAPTER TWO

REVIEW OF RELATED LITERATURE

2.0 Introduction

The terms “guidance” and “counseling” have been used either individually or synonymously by various scholars. As a result, many text interchangeably used the term guidance for counseling and counseling for guidance the general consensus among the specialists is that guidance is a family name for all the helping services within the general educational and community services.

Guidance is common language involves personal help given by someone; it is designed to assist a person to decide where he wants to go; what he wants to do, or how he can best accomplish his purpose; it assist him to solve problems that arise in his life. Stone, (1981) saw guidance as the process of helping in individual, himself and his world. Oladele (1987) also sw guidance s aiming and aiding recipient to grow in his independence and ability to be responsible for him.

Counseling on the other hand, has been defined by Makinde (1987) as a services designed to help an individual analyze himself by something missing capabilities achievements, interest and mode of adjustment towards what new decision he has made or taken.
Ipaye (1983) saw counseling as a method of helping the individual utilize his or her psychological resources by focusing on that individual positive strength for development and by concentrating on the individual personality behavior and emotional asset that could be mobilize.

### 2.1 The Need for Guidance and Counseling in Schools

In many countries of the world, delivers circumstances prompted the establishment of guidance and counseling in secondary schools. These factors are as follows:

i. Growing needs of youth in this country

According to Bamgbaiye (2000), the curriculum of our secondary schools should be built around the development stage of the youths. Learning takes place if geared towards the cognitive development stages of individual children. This however, includes the sensory motor, pre-operational concrete operational and formal operational stages. Each stage has its own characteristics set of learning outcomes. Thus, there is need to plan, coordinate guidance-oriented curriculum to meet the needs of individual pupils/students. This can be done in the 6-3-3-4 system of education.
CHAPTER THREE

RESEARCH METHODOLOGY

3.0 Introduction

This chapter, the areas of research design, sample and sampling techniques population of the study, instrumentation, validity of the instrument, and reliability of the instrument, administration of the instrument and method of data analysis were discussed.

3.1 Research Design

In conducting this research, a questionnaire has been designed to help the researchers acquire the needed information. The questionnaire has section A, B, C, and D, section ‘A’ contains students information, section ‘B’ contains subjects offered in the schools, while section ‘D’ contains career choice and aspiration of students.

3.2 Population of the Study

The population of this study is secondary school in Sokoto metropolis.

3.3 Sampling and Sampling Techniques

The respondents (student) of the study were randomly selected. The researchers made sure that the students to be selected as sample, studied different subjects offered in secondary schools under review. The following schools were selected for the study.
<table>
<thead>
<tr>
<th>S/N</th>
<th>SCHOOL</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Asma’u Girl’s Secondary School</td>
</tr>
<tr>
<td>2.</td>
<td>Sultan Bello Secondary School</td>
</tr>
<tr>
<td>3.</td>
<td>Nagarta College Secondary School</td>
</tr>
<tr>
<td>4.</td>
<td>Blue Crescent Secondary School</td>
</tr>
</tbody>
</table>

3.4 Instrumentation

This project adopted Dere’s (1980) children vocational aspiration questionnaires (CVAQ).

The questionnaire consists of four (4) sections. Section ‘A’ students dt, section ‘B’ information on education and occupation of parents, ‘C’ subjects offered in schools, ‘D’ careers the respondents will want to pursue at the end of their studies and who , what influenced their choice.

3.5 Validity of the Instrument

An instrument is said to be valid when it measure truly and accurately what is meant to measure. Children Vocational Aspiration Questionnaire (CVAQ) has been used over the years by different researchers and obtained independent opinions, expert ascertained content validity. The choice of items also ascertained what is regarded as face validity. Since the instrument had been found reliable and valid, present researchers choose it for their study.
3.6 **Reliability of the Instrument**

In measuring the reliability of the instrument, test retest method was used, and correlation co-efficiency was obtain as 0.73.

3.7 **Administration of the Instrument**

The researchers administered the instrument to the students through guiding them with some explanations on how to respond to the questions but allow independent responses. In co-educational schools that is, Blue Crescent Schools, 80 questionnaires have been administered, 40 questionnaires were given to male students and 40 female students respectively. In Asma’u Girls Secondary school 40 questionnaires have been administered, in Nagarta College and Sultan Bello Secondary School 40 Questionnaires have been administered each. Face to face method of administration of the instrument has been used, each respondent was given a considerate time to answer the questions, after which the researcher collected the questionnaire. In all the schools 200 questionnaires have been administered.

3.8 **Method of Data Analysis**

The data for the study were subjected to appropriate statistical analysis. Tabulation, frequency count and percentages formed the methods used in analyzing the data for this study.

The data were presented using simple percent and separate table was constructed base on the number of the researcher’s question.
CHAPTER FOUR

PRESENTATION AND ANALYSIS OF FINDINGS

4.0 Introduction

In this chapter, the result of the investigations are presented. The data collected was analyzed using the frequency distribution table and simple percentage.

4.1 Presentation of Data

Table 1: Distribution According to Career Choice of Female Students.

<table>
<thead>
<tr>
<th>Careers</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teaching and related professions</td>
<td>55</td>
<td>27.5</td>
</tr>
<tr>
<td>Health and related professions</td>
<td>64</td>
<td>32</td>
</tr>
<tr>
<td>Engineering</td>
<td>30</td>
<td>15</td>
</tr>
<tr>
<td>Law</td>
<td>20</td>
<td>10</td>
</tr>
<tr>
<td>Business and related professions</td>
<td>20</td>
<td>10</td>
</tr>
<tr>
<td>Others</td>
<td>11</td>
<td>5.5</td>
</tr>
<tr>
<td>Careers</td>
<td>200</td>
<td>100</td>
</tr>
</tbody>
</table>
In order to find out the career choice of the students, the respondents were asked whether they had decided on a career they hope to pursue in future. 98% of the students responded positively, while the remaining 2% indicate they had not decided on any career.

The question asked the respondents to select three careers in order of preference from the many careers in Nigeria. The respondents were first grouped and regrouped for analysis, and based on this information.

From the table it can be seen that the careers female students choose to pursue indicate that 32% of the students prefer health and related professions, while 27.5% and 15% liked teaching and engineering professions respectively. With 10% going for law and 10% for business and related professions. The last which represents other professions recorded 5.5%.

**Table 2: Distribution According to Career Choice of Male Students.**

<table>
<thead>
<tr>
<th>Careers</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teaching and related professions</td>
<td>10</td>
<td>5</td>
</tr>
<tr>
<td>Health and related professions</td>
<td>65</td>
<td>32.5</td>
</tr>
<tr>
<td>Engineering</td>
<td>60</td>
<td>30</td>
</tr>
<tr>
<td>Law</td>
<td>30</td>
<td>15</td>
</tr>
<tr>
<td>Business and related professions</td>
<td>30</td>
<td>15</td>
</tr>
</tbody>
</table>
The findings from the table shows careers aspired for by the male students after completion of their students which indicates that 32.5% of the students prefer health and related professions. While 30% and 15% prefer engineering and law professions respectively. With only 5% hoping to pursue teaching profession. The remaining professions such as politics, journalism, pilot, e.t.c. has 2.5%.

Tables 1 and 2 compared the career choice of female and male students in senior secondary schools. No much difference in their career choice in health and related professions, which is an encouraging development. It is based on this that the researchers seek to investigate the possibility of some other influences on the career choice of students.

Table 3: Distribution According to the Occupation of Parents.

<table>
<thead>
<tr>
<th>Occupations</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Civil servants</td>
<td>72</td>
<td>36</td>
</tr>
<tr>
<td>Teaching and related professions</td>
<td>36</td>
<td>18</td>
</tr>
<tr>
<td>Health and related professions</td>
<td>35</td>
<td>17.5</td>
</tr>
</tbody>
</table>
In most Nigerian societies, parents are known to have direct control over the environment in which the children raised. Based on this, the researchers choose to investigate the occupations of parents in relation to the career choice of the students.

To investigate the occupation of parents, the students sought if career choice has any relationship with that of their parents. 41% of the respondents answers “yes” while 59 answered “no” which shows that to some extent, there is no link between the occupation of most parents and the career chosen by the students. The tables shows 36% of the parents are civil servants, while 32.5% of the students choose health and related professions. Thus showing a majority preference for medical professions by the students. Let us now look at the level of education attained by the parent.

To discuss the parental education and career choice of students, let us look at their father’s level of level of education and the mother’s level of education in table 4 and 5 respectively.
Table 4. Distribution According to the Father’s Level of Education.

<table>
<thead>
<tr>
<th>Level</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>No formal education</td>
<td>10</td>
<td>5</td>
</tr>
<tr>
<td>Primary school</td>
<td>9</td>
<td>4.5</td>
</tr>
<tr>
<td>Secondary school</td>
<td>56</td>
<td>28</td>
</tr>
<tr>
<td>Tertiary institution</td>
<td>125</td>
<td>62.5</td>
</tr>
<tr>
<td>Total</td>
<td>200</td>
<td>100</td>
</tr>
</tbody>
</table>

Table 5: Distribution According to Mother’s Level of Education.

<table>
<thead>
<tr>
<th>Level</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>No formal education</td>
<td>49</td>
<td>24.5</td>
</tr>
<tr>
<td>Primary school</td>
<td>22</td>
<td>11</td>
</tr>
<tr>
<td>Secondary school</td>
<td>77</td>
<td>38.5</td>
</tr>
<tr>
<td>Tertiary institution</td>
<td>52</td>
<td>26</td>
</tr>
<tr>
<td>Total</td>
<td>200</td>
<td>100</td>
</tr>
</tbody>
</table>
The attainment of formal education especially the fathers is very encouraging development in the educational enlistment of the students with a better possibility for occupation encouragement.

The level of education of the parents could be a contributing factor towards the student’s choice of career and it could be a form of motivation for students to hope for better jobs in future by encouraging their continuing education up to the tertiary level. Thus, parent’s education from the findings of this research are generally high with an exceptionally low literacy level among the parents. This aspect of parental background would go a long way in the modeling of students towards their career development in life.

The difference which occurs with respect to the occupations of parents and students career, could perhaps be traced to some other factors other than the parental background. The researchers will now look into other factors such as the family influence, gender influence, and individual consideration.

It is in the affirmation of Nwezeh (1988) in which he stated that certain factor must be instrumental to individual choice or rejection of some careers. Since parental background has not given conclusive results with regards to the analysis made, the study shows that there indeed exist influences in the student’s career choice from either parents, teachers, books, or friends.
Table 6: Distribution According to Family Influence on Students’ Career Choice.

<table>
<thead>
<tr>
<th>Responses</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parents</td>
<td>120</td>
<td>60</td>
</tr>
<tr>
<td>Teachers</td>
<td>38</td>
<td>19</td>
</tr>
<tr>
<td>Friends</td>
<td>13</td>
<td>6.5</td>
</tr>
<tr>
<td>Books</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Others</td>
<td>27</td>
<td>13.5</td>
</tr>
<tr>
<td>Total</td>
<td>200</td>
<td>100</td>
</tr>
</tbody>
</table>

On the issue of career of the students to his or her parents occupations as seen earlier 41% of the students responded positively as against 59% who responded negatively. The above assertion from students’ point of view confirmed earlier finding where occupation of parents was not found to be related to the students’ career choice.
Table 7: Distribution According to their Parents Occupations.

<table>
<thead>
<tr>
<th>Responses</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chosen career related to parents occupation</td>
<td>82</td>
<td>47</td>
</tr>
<tr>
<td>Chosen career not related to parents’ occupation</td>
<td>118</td>
<td>59</td>
</tr>
<tr>
<td>Total</td>
<td>200</td>
<td>100</td>
</tr>
</tbody>
</table>

In view of the researchers, factors such as subject combination, the discipline that is either of science, arts or commercial subjects, highest education level aspired and indeed effects of guidance and counseling are some of the most revealing items to be considered. Others include, some degree of certainty, interest in school subjects, which comprises all of the above factors, often influence the learners career choice.

The questionnaire asked the respondents the subjects they are offering in their schools – table 8 shows the investigation.
Table 8: Distribution According to the Subjects Offered in School.

<table>
<thead>
<tr>
<th>Subjects</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Science</td>
<td>118</td>
<td>59</td>
</tr>
<tr>
<td>Arts</td>
<td>62</td>
<td>31</td>
</tr>
<tr>
<td>Commercial</td>
<td>20</td>
<td>10</td>
</tr>
<tr>
<td>Total</td>
<td>200</td>
<td>100</td>
</tr>
</tbody>
</table>

The earlier assertion that the students aspire to career related to the medical profession is hereby reinforced since the subjects regarded by anyone willing to study medicine and related courses are science subjects.
Table 9: Distribution According to Level of Educational Aspiration of Students.

<table>
<thead>
<tr>
<th>Level</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>SSSIII</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>College of education</td>
<td>8</td>
<td>4</td>
</tr>
<tr>
<td>Polytechnic</td>
<td>10</td>
<td>5</td>
</tr>
<tr>
<td>University</td>
<td>180</td>
<td>90</td>
</tr>
<tr>
<td>Others</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Total</td>
<td>200</td>
<td>100</td>
</tr>
</tbody>
</table>

It is clear from the table that the majority of the students aspire for a higher education, for 90% of the students indicated that they wish to go up to the university level, while the remaining 15% indicated either polytechnic or college of education and school of nursing, which means that it is no longer a surprise in terms of highest level of education the students aspire to attain.
Table 10: Distribution According to Career Selection.

<table>
<thead>
<tr>
<th>Reaction</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Would accept career selected for them</td>
<td>110</td>
<td>55</td>
</tr>
<tr>
<td>Would not accept career selected for them</td>
<td>90</td>
<td>45</td>
</tr>
<tr>
<td>Total</td>
<td>200</td>
<td>100</td>
</tr>
</tbody>
</table>

On the reaction of the students, if they will accept career selected for them 45.5% of the students would accept the courses selected for them by their school, while 55% of the respondents rejected careers selected for them. This could be attributed to the fact that most of the schools do not have a guidance and counseling unit. The ones that have, do not have committed guidance counsellors because in most cases, they teach other subjects in addition to the work of guidance and counseling.
Table 11: Distribution According to Gender and Career Choice.

<table>
<thead>
<tr>
<th>Response</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>75</td>
<td>35.5</td>
</tr>
<tr>
<td>No</td>
<td>125</td>
<td>60.5</td>
</tr>
<tr>
<td>Total</td>
<td>200</td>
<td>100</td>
</tr>
</tbody>
</table>

The students were asked if their gender played an important role in their career choice 35.5% answered “yes” while 60.5% answered “no” as shown in the table 11 below.

Table 12: Distribution According to Influence of Career Choice of Students by Society.

<table>
<thead>
<tr>
<th>Response</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>80</td>
<td>40</td>
</tr>
<tr>
<td>No</td>
<td>120</td>
<td>60</td>
</tr>
<tr>
<td>Total</td>
<td>200</td>
<td>100</td>
</tr>
</tbody>
</table>

Lastly, it could be seen from table 12 how society influence the students career choice. It shows that 40% of the respondents were influenced
by their society, while 60% of the respondents’ career choice was not influence by the society.

4.2 Summary of Major Findings

The following is the summary of the major findings.

1. Contrary to the belief that the female students are interested in teaching and home craft, which was traditionally regarded as Female oriented career, this revealed that most of the female students now aspire for medical profession.

2. There is no much differences between the career choice of female students in senior secondary schools and their male counterparts.

3. From this study, it is obvious that the level of education of parents has increased and this has influenced the students to aspire for higher education, which is a welcomed development for families and the country.

4. Parents have no direct influence on the career choice of students.

5. Parents now allow their children to aspire for career different from others. In other words, students and parents are becoming partners on issue of career choice.

6. Female students are strongly competing with the males counterparts in virtually all professions. According to the research, the least careers aspired for by female students is engineering.
4.3 Discussion of Findings

An encouraging development covered by the study was the high level of education of parents. This could be attributed to the growing awareness among parents and the populace that education is a vehicle for rapid social and economic development. This also revealed why there is no clash of interest between the students and their parents on the issue of career choice. This is an agreement with the fact that a very high educational attainment on the part of parents brought about awareness which results into freedom for the students to choose a career different from their parents, and as a result acceptance of that career choice by the parents.

Thus, this satisfies the expectations that parents care to encourage their children to explore a wide range of spectrum of alternatives, both educationally and occupationally without stereotyping.

Furthermore, the researchers found out that the school did not play important role in career choice of the students because the guidance and counseling unit in the schools are either ineffective or not functioning.

This important finding underscores the significance of guidance and counseling in the schools, which is their duty to Enlighten the students about requirements and condition of success, advantages and disadvantages, opportunities and prospects in the different lines of work.

From a general point of view, this research work has erased misconceptions on some certain notions or beliefs. It is now clear that most students know much about career choice and where to pursue their choice and
career. Most parents no longer compel their children or wards into choosing career that are against their wishes.

The two laudable findings include the fact that gender disparity in relation to career choice is fading away and also that the level of parents’ education is on the high side.
CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.0 Introduction

This chapter presents the conclusions and recommendations of the findings for the research.

5.1 Summary

This research is divided into five chapters, chapter one contains background of the study, statement of the problem, objectives of the study, research question, significance of the study, scope and delimitation.

Chapter is review of relate literature where we look at the various works done by other scholars which are directly or indirectly related to this work.

Chapter three is research methodology which presents populations of the study, sample and sampling techniques, method of data collection, reliability of the instrument, validity of the instrument and administration of the instrument.

Chapter four contains presentation and analysis of data, summary of the major findings and discussion of findings.

Chapter five entails summary, conclusion and recommendation.
5.2 Conclusion

It has been established in this study that science and medical professions were more sought careers by the students. In this aspect, even the female students are not left out at all. There is no much differences between careers sought for, by female and male students. This development as earlier pointed out is a welcomed one especially in the area where this study had been conducted. It was also observed that most of the student choose their careers base on personal interest and ability.

Furthermore, students aspire for careers different for that of their parents which means that with the necessary from parents, school authority, society, and government students will do well in their chosen career.

The researchers have seen a good prospect for student in senior secondary schools in the area of job acquisition.

5.3 Recommendations

As a country Nigeria is blessed with children that possesses diverse ability. it is the responsibility of the country to harness these talents. One of the ways of harnessing these talents is through qualitative education because no nation can rise above the quality and strength of it is educational system, great economy demands great education systems. It is in the realization of these needs that the following suggestion and recommendations are made.
1. Students shall be properly guided in making the right careers choice by the authorities concerned. Qualified teachers should be employed to teach the students in order for them to make their dreams a reality.

2. More female students should be encouraged to aspire for careers in medical profession especially in the northern Nigeria. This is very important because the female gender will be more disposed and comfortable to confide her problems in a female doctor or nurse.

3. Selection of students to read/study science subject shall be based on merit and not gender.

4. The government, school authority and the other stakeholders should provide funds to adequately equipped the existing laboratories.

5. The confidence reposed on schools by parents can be reinforced by the improvement of guidance and counseling activities through:
   a) Effective and functional guidance and counseling unit in the school
   b) Improved Incentives to career masters in terms of guidance, personal welfare, imposed physical working condition, constant supply of information materials, related to career in order to broaden the search for career opportunities and to allow the guidance masters to guide the student honestly.
   c) Sponsoring for in-service training and workshop should made to guidance and counseling masters to broaden their knowledge of new career opportunities in the society.
   d) School management should organized various guidance and counseling activities in the schools, resource persons shall be made to give lectures in various profession especially to final year students.
e) Parents should cooperate with the school and guidance teachers who are acquainted with the children’s’ performance and capabilities to assist them to select appropriate career without gender bias.

f) School shall supervise these students and ensure that relevant subjects are taught in schools without gender inequality.

g) The perception of existing domination of science and the related careers by males should be discarded from the mind of the female students, this is very important to female student indigene of Sokoto metropolis and the state at large as it will make them more ready for the competition.
References


Dobson (1974) The Role of Follow-up in Guidance Services, a Paper presented at B.UK


Kutara (1977) *Lecture Note on Guidance and Counseling* University Of Jos


Oladele (1987) *Career Guidance and Students Choice of students Indemec Nigeria* publishers 46


INSTRUCTION: Please tick the appropriate response or fill in with the appropriate word(s) as applicable. Please note that the information you supply in this questionnaire will be used for research purpose, and all the information will be treated with confidence.

SECTION A: PERSONAL DATA

1. Name of school

2. Age

3. Sex

4. Class

SECTION B: PARENTS EDUCATION STATUS OCCUPATION

5. Father’s level of education
   a. No formal education
   b. Primary education
c. Secondary education [ ]

d. Tertiary education C.O.E, Polytechnic, University. [ ]

6. Mother’s level of education [ ]
a. No formal education [ ]
b. Primary education [ ]
c. Secondary education [ ]
d. Tertiary education, C.O.E, Polytechnic, University. [ ]

7. Occupation of parents (Please write)
a. Father …………………………………………………………………………
b. Mother ………………………………………………………………………..
c. Not working ………………………………………………………………..

SECTION C: SUBJECTS OFFERED IN SCHOOL

8. What are the subjects you offer in school?
a. Art subjects [ ]
b. Science subjects [ ]
c. Commercial subjects [ ]

d. Commercial subjects [ ]

9. Who influence the choice of subjects you offer in school?
a. Parents [ ]
b. Teachers [ ]
c. Friends [ ]
d. Books [ ]
e. Personal interest and ability [ ]

SECTION D: CAREER ASPIRATION AND CHOICE OF STUDENTS.

10. What is the highest level of education you hope to attain in life?
a. S.S.C.E [ ]
b. College of education [ ]
c. Polytechnic [ ]
d. University [ ]
e. Others (indicate) [ ]

11. Have you made a decision on the career you hope to pursue?
   a. Yes [ ]
   b. No [ ]

12. State three occupations/careers you like to take. State them in order of preference.
   i. .................................................................
   ......
   ii. .................................................................
   ...
   iii. .................................................................
   ......

13. Which of the following influence your choice of career?
   a. Parent [ ]
   b. Teacher [ ]
   c. Friends [ ]
   d. Television & Radio programme [ ]

14. Did your gender play an important role in your career choice?
   a. Yes [ ]
   b. No [ ]

15. Did your community or society play any role in your career choice?
   a. Yes [ ]
   b. No [ ]