



**Presenters:**

Bakshi, Anuradha  
Reader Designate, College of Home Science, Nirmala Niketan, University of Mumbai

Gandhi, Hetvi  
Student, College of Home Science, Nirmala Niketan, University of Mumbai

Shah, Riddhi  
Student, College of Home Science, Nirmala Niketan, University of Mumbai

Maru, Kinjal  
Student, College of Home Science, Nirmala Niketan, University of Mumbai

**Contact Information:** 49, New Marine Lines, Mumbai – 400020, India.

**email:** anustra@gmail.com

**Language:** English

**Type of Presentation:** Scientific Paper

**About Presenters:**

Dr. Anuradha Bakshi is a Reader Designate at the Nirmala Niketan College of Home Science, University of Mumbai. She has completed her PhD from the University of Tennessee at Knoxville, USA, and her master's degree from the Maharaja Sayajirao University of Baroda. She has also taught at both her alma mater universities and at the Nirmala Niketan College of Social Work, University of Mumbai. Her research career began as an undergraduate student and has spanned over two decades in varied areas such as resiliency, education, and spirituality.

As one of the senior-most faculty in Nirmala Niketan, she has served as a Department Head (2004-2007). She is teaching students in the B.Sc., M.Sc., and PhD Home Science programs. She has presented papers at international conferences; last year she chaired a session on research in Human Development at an international conference. She is a consultant in multiple areas such as Research Methods and Statistics, and Human Development.

Student support and welfare is one of her priorities. As a university teacher, she has invested substantial time in career guidance and counseling of students, especially advanced students as well as alumnae. In fact, her interest in the welfare of "her protégées" has led her to track their life paths both formally (i.e., through research) and informally.

Ms. Hetvi Gandhi has completed a B.Sc. in Human Development from Nirmala Niketan College of Home Science, University of Mumbai. She is currently enrolled in the master's programme in Human Development in Nirmala Niketan. On graduation she is interested in developing meaningful career guidance services for people in the corporate sector. She would like to address occupational stress, niche-placements, and job satisfaction. She believes that as each individual finds their right niche, there are gains for both the individual and the organisation.

Ms. Riddhi Shah is a student in the M.Sc. programme in Human Development at the Nirmala Niketan College of Home Science, University of Mumbai which for her represents a major achievement in her own career-planning. She has completed a B.Sc. in Human Development from Nirmala Niketan this year and is in fact the gold medallist. As of now, she has diverse professional interests such as teaching children with special needs, conducting workshops for teacher training, and school counselling.

Ms. Kinjal Maru is a student in the M.Sc. programme in Human Development at the Nirmala Niketan College of Home Science, University of Mumbai. She has graduated with a B.Sc. in Human Development from the same college. In her view, very few human beings take care of themselves in the right sense. She wishes to address modern woes such as stress, depression, and suicide resulting from an ever-growing hectic lifestyle and related alienation. In her career she plans to bring together the resources from the fields of Human Development and Counselling.

**Title of Paper:** **Survey of Influences on Career Choices as Perceived by Youth in Mumbai**

**Abstract:**

Choosing a career is a pivotal decision for youth. Even though career trajectories no longer may be linear, singular, or necessarily stable, the choice of a career represents a coming of age. Career choice also is exemplary of development as selective adaptation, a key idea in Paul Baltes' life span theory. It both opens as well as closes opportunities; in Baltes' words, exemplifying a gain-loss dynamic.

Mumbai, one of the world's most populous cities, provides an extensive range of career-related opportunities, making career choice a considerably complex decision. In this study, we have surveyed the influences on career choices as perceived by 70 youth in Mumbai. Both men and women in the age range of 18-28 years who are either studying or are in their entry-level jobs are participating in this survey. The telephone interviews of the youth include ratings on each of the following on a 5-point Likert scale for importance of influence and an explanation of the nature of influence: mother, father, another family member, teachers, friends, career guidance services (e.g., school or college counsellor, career guidance centre, career guidance workshops or fairs), media, and self.

The preliminary findings of the survey show that for the most part youth in Mumbai do not perceive professional career guidance services as having played an important role in making their career choices. Moreover, only a small number of youth appear to have accessed such services in the first place. Findings are interpreted using contemporary theories of human development such as Jochem Brandstätter's action perspectives with intentional self-development at centre-stage. Implications for career guidance practice include replacing prescriptive modes with those that acknowledge, respect and strengthen the role of the individual as an active producer of his own development.