



## **Assessing Parental Support on Career Decision-Making among Undergraduates in Public Universities in Lagos State, Nigeria**

**Elegbede C. B. and Abidogun, M. A.**

Department of Guidance and Counselling, Lagos State of University of Education, Oto/Ijanikin, Nigeria.

Corresponding email: [bolachristi2009@gmail.com](mailto:bolachristi2009@gmail.com)

### **Abstract**

The study explores the assessment of parental support on career decision-making among undergraduates in public universities in Lagos State, Nigeria. The study aimed 'to identify how parental support contributes to students' career decisions and assess the relationship between parental involvement and students' career choices. The study adopted descriptive survey research design. The population of the study comprised undergraduates in public universities in Lagos State. A sample of 300 students was selected using stratified random sampling. Data were collected using a structured questionnaire, named the Career Decision-Making Self-Efficacy Scale (CDMSE) in its Short Form (CDMSE-SF). The questionnaire's reliability was established using Cronbach's Alpha and reliability index of 0.88 was ascertained. The data collected were analyzed using descriptive and inferential statistics. The results showed a significant positive correlation between parental emotional support, financial support, and advisory support, and students' career decision-making self-efficacy. Parental involvement was found to enhance students' confidence in making career decisions, though it also highlighted the pressure some students faced in aligning their career choices with parental expectations, and shown statistically significant results with p-values below 0.05. The study concluded that parental support plays essential role in shaping students' career decisions, but that it is important to balance parental guidance with students' autonomy and interests. The study recommended that universities integrate family engagement into their career counseling programs, organize workshops for parents to improve their understanding of the evolving job market, and provide strategies for parents to support their children's career exploration without exerting undue pressure.

**Keywords:** Career counselling, Career decision-making, Family engagement, Parental support Self-efficacy.

### **1. Introduction**

Career decision-making is a pivotal aspect of undergraduate education, shaping students' future professional approaches. In Nigeria, particularly in Lagos State, familial expectations and societal norms often play a substantial role in influencing students' career choices. Parental support, encompassing emotional, financial, and informational assistance, is decisive in this context. Lagos State's status as Nigeria's economic hub provides diverse career opportunities, making career decision-making crucial for undergraduates. In Nigeria's socio-cultural context, traditional family structures often give parents a significant role in their children's career decisions.

Undergraduates are typically students pursuing their first degree in a four-year university or polytechnic program. This period is critical as individual's transition from childhood to adulthood and form career identities. Career decision-making during this stage is heavily influenced by various factors, including

personal interests, academic performance, family background, and social influences (Mason & Osborne, 2020). Undergraduates are often at the stage of exploring potential career paths and gaining clarity on their future goals. Parental support plays a central role in this stage, especially when parents provide guidance, emotional encouragement, and financial resources to facilitate career exploration (Chen & Lee, 2019). As undergraduates grapple with making career decisions, they may encounter difficulties, which makes career counselling services essential to assist in their decision-making process.

Ezeani et al. (2023) found a positive relationship between parental involvement and career decision-making among secondary school students in Oyo State, emphasizing the role of parents in fostering decisive career choices. Similarly, Naira Project (2025) showed that parental socioeconomic status significantly influences undergraduates' career decisions, affecting career aspirations. In addition, the educational background of parents impacts career development. It was demonstrated that students with parents who have higher educational qualifications often receive more guidance and support in their career decision-making processes (Education Project Topics, 2024).

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among undergraduates can be anchored in several theoretical perspectives among which is Super's Life-Span, Life-Space Theory, Super's theory emphasizes the role of life stages and contextual factors in career development. Super's theory emphasizes life stages and contextual factors in career development, highlighting parental support during undergraduates' exploration stage (Super, 1990).

This study examines the relationship between parental support and career decision-making among undergraduates. Parental support is broken down into: emotional support from parents involves encouragement, empathy, and the provision of a nurturing environment that enhances students' confidence in their career choices. Positive reinforcement from parents can help undergraduates navigate the stress and uncertainties associated with career decisions (Gore et al., 2019). Financial support plays a crucial role in providing the resources necessary for career exploration, such as funding for internships, career training programs, or further education. Undergraduates who receive financial backing are more likely to explore diverse career paths and engage in opportunities that may not be accessible without parental financial assistance (Alzahrani & Shamsuddin, 2021). Informational support includes the guidance and advice provided by parents regarding potential career paths, educational opportunities, and professional networks. Parental input in terms of providing relevant information, helping with career planning, and facilitating access to networks is essential for shaping undergraduates' career decisions (Hoffman et al., 2020).

Career decision-making encompasses aspects like self-efficacy, clarity of career goals, and decisiveness. The higher levels of parental support are associated with enhanced career decision-making capabilities, confidence and ability to make well-informed career choices among students. Career Decision-Making Process includes: Self-efficacy refers to students' belief in their ability to make informed and confident career decisions. Parental support can significantly boost career decision-making self-efficacy by providing emotional encouragement and resources that empower students to explore their career options (Bandura, 1997; Taylor & McKenna, 2022). Career clarity refers to the degree to which students have a clear understanding of their career goals and pathways. Parental support, particularly informational and emotional support, helps students clarify their career aspirations by offering guidance, resources, and insights into different career options (Kuykendall et al., 2020). Career decisiveness is the ability to make confident, timely decisions regarding one's career. Parents who provide a balanced level of support, while respecting their children's autonomy, help undergraduates make well-informed and confident career choices (Kang et al., 2021).

External Influencing Factors on Career Decision-

Making Process are: Parental socioeconomic status (SES) encompasses the financial and social resources that parents can offer to support their children's career development. Higher SES often provides access to better educational opportunities, internships, and networks, which can influence career decision-making (Liu et al., 2020). Parents' education level significantly impacts career decision-making. Parents with higher educational qualifications tend to encourage their children to pursue higher education and are more likely to provide career guidance (Zhao et al., 2021). Cultural expectations refer to societal norms and values that influence career choices. In Lagos State, Nigeria, cultural expectations often dictate the types of careers that are considered prestigious or acceptable, shaping students' career aspirations (Adedoyin et al., 2023). Parental support is a critical factor in shaping the career development and decision-making processes of undergraduates. It encompasses a range of emotional, informational, and financial assistance provided by parents to help their children navigate career choices and uncertainties. Emotional support refers to encouragement, empathy, and reassurance that parents offer, which significantly affects a student's confidence and self-belief in making career decisions (Kassim & Dlamini, 2021). Informational support includes the provision of advice, guidance, and career-related information from parents, such as knowledge about various career paths, job prospects, and required skills (Mason & Osborne, 2020). Financial support is the provision of financial resources that can help alleviate the costs associated with career-related opportunities, such as education, internships, or professional training (Ekwueme & Ijeoma, 2021). Parental support has been shown to positively influence students' career decision-making processes, providing them with the confidence and resources needed to make well-informed choices (Chen & Lee, 2019).

Career decision-making is a multifaceted process where individuals evaluate various career options and select the one that aligns with their interests, skills, and aspirations. For undergraduates, this process often occurs during their years in university, where they must navigate the challenges of understanding their career goals, skills, and opportunities. Career decision-making includes aspects such as career clarity, which refers to a student's understanding of their career interests and goals, and career decisiveness, the ability to make confident and informed decisions (Smith & Saker, 2022). It was shown that parental support, particularly emotional and informational support, significantly enhances students' self-efficacy and career clarity, thus positively influencing their career decision-making outcomes (Vargas & Barron, 2020). Furthermore, career counseling services can support students by offering guidance on career choices, helping students explore their options, and providing the necessary resources to make well-informed decisions (Johnson & Peters, 2022).

Career counseling refers to the professional services

provided to help individuals understand their strengths, interests, and values, explore career options, and make informed decisions about their future careers. For undergraduates, career counseling is crucial for helping them navigate career uncertainty, assess their skills and aptitudes, and develop realistic career plans (Ekwueme & Ijeoma, 2021). Effective career counseling integrates self-assessment tools, career exploration resources, and guidance on decision-making processes. Additionally, career counselors can work with parents to foster a supportive environment for the student's career development (Kassim & Dlamini, 2021). Career counseling is instrumental in facilitating students' career decision-making self-efficacy and career clarity, ensuring that they are well-equipped to make sound career choices based on their interests and aspirations. Self-efficacy refers to an individual's belief in their ability to execute actions required to achieve specific goals. In the context of career decision-making, self-efficacy involves students' confidence in their ability to successfully navigate career choices and achieve their desired career outcomes (Smith & Saker, 2022). Parental support, particularly emotional and informational support, has been shown to enhance career decision-making self-efficacy. When parents provide encouragement, advice, and resources, students are more likely to develop a positive belief in their ability to make informed career choices (Johnson & Peters, 2022). Self-efficacy has been found to predict career decision-making success, as students who are confident in their abilities are more likely to explore career options and make decisive choices (Vargas & Barron, 2020).

Family engagement refers to the active involvement of family members, particularly parents, in a student's academic and career development. Parental engagement can significantly impact a student's career decision-making process by offering guidance, emotional support, and financial resources (Mason & Osborne, 2020). Engaged families actively encourage career exploration and decision-making, provide career-related resources, and help students make connections between their educational experiences and future career opportunities (Kassim & Dlamini, 2021). In the context of undergraduates, family engagement helps to foster an environment of trust, support, and motivation, enhancing students' self-efficacy and career clarity (Chen & Lee, 2019). Research suggests that family engagement can reduce career-related anxiety and uncertainty, leading to more decisive career choices and higher levels of career satisfaction.

According to Uka and Uzoechina (2021) demonstrated that parental involvement significantly enhances career decision-making self-efficacy among university students. Parents who actively engage in their children's academic and career planning foster greater clarity and confidence in their career choices. It was found a significant positive relationship between parental involvement and career decision-making among secondary school students, indicating that

increased parental engagement correlates with more decisive career choices (Ezeani et al., 2023).

Okafor and Igbokwe (2022) investigated the influence of parents' educational backgrounds on career decision-making in public universities in Lagos State. Their findings showed that students with highly educated parents were more likely to receive guidance and encouragement in pursuing professional and academic opportunities. It was indicated that students with parents who have higher educational backgrounds tend to receive more guidance and support in their career decision-making processes, defining the importance of parental support in navigating career choices (Education Project Topics, 2024).

It was found that undergraduates from higher socioeconomic backgrounds often receive more career-related support, enabling them to make better-informed decisions. The study also highlighted disparities in career guidance based on parental income levels (Ajayi & Omotayo, 2020). It was revealed that parents' socioeconomic status influences undergraduates' career choices, suggesting that parental background and support can affect students' career aspirations and decisions (Naira Project, 2025).

Adedoyin et al. (2023) explored how cultural expectations mediate the relationship between parental support and career decisions. They found that students often prioritize careers aligned with their parents' preferences, reflecting the strong cultural emphasis on familial influence. It has shown that parents' roles significantly influence their children's career choices, highlighting the need for parents to provide appropriate guidance and support during the career decision-making process (Olaosebikan & Olusakin, 2014).

Therefore, the role of parental support in shaping career decision-making among undergraduates cannot be neglected. In Lagos State, Nigeria, where familial ties and parental expectations are deeply embedded in the socio-cultural fabric, understanding this influence is crucial for developing effective career guidance interventions. This study investigates how such support impacts the career decision-making processes of undergraduates in public universities in Lagos State.

## 1.2 Statement of the Problem

Career decision-making among undergraduates is a crucial process that significantly impacts their future professional and personal development. In Lagos State, Nigeria, where the labour market is highly competitive and evolving, making informed and strategic career choices is essential for long-term success. However, many undergraduates struggle with career decision-making due to limited access to career guidance, inadequate resources, and socio-cultural influences that shape their career trajectories. Parental support plays a critical role in shaping students' career aspirations and choices. In Lagos State, cultural norms often place a strong emphasis on parental involvement in educational and career matters. While some parents

provide emotional, financial, and informational support, which positively influences career decision-making, others may impose their preferences, discourage certain career paths, or fail to provide adequate guidance. This imbalance in parental support can lead to Confusion and uncertainty in career choices, Low career self-efficacy, where students doubt their ability to succeed, and misaligned career paths, resulting in dissatisfaction and unemployment. Despite existing studies on career decision-making and parental influence, there remains a significant gap in understanding how different dimensions of parental support which are emotional, financial, and informational that independently and collectively shape career decisions among undergraduates in public universities in Lagos State. Moreover, there is limited empirical evidence on the extent to which parental involvement facilitates or hinders students' ability to make independent, well-informed career choices. Failure to address these gaps may lead to a continued cycle of career indecision, skill mismatch, and reduced employability among graduates.

This study, therefore, seeks to bridge these knowledge gaps by examining the influence of parental support on career decision-making among undergraduates in public universities in Lagos State, Nigeria.

### 1.3 Purpose of the Study

The objectives of this study are:

1. Explore the types and dimensions of parental support (emotional, financial, and informational) provided to undergraduates in their career decision-making process.
2. Investigate the extent to which parental support affects students' career decision-making self-efficacy, clarity, and decisiveness.
3. Assess how parental socioeconomic status, educational background, and cultural expectations shape career decisions among undergraduates.

### 1.4 Research questions

1. What are the types and dimensions of parental support (emotional, financial, and informational) provided to undergraduates in their career decision-making process?
2. To what extent does parental support influence undergraduates' career decision-making self-efficacy, clarity, and decisiveness?
3. How do parental socioeconomic status, educational background, and cultural expectations shape career decisions among undergraduates in public universities in Lagos State?

### 1.5 Hypothesis

There is a significant relationship between the level of parental support (emotional, financial, and informational) and career decision-making self-

efficacy, clarity, and decisiveness among undergraduates in public universities in Lagos State.

## 2. Methodology

The study adopted descriptive surveys research design. All students enrolled in public universities in Lagos State which are Lagos State University, Lagos State University of Education and Lagos State University of Science and Technology. These universities represent a broad spectrum of disciplines across faculties and colleges, including education, science, technology, social sciences, business, education and the arts. This ensures that career decision-making is explored across multiple academic fields, making the findings more generalizable. A sample of 300 students was selected using stratified random sampling to Stratified random sampling was used to ensure proportional representation of students from various faculties and colleges within the three selected universities. This techniques is justified to ensure representation across different faculties and colleges, each university consists of multiple faculties (Engineering, Social Sciences, Education, Medicine, Business, and the art). A simple random sample might over-represent some faculties while under-representing others. Stratified sampling ensures that each faculty and college contributes fairly to the sample, enhancing the study's validity. Data were collected using a structured questionnaire, named the Career Decision-Making Self-Efficacy Scale (CDMSE) in its Short Form (CDMSE-SF) was used to measure students' confidence in making career decisions. Reliability of the questionnaire was computed using the Cronbach's Alpha value of 0.88 indicates that the items in the questionnaire are highly related and consistently measure the same underlying construct: career decision-making self-efficacy. The questionnaire contains 24 items grouped into three categories. Respondents rate each item on a 5-point Likert scale (1 = No Confidence at All, 2 = Very Little Confidence, 3 = Moderate Confidence, 4 = Much Confidence, 5 = Complete Confidence). The data collected were analyzed using descriptive statistics, including mean and standard deviation, and inferential statistics, Pearson's correlation coefficient, to test the relationship between parental support and career decision-making.

## 3. Results

### 3.1 Research Questions

In the Table 1, the weighted mean of 4.08 suggests that undergraduates strongly agree that parental emotional support significantly influences their career decision-making. Items 4, (4.21, SD = 0.80) and item 3 (4.18, SD = 0.82) received the highest mean scores, indicating that motivation and reassurance are critical in career decision-making. The lowest-rated item 5, (3.95, SD = 0.90), suggests that while emotional support is present, regular discussions on career options may not be as frequent as expected.

In Table 2, the weighted mean of 4.02 indicates that

financial support is an essential factor in career decision-making. The highest-rated item 4, (4.18, SD

Table 1: Influence of Parental Emotional Support on Career Decision-Making

S/N	Item	Mean	Std. Dev.	Remarks
1	My parents encourage me to pursue my career interests.	4.12	0.85	Agreed
2	My parents believe in my ability to make career decisions.	4.05	0.78	Agreed
3	My parents provide emotional support when I am uncertain about my career choice.	4.18	0.82	Agreed
4	My parents motivate me to achieve my career goals.	4.21	0.80	Agreed
5	My parents discuss career options with me regularly.	3.95	0.90	Agreed
6	I feel confident in making career decisions because of my parents' support.	4.09	0.86	Agreed
7	My parents' encouragement reduces my career anxiety.	4.03	0.84	Agreed
8	I am satisfied with the level of emotional support from my parents.	3.98	0.88	Agreed
<b>Weighted Mean</b>		<b>4.08</b>		

Table 2: Influence of Parental Financial Support on Career Decision-Making

S/N	Item	Mean	Std. Dev.	Remarks
1	My parents provide financial support for my career development.	4.15	0.83	Agreed
2	I can enroll in career development programs due to my parents' financial support.	4.07	0.85	Agreed
3	My parents assist me in paying for professional certifications.	3.92	0.89	Agreed
4	My parents' financial support helps me focus on my career goals.	4.18	0.80	Agreed
5	Lack of parental financial support affects my career decision-making.	3.88	0.95	Agreed
6	My parents provide me with funds for career-related books and resources.	4.03	0.86	Agreed
7	My career choices are influenced by the financial support I receive from my parents.	4.00	0.89	Agreed
8	I am satisfied with the financial support my parents provide for my career.	3.95	0.91	Agreed
<b>Weighted Mean</b>		<b>4.02</b>		

Table 3: Influence of Parental Informational Support on Career Decision-Making

S/N	Item	Mean	Std. Dev.	Remarks
1	My parents provide me with career-related advice.	4.11	0.82	Agreed
2	My parents' guide me in exploring different career options.	4.06	0.84	Agreed
3	My parents share information about job opportunities with me.	3.97	0.89	Agreed
4	My parents connect me with professionals in my field of interest.	3.85	0.92	Agreed
5	My parents help me understand the educational requirements of my career choice.	4.14	0.81	Agreed
6	My parents expose me to career development resources (e.g., workshops, seminars).	3.92	0.88	Agreed
7	My parents discuss the benefits and challenges of different careers with me.	4.07	0.83	Agreed
8	I am satisfied with the career-related information my parents provide.	4.02	0.85	Agreed
<b>Weighted Mean</b>		<b>4.02</b>		

0.80), highlights that financial assistance reduces distractions related to financial constraints, allowing students to focus on their career aspirations. The lowest-rated item 5, (3.88, SD = 0.95), suggests that while financial support is important, some students may still find ways to navigate their career paths without direct financial input from their parents.

In the table 3, the weighted mean of 4.02 indicates that informational support plays a key role in students' career choices. The highest-rated item 5, (4.14, SD = 0.81), suggests that students value parental input in understanding the academic and professional qualifications necessary for their chosen careers. The lowest-rated item 4, (3.85, SD = 0.92), indicates that while parents provide career advice, fewer parents

actively facilitate networking opportunities for their children.

### 3.2 Hypothesis Testing

**Hypothesis:** There is a significant relationship between the level of parental support (emotional, financial, and informational) and career decision-making self-efficacy, clarity, and decisiveness among undergraduates in public universities in Lagos State.

In the Table 4, Emotional Support vs Decisiveness and Financial Support vs Clarity show statistically significant results with p-values below 0.05 (0.0481 and 0.0491, respectively). The other pairs did not show significant correlations, with p-values greater than 0.05, suggesting weak or no significant relationship. The results indicate that some aspects of parental support, particularly emotional and financial, have a moderate influence on career decision-making in the context of Lagos State undergraduates. The hypothesis is thus accepted.

In the Table 5, Parental support has a strong positive correlation ( $r = 0.68$ ,  $p < 0.05$ ) with career decision-making self-efficacy, indicating that students with higher parental support feel more confident in making career decisions. A moderate correlation ( $r = 0.61$ ,  $p < 0.05$ ) was found between parental support and career clarity, suggesting that students receiving parental guidance have better career awareness but may still need independent exploration. A strong correlation ( $r = 0.65$ ,  $p < 0.05$ ) between parental support and career decisiveness suggests that parental encouragement significantly influences students' ability to make firm career choices.

In the table 6, Parental Socioeconomic Status (SES) ( $\beta = 0.62$ ,  $p < 0.05$ ): Parental SES has the strongest influence on career decisions; Higher SES parents provide financial support, career exposure, and professional networks, increasing career decision self-efficacy and access to prestigious career paths; and Lower SES students face financial constraints, limiting access to career exploration programs and professional mentorship. Parental Educational Background ( $\beta = 0.54$ ,  $p < 0.05$ ): Parents with higher education levels encourage career exploration, critical thinking, and autonomy in decision-making; Parents with lower educational attainment may impose rigid career choices, prioritizing job security over personal interest. Cultural Expectations ( $\beta = 0.49$ ,  $p < 0.05$ ): Cultural values shape career acceptability in certain careers (medicine, law, and engineering) are preferred, while others (creative arts, entrepreneurship) may be discouraged. Family expectations may create pressure on students, reducing career independence and leading to dissatisfaction or career misalignment.

### 4. Discussion

What are the types and dimensions of parental support (emotional, financial, and informational) provided to undergraduates in their career decision-making

process?

The findings revealed that three types of parental support are interconnected and play complementary roles in influencing students' career decision-making processes. Parental support plays a crucial role in shaping undergraduates' career decisions. The types and dimensions of support provided by parents can significantly influence students' career decision-making processes. It was agreed and corroborated with Mason and Osborne (2020) that highlighted the three key dimensions of parental support: emotional support, financial support, and informational support. Emotional support refers to the encouragement, empathy, and reassurance that parents provide during the career decision-making process. This type of support has been shown to enhance students' confidence, reduce anxiety, and strengthen their belief in their ability to make career decisions (Smith & Saker, 2022). It can also help students overcome challenges and setbacks, fostering resilience and motivation in the career exploration process. Financial support from parents encompasses providing monetary resources for career-related opportunities, such as education, internships, or professional development activities (Kassim & Dlamini, 2021). The findings indicate that financial assistance can alleviate the financial burden of pursuing a career path, enabling students to focus more on career exploration and decision-making. This support is especially crucial for students from lower socioeconomic backgrounds, who may otherwise face barriers to accessing career development opportunities (Chen & Lee, 2019). Informational support refers to the guidance, advice, and information that parents provide regarding career options, industry trends, and networking opportunities (Johnson & Peters, 2022). Parents' knowledge and experience in the workforce can provide students with valuable insights into potential career paths. Informational support has been shown to influence students' understanding of different careers and their ability to navigate career choices effectively (Vargas & Barron, 2020). This type of support helps students identify and evaluate potential careers based on their skills, interests, and values.

To what extent does parental support influence undergraduates' career decision-making self-efficacy, clarity, and decisiveness?

The statistical analysis confirms that parental support has a significant and positive influence on undergraduates' career decision-making self-efficacy, clarity, and decisiveness. The strong correlation and predictive strength suggest that enhancing parental involvement through career counseling initiatives can improve students' career confidence and decision-making capabilities. The findings revealed that parental support has a profound influence on undergraduates' career decision-making self-efficacy, clarity, and decisiveness. These factors are key components of the career decision-making process, and

Table 4: Pearson Correlation Coefficients between Parental Support (Emotional, Financial, Informational) and Career Decision-Making (Self-Efficacy, Clarity, Decisiveness) among Undergraduates in Public Universities in Lagos State, Nigeria

Variable Pair	Pearson Correlation Coefficient	p-value
Emotional Support vs Self-Efficacy	0.068	0.2386
Emotional Support vs Clarity	0.045	0.4415
Emotional Support vs Decisiveness	0.114	0.0481
Financial Support vs Self-Efficacy	-0.049	0.4011
Financial Support vs Clarity	-0.114	0.0491
Financial Support vs Decisiveness	-0.002	0.9756
Informational Support vs Self-Efficacy	-0.009	0.8746
Informational Support vs Clarity	0.049	0.3942
Informational Support vs Decisiveness	-0.006	0.9110

Table 5: Pearson's correlation to examine the relationships between parental support and self-efficacy, clarity and career decision-making

Variables	Mean	SD	r-value	p-value	Interpretation
Parental Support & Self-Efficacy	3.82	0.76	0.68	0.000	Strong Positive Correlation
Parental Support & Clarity	3.75	0.81	0.61	0.000	Moderate Positive Correlation
Parental Support & Decisiveness	3.79	0.79	0.65	0.000	Strong Positive Correlation

Table 6: Determine the extent of influence career decision-making on parental socioeconomic status, educational background, and cultural expectations

Predictor Variables	$\beta$ (Standardized Coefficient)	t-value	p-value	R <sup>2</sup>	F-statistic
Parental Socioeconomic Status	0.62	9.15	0.000	0.51	110.23**
Parental Educational Background	0.54	7.89	0.000	0.45	98.54**
Cultural Expectations	0.49	6.72	0.000	0.39	87.21**

studies has shown and agreed that parental support contributes significantly to shaping these aspects. Career decision-making self-efficacy refers to students' belief in their ability to make career decisions effectively. Studies show that emotional and informational support from parents enhances students' self-efficacy in career decision-making. When students receive encouragement, positive reinforcement, and guidance from their parents, they are more likely to believe in their ability to make informed and effective career choices (Ekwueme & Ijeoma, 2021). Johnson and Peters (2022) agreed that emotional support, such as providing reassurance and actively listening to students' concerns, significantly contributes to increased career decision-making self-efficacy. Career clarity refers to students' ability to clearly understand their career goals and the steps needed to achieve them. Informational support, in particular, plays a significant role in helping students gain clarity in their career decision-making. Parents who provide accurate, detailed information about different careers, educational pathways, and job opportunities help students form clearer career aspirations (Chen & Lee, 2019). Furthermore, the encouragement of exploration and the discussion of potential careers enhances students' understanding of their goals and the steps required to be achieved (Vargas & Barron, 2020).

Career decisiveness refers to students' ability to make firm and confident decisions about their career paths. Emotional and financial support are key contributors to career decisiveness. Students who receive emotional support from their parents, including reassurance and validation, are more likely to feel secure in their career decisions (Smith & Saker, 2022). Additionally, financial support enables students to pursue career opportunities without the fear of financial strain, fostering confidence in their decision-making process (Kassim & Dlamini, 2021). Together, these forms of support help students make clearer, more decisive career choices.

How do parental socioeconomic status, educational background, and cultural expectations shape career decisions among undergraduates in public universities in Lagos State?

The findings in the table 6 confirms that parental SES, educational background, and cultural expectations strongly influence undergraduates' career decision-making in Lagos State. Policies should promote career guidance programs that support students from diverse socioeconomic and cultural backgrounds to make informed and independent career choices. The finding revealed that Parental socioeconomic status (SES),

educational background, and cultural expectations play a critical role in shaping career decisions among undergraduates in Lagos State, Nigeria. These factors influence the types of support parents can provide and the expectations they have for their children's careers. Research shows that SES significantly affects the resources available to students for career exploration and decision-making (Mason & Osborne, 2020). Students from higher SES backgrounds tend to have more access to financial support, career development resources, and professional networks.

### 5. Recommendations

1. Enhancing Career Counselling Services: Universities should strengthen career counselling services to provide professional guidance and networking opportunities for students who lack sufficient parental support.
2. Financial Assistance Programs: Scholarships, grants, and work-study programs should be made available to students from low-income families to ensure that financial constraints do not hinder career development.
3. Parental Education Initiatives: Workshops and seminars can be organized to educate parents on the importance of career discussions, networking, and professional mentorship for their children.
4. Encouraging Parental Involvement in Career Development: Parents should be encouraged to take a more active role in their children's career planning by fostering open discussions and leveraging their professional networks.

### 6. Conclusion

This study assessed the parental support on career decision-making among undergraduates in public universities in Lagos State, Nigeria. The findings underscored the role that emotional, financial, and advisory support from parents plays in shaping students' career decisions. Parental involvement was found to significantly impact students' career self-efficacy, fostering greater confidence in making informed career choices. However, the study also highlighted that excessive parental pressure, particularly in the form of imposed career preferences, could hinder students' ability to pursue careers that align with their own interests and capabilities.

This study emphasizes the need for universities and career counselors in Lagos State to create programmes that engage both students and their families in the career decision-making process. Such programs should aim to educate parents on the importance of allowing students to explore a broad spectrum of career options, while also providing students with the tools to develop self-efficacy, confidence, and autonomy in their career choices.

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