



The Effect of Time Perspective Counseling on Career Control in High School Female Students of Esfahan City in Academic Year 2013- 2014

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ABSTRACT

Objective: The aim of this study was to investigate the effect of time perspective counseling on career controlling of the female high school students in Esfahan. **Methodology:** The research method was quasi experimental along with experimental and control group as well as pretest, posttest, and follow up. The population of this study was included all female high school students of Esfahan whom studying at 2013-2014 academic year. The sampling number of this research was 40 students whom were selected through convenience sampling. For this study, two high schools from the high schools which informed their readiness for this research were selected and randomly the second grade high school students of one of them (20 cases) were assigned to experimental group and the second grade high school students of the other (20 cases) were assigned to control group. After administrating pretest, counseling sessions for experimental group in eight 2- hour sessions were held once in a week and the control group did not receive any session. The used instrument in this study was a career control questionnaire and for testing the hypothesis, variance analysis method with frequency measurement was used. **Results:** The research findings showed that time perspective was effective on career adaptability of female students, in other word, time perspective, causes increasing in controlling career ($P < 0.001$, $F = 50.57$). **Conclusion:** Intervention counseling, helping people through explaining the values and clearing the path between themselves and what are available make a decision. All of us, when decide to get something and know that we will come with it, work more.

1. Introduction

The time perspective of people is their attribution toward the time. Our personal feeling from the time is also one the strongest factors which affects our thoughts, feelings, and actions. Regardless of what era we live in, inside of our mind we are living in a mixture of three levels of subjective – psychological range: the past (what was), present (what is) and future (the time which will be). Each of these time limits has smacks of cultural prejudice, spiritual beliefs, thousands of hopes and dreams, memories and experiences of our lives and is divided into smaller units. Each of us have a mixture of time prejudice in our psychological and more than that we think about it we make all of our life decisions, weather consciously or unconsciously, based on the time frame of the man in which we live (Sword, Sword, 2012.)

The growth of time perspective toward future begins from childhood (Friedman, 1987). Parents by training the life to the child, setting standards, patterns and emotional support, help to this growth (Mir-fakhrae, 2000). Orientation towards future accelerates in adolescence and at the age of 15 or 16 reaches to its climax (Norman, 1991) and continues till the early of twenties (Dreher & Gerter, 1987.) The structural model of career puberty of adolescence which was introduced by Super (1974), emphasizing on the important role of time perspective in growth of realistic choices of career. Based on this model, the

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orientation toward future or designing career, are essential aspects of puberty of career. Following self-consciousness of individual toward continuity of past, present and future in the career, the individual can have a designing attribute toward future (Super, 1983). Theory of career growth, consider the time perspective as an important behavior particularly in individual changes of adolescence in career maturity and career decision-making (Savickas, Silling Schwarts, 1984). Considering the matter that cognitive ability facilitates orientation toward future, but it seems that the primary driver for this orientation is the situation needs for planning life goals and educational plans, When teachers and parents, encourage teenagers to determine their future, orientation toward future increases (Norman, 1991, quoted by Whan Marco & Savickas, 1998). Moderation in present hedonism – selected hedonism- is a good thing. Having too much of a good thing makes us feel that our life has fallen in an uncontrollable and meander path (Mohsenian-Rad, 2000). Due to this matter that enjoys oriented people actively seeking for pleasure, it is not surprising that these people are happier and creative than the fatalist oriented people (Zimbardo & Boyd, 2009.)

Fatalist oriented people in one characteristic – present orientation- are different from enjoy oriented people (Motamednejad, 1990). While fatalist oriented people feel that their life follow from ordained plan which is not in their control, enjoy-oriented people by sinking in immediate pleasures are looking for control over things and without considering the consequences, are looking for pleasure and avoid from hardships. Both kinds of these people do not pay attention to the past and future but simply insist on their current status (Rasouli, 2007). This tendency among the people whom are living in poverty for a long time and their effort to improve living conditions faces with failure is understandable. This matter even about the people who have an incurable disease or those that based on religious belief, believe that a supernatural power control their life is also understandable. Those who have tendency toward present time are living in the present, past does not exist and future is not important (Zimbardo, sword, Sword, 2012).

2. Materials and methods

The aim of this research is determination of the effect of based on time perspective on the career control of female high school students of Esfahan. The based on time perspective has an effect career control of female high school students of Esfahan. The current research method is quasi experimental along with experimental and control group as well as pretest, posttest, and follow up. The diagram of research plan has shown in the table below.

Table 1. The research plan Participant

Groups	Random assignment	Pre-test	Independent variable	Post – test	Follow up
Exp group	RE	T1	X	T2	T
Control group	RC	T1	-	T2	T

The participant for this research including all female students of Esfahan high schools about 46105 students who were studying in 2013- 2014 academic year. Because the growth of time perspective and orientation toward future accelerates in adolescence and reaches to its climax at the age of 17-18 years, this study was done on second grade high school students.

2.1 Sample and sampling method

The sampling number of this research is about 40 individuals who were selected by convenience sampling. For this study several high schools in the province were investigated, and the research design, subject and training sessions briefly were introduced for managers. Two of these schools were selected and randomly second grade students from one school were assigned to experimental group (20 individuals) and second grade students of another school (20 individuals) were assigned in control group.

2.2 Instruments

Career adapt-abilities scale

In this study for testing career adaptability, career adaptability scale (CAAS) was used. This scale consisted of 24 questions, which the scoring for each question was based on Likert scale as follows:

1. Very low 2. Low 3. Average 4. High 5. Very high

For preparing this questionnaire, the adaptability research team of career in 2008 in Berlin, Germany and in July 2010 at Royal Institute of Technology Melbourne, Australia was gathered to discuss about how to measure career adaptability. They focused on career construction model of adaptability till identify and describe this adaptability. In addition, they decided to work together to create a standard for measuring career adaptability and then to translate based on their own country needs.

2.3 Research Methodology

This study was conducted as follows: by going to Edalat and Azarmidokht female high schools which both were in 3 areas the samples were selected and randomly Azarmikhokht high school was assigned to experimental group and Edalat high school was assigned to control group. Then career adaptability questionnaire was administered to both groups. After administrating pre-test, sessions for experimental group was held and control group didn't receive any training. The sessions were in the form of group that for eight-2 hour sessions, held once in a week at school. In the first session, students were explained about the aim and working method, and there were trained time perspective completely. At the end of these training sessions, a post – test was administered in both group and after one month following up was done.

2.4 Analysis method

For analyzing the data SPSS 16 statistical software was used. In descriptive statistic, the standard deviation of the mean is given. In inferential statistics, analysis of variance with frequency measures and post hoc LSD test was used. Inferential analysis

Research hypothesis

The based on time perspective has an effect on controlling the career of female high school students of Esfahan.

Table 2. Comparison of estimate of the two groups at three times of control career

Independent variable	group	B	SD	T	Sig	Chi Eta	power
Pre-test	Experimental and control	-8.5	0.9	-1.42	0.16	0.051	0.28
Post-test	Experimental and control	3.5	0.75	4.63	0.001	0.36	0.99
Follow up	Experimental and control	3.3	0.64	5.1	0.001	0.41	0.99

As it has shown in the above table in pre-test there is not any significant difference between two groups but in post – test and follow up – test there is a significant difference between career controlling in two groups, so the based on the time perspective in effective in career controlling of female high school students of Esfahan. This hypothesis is confirmed in ($P < 0.001$, $F = 50.57$).

3. Discussion and results

The results from analysis variance with frequency measurements showed that the independent variable had an effect in controlling the students' career. In other word based on time perspective causes to increase in controlling students' career ($P < 0.001$, $F = 50.57$).

4. Conclusion

Intervention counseling, helping people through explaining the values and clearing the path between themselves and what are available make a decision. All of us, when decide to get something and know that we will come with it, work more. Writing a biography of my future career and designing a feasible career in future, all cause that everyone realize that himself/herself is responsible for his/her future decision and creating a career while they may consult with qualified individuals. Also the people during the intervention of time perspective, by using these techniques, learn time management and some practices to reinforce it. Due to the effect of change in the attribution of people perspective this treatment method can be used in counseling and psychotherapy centers (clinical settings). The counseling based on time perspective has been effective on career controlling, it is recommended that for increasing the career adaptability of cases (adolescents) this method be used.

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