

# ЕБС-ийн XII Ангийн Сурагчдын Өөрийн Чадварт Итгэх Итгэлээр Дамжуулан Тэдний Мэргэжил Сонголтын Байдлыг Судалсан нь

## Career Choice of the 12th Grade Students Through Self-Efficacy

С.Анударь

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### Abstract

Career choice is an important process for adolescents to determine their future and life path. However, the inability of making decisions at this time affects their psychological well-being, furthermore leads to making an unsuitable career decision, and this can potentially produce an unstable and inefficient work force in the society. So, it is important to study the factors influencing career choice through self-efficacy and find ways to help students who are unable to choose a career. This study aims to clarify some factors affecting the career choice by studying the self-efficacy difference between students who have chosen their career and those who have not. In this study, the 12th-grade students were invited to complete a questionnaire, and the status of their career choice, self-efficacy, and the factors affecting it were studied. The number of students participated in this study was 123 (73 females and 50 males), and 109 of the students had already chosen their career. The analysis of the data showed that the students who chose their career possessed high self-efficacy, and the most undeniable factors were that they had a grasp of understanding themselves and an eagerness to learn from diverse information. In this study, we conclude that students can choose their career by discussing their characteristics and abilities, and providing them with information to get to know themselves.

**Түлхүүр үгс:** Өөрийн чадварт итгэх итгэл, өсвөр нас, мэргэжил сонголт, мэргэжил сонголтын зөвлөгөө чиглүүлэг, танин мэдэхүйн чадвар