

Anxiety about the professional future in relation to self-esteem with 2nd year master students majored in counseling and orientation.

قلق المستقبل المهني وعلاقته بتقدير الذات لدى طلبة السنة الثانية ماستر ارشاد و توجيه.

-Hedidane khadra *

University of Tebessa ,khadra.hedidane@univ-tebessa.dz

-Maifi Mounia

University of Tebessa ,mouniamaiifi39@gmail.com

Received:05/10/2022

Accepted:09/11/2022

Abstract:

This study aimed to reveal the nature of the relationship between anxiety about the professional future and self-esteem with 2nd year master students majored in counseling and orientation. The descriptive method has been applied on an intentional sample of (40) students at the Department of Psychology, Faculty of Human and Social Sciences, University of LarbiTebessi - Tebessa -. The anxiety about the professional future questionnaire has been prepared by the two students. Cooper Smith's self-esteem scale has been used. data has also been processed using the Statistical Package for Social Sciences (SPSS v25). The obtained result is as follows:

There is a correlation with a statistical significance between anxiety about the professional future and self-esteem with 2nd year master students majored in counseling and orientation.

Keywords: anxiety about the professional future; self-esteem.

ملخص :

هدفت هذه الدراسة الى الكشف عن العلاقة بين قلق المستقبل المهني وتقدير الذات لدى طلبة السنة الثانية ماستر ارشاد و توجيه ، وذلك باستخدام المنهج الوصفي على عينة قصدية قوامها (40) طالب من قسم علم النفس ، بكلية العلوم الانسانية و الاجتماعية جامعة - تبسة -، تم استخدام استبيان قلق المستقبل المهني من اعداد الطالبين ومقياس تقدير الذات لكوبر سميث وذلك بعد حساب الخصائص السيكومترية المتمثلة في الصدق و الثبات، وتم الوصول الى النتائج التالية :

* Corresponding author

توجد علاقة ارتباطية دالة احصائيا بين قلق المستقبل المهني وتقدير الذات لدى طلبة السنة الثانية ماستر ارشاد و توجيه.

الكلمات المفتاحية: قلق المستقبل المهني؛ تقدير الذات ؛ طلبة السنة الثانية ماستر.

Introduction:

Man is always looking forward to appear in a satisfactory way among people so that his ego respect increases. Ego is the most important element forming man's personality; Allah has given us the ability to know our egos and estimate them properly. However, man's illiteracy may sometimes push him to undermine his ego. This negative perspective from the person to his ego may have effects including destroying the person's positives, trust and abilities. Studies have proven this; including (El AASSEM's study in which he concluded that there is a positive statistically significant relationship between self-esteem and emotional stability(A aasem 2020).

Man, since childhood, constructs an estimation to his ego; he acquires a certain experience throughout every learning step he went through. This would help him to trust himself and positively estimate his ego until he reaches university, which is the tipping step between man's learning and working life. In this step, the student's perspective towards working life differs than ever. For him, it becomes the gate through which he passes to labour market and get the job through which he deserves his ego, and attains a social status. However, university life is full of circumstances raising anxiety either in the study or the social level, especially for students, who're about to graduate. They suffer from high academic stresses as a result of study and the formation requirements, besides thinking about their professional future and the way they can get appropriate jobs to their tendency, ability and specialties, especially in the light of the country's difficult circumstances including unemployment, which may cause the student's fear about his future and failure. This would affect his psyche, so he starts suffering from the problem of anxiety about professional future, which is one of the most proliferating modern problems, especially with students, who're about to graduate.

Studies have proven this, including (MAGDY's)study ,which states that final stage students suffer from a high level of future anxiety(Magdy.2013).

This study aims at identifying the relationship between anxiety about the professional future and self-esteem, since they're professional factors of the psychological factors, because the university students are the nation's basis, since they form its present and future. Whenever this segment is looked after,

the country's good future is guaranteed. The university students' main objective is to get a job after graduation to be integrated within society and prove themselves so that they promote their nation. However, in our modern age in the light of developments, getting an appropriate job becomes so difficult, especially with the employment vagueness. We find that students think deeply about their professional future after graduation. This would make them feel fear and stress. Besides, the graduated jobless students' expertise makes the students, who're about to graduate, have a negative pessimistic perspective towards future. So, all that is negatively reflected on the students' academic attainment, so they start feeling insecurity, which would lead to the decrease of their self-esteem and intrust themselves, since they couldn't get their families and society's respect. They become a victim of diaspora, and various questions are raised in their minds about their ambiguous professional future, and they couldn't answer them. The following question is raised: is there a linear relationship with a statistical significance between anxiety about professional future and self-esteem with 2nd year master students majored in counselling and orientation?

The study has started with the following hypothesis: there's a linear relationship with a statistical significance between anxiety about professional future and self-esteem with the 2nd year master students majored in counselling and orientation.

1. THEORETICAL SIDE

The theoretical side contains objectives of the study , Terminology determination.

1.1 - Study objectives

This study objectives consists in:

Revealing the relationship between anxiety about the professional future and self-esteem with the 2nd year master students majored in counselling and orientation.

1.2- Terminology determination

-anxiety about the professional future: is the student's feeling of frustration and fear of the unavailability of jobs opportunities after graduation, which would lead to his negative perspective towards his specialty and profession. (Djaber, 2021)

-Procedural definition:

Its the degree obtained by the second year student of the master of counselling and orientation on the professional future anxiety scale prepared by the two researchers.

-Self-esteem: it's the man's total evaluation of his ego either positively or negatively. It points out the extent of man's faith in himself and its ability and life deserve. Simply, self-esteem is mainly the man's feeling of his ego competency and value. (Sing Malhi, 2005)

-Procedural definition:

its the degree obtained by the second year student of the Master of counseling and guidance on the Cooper Smith Self-Esteem Scale.

Figure N° 1: the two main components of self-esteem)

Self-esteem	
Self-efficiency: Self-trust Man's faith in his coping ability and dealing with life main challenges	Self-value: Unconditional acceptance of the ego. Feeling of being qualified to live happily

Source: (Sing Malhi, 2005)

1.3 - The followed methodology

1.3.1-The study method

The method is strongly linked to the researcher's study nature. This means that the study type imposes the used method type. In this study, the two researchers have followed the descriptive method, since it's appropriate to the studied phenomenon.

1.3.2-The study limitations: They consist in:

1.3.2.1.-The spatial limitations

This study has been operated at psychology department, specialty of counselling and orientation, the faculty of human and social sciences, university of larbi tebessi in Tebessa.

1.3.2.2.-The temporal limitations

It implies the time spent in operating this study in Tebessa throughout the period from January to March 2022.

1.3.3.-The study community

According to the study nature, the original community has been determined with the 2nd year master students of University of larbi tebessi in Tebessa from both genders at the faculty of human and social sciences at psychology department specialty of counselling and orientation. They're estimated with 52 students throughout the academic year 2021-2022.

1.3.4-The study sample

The intended sample has been used in this study, since it's appropriate to the study. the sample has been determined from 52 2nd year master students majored in counselling and orientation. Only 40 students have worked with the two researchers.

1.3.5.- Survey study

It has been carried out for achieving the following objectives:

- Investigating the existence of the research problematic with the study community.
- Identifying the study community characteristics in terms of number and gender.
- Focusing on the most important difficulties we may face, while carrying out the main study.
- Calculating the study tools' psychometric characteristics.

1.3.6.- The study tools

There're several followed ways and tools; they enable him to collect data to examine his hypotheses' reliability. We've depended on the following tools:

1.3.6.1.- Interview

First, we've made an interview with a group of university students majored in counselling and orientation, who were about to graduate, to identify their most important concerns in terms of the extent of their anxiety about their professional future and how this can affect their self-esteem and psychological life. Right after these steps, the survey axes have become clear. The survey has been designed according to the students' opinions, from one hand, and what we've known about the theoretical side of this topic in relation to self-esteem.

1.3.6.2.- Anxiety about the professional future measurement

It has been designed by the two researchers on the basis of the interview, after retrieving the operated researches and studies about this topic in general.

1.3.6.2 The measurement psychometric characteristics

It implies making sure of the measurement validity. It has been applied on 30 1st year master students of counselling and orientation and checking the psychometric characteristics: reliability and Constance.

A- Validity

The explicit validity: the measurement validity has been calculated through presenting it with its preliminary image on a group of experts to give their opinion concerning the terms' appropriateness to this research. The experts' opinions, towards the measurement, have been identical, which means that it's appropriate and practical with the study sample.

The internal consistency validity: it has been calculated through the statistical pack for social sciences (SPSS v25). The shared relationship coefficients between every term and the measurement, have been ranged from 0.41 to 0.71. The terms with relationship coefficients less than 0.40, have been omitted, since they're weak in terms of their relationship with the measurement

B- Reliability

It has been calculated through the partial halving and Alpha Cronbach's coefficient

The partial halving: the exam paragraphs have been divided into two parts: singular and dual paragraphs. The exam relationship coefficient has been calculated. (r) value has been 0.81. Then, it has been corrected with the use of Spearman Brown's equation; we've attained the following result:

Table 1.- : Reliability coefficient

Reliability coefficient before correction	The coefficient correction with Spearman Brown's equation	N
0.81	0.90	30

Source: the two researchers, the field study(2022)

Decision: considering the measurement quite validity and a high degree of reliability, it can be used as a tool for collecting data in this study.

After checking the measurement validity and reliability and operating the modifications throughout the period of the survey study, a final model has been adopted in the main study; it consists of 19 expressions distributed on 4 dimensions in which the interviewee answers the following alternates: (is always

identical to, is sometimes identical to, is never identical to) as it's shown in table 2.

Table 2.- The distribution of the measurement expressions on the dimensions, according to the trend after correction

Dimensions	Positive expressions	Negative expressions	The total
The psychological dimension	15	1-2-8 12-13 16-18	8
The cognitive dimension	4	3-7	3
The social dimension	9	5-10	3
The physical dimension	/	6-11 14-17 19	5
The total	3	16	19

Source: the two researchers, the field study(2022)

Observation: the interviewees' answers are distributed as follows: "is always identical to" (1), "is sometimes identical to" (2), "is never identical to" (3). Noted that the degrees are reversed in the negative expressions as follows: "is always identical to" (3), "is sometimes identical to" (2), "is never identical to" (1).

1.3.6.3-Cooper Smith's self-esteem measurement:

It's an American measurement, and it was designed by the researcher Cooper Smith in 1967 to measure the trend towards the ego in social, academic, familial and personal domains. It includes 58 expressions. We've only used 47 expressions to avoid the study sample individuals' boredom. (aziza, 2017) .

Table 3.- the measurement expressions distribution on dimensions, according to the trend

The expressions	Positive expressions	Negative expressions	Total
The general ego dimension	26-14-1-42-36-34	11-2-12-24-23-13-35-27-25-47-45-37	18
The social ego dimension	22-10-3-33	15-16-41-32	8
Home and parents dimension	38-31	9-5-4	5
Work dimension	21-17-6	30-20-18-43-39	8
Lying dimension	19-8-7-40-29-28-46	44	8
Total	22	25	47

Source: (Sing Malhi, 2005)

1.3.6.3The measurement psychometric characteristics

For the sake of checking the measurement validity, it has been applied on 30 1st year master students majored in counselling and orientation. We've obtained the following results:

-Validity: it has been calculated with two methods:

The explicit validity: the measurement validity has been calculated through presenting it with its preliminary image on a group of experts. We've modified some expressions (5-20-23), according to the experts' opinions.

The internal consistency validity: the relationship coefficient between the terms and the measurement has been calculated through the statistical program for the social sciences (SPSS v25). It has been limited to 0.38 and 0.56. The terms, with weak relationship coefficients, have been omitted.

Reliability: It has been calculated through the partial halving and Alpha Cronbach's coefficient.

The partial halving: the exam paragraphs have been divided into two parts: singular and dual paragraphs. The exam relationship coefficient has been calculated. (r) value has been 0.49. Then, it has been corrected with the use of Spearman Brown's equation. (abderahman, 1998) The result has been as follows

Table 4: The relationship coefficient value before and after correction

Relationship coefficient before correction	The coefficient correction with Spearman Brown's equation	N
0.49	0.66	30

Source: the two researchers, the field study(2022)

Through this table, we observe that (r) value after correction is 0.66, which is an accepted value in terms of reliability. It allows us to apply it.

Checking the measurement validity and reliability and operating some modifications on it, according to the experts' opinion (the omission of home and parents dimension and some terms that don't serve the research). A final model of the measurement has been adopted in the study; it consists of 22 expressions distributed on 4 dimensions in which the interviewee answers the following alternates: (it's similar to me, it's not similar to me).

Table 5.- the measurement expressions distribution on dimensions, according to the trend after correction

Dimensions	Positive expressions	Negative expressions	Total
The general ego dimension	/	11-5-4-3-14-13-12-22-21-16	10
The social ego dimension	2	19-15-7-6	05
Work dimension	8	20-17-9	04
Lying dimension	18-10-1	/	03
The total	05	17	22

Source: the two researchers, the field study(2022)

Observation: the answers degree is distributed on interviewee as follows: “it’s similar to me” (1), “it’s not similar to me” (2).

Note that the degrees are reversed in the negative expressions as follows: “it’s similar to” (2), “it’s not similar to me” (1).

1.3.7-Statistical methods

The statistical process ways provided in SPSS v25 have been used. They consist in: Frequencies, percent, means, standard deviations, Pearson correlation, partial halving, Spearman Brown’s equation, Alpha Cronbach’s coefficient

2.-Discussion and analysis of results

For the sake of checking the hypothesis provides for: there’s a linear relationship with a statistical significance between anxiety about the professional future and self-esteem with the 2nd year master students majored in counselling and orientation. Pearson’s relationship coefficient has been used between the survey of “anxiety about the professional future” total degree , the measurement of “self-esteem” total degree as well as the relationship coefficient between the subsidiary measurements and dimensions. The following table clarifies that:

Table 1.- the evaluation of Pearson’s relationship coefficients between the survey of “anxiety about the professional future” total degree, the measurement of “self-esteem” total degree and the relationship coefficients between subsidiary measurements or dimensions of the two measurements

The measurement dimensions	The general ego dimension V2	The social ego dimension V3	Work dimension V4	Lying dimension	The total degree of self-esteem measurement
The social dimension	*0.40	0.07	0.15	0.14	*0.31
The cognitive dimension	0.13	0.17	0.04	0.25	0.07
The social dimension	**0.54	**0.41	0.30	0.00	**0.55
The physical dimension	**0.41	0.08	0.16	0.08	*0.35

The total degree of the survey of anxiety about the professional future measurement	**0.47	0.03	0.20	0.15	*0.33
---	--------	------	------	------	-------

** : a statistical significance at the significance level of 0.01. * : a statistical significance at the significance level of 0.05.

Source: the two researchers' field study(2022)

We observe that Pearson's relationship coefficient value between the total degree of the survey of anxiety about the professional future and the total degree of self-esteem measurement has been estimated with 0.33, which is a value of a statistical significance at the significance level of 0.05. Anxiety about the professional future has been interpreted with 0.16% from the interpreted variation in self-esteem variable. Whereas, the other values between the measurement subsidiary measurements and the survey have been different. Some of them have values with no statistical significance closed to 0. Others are significant at the significance level of 0.05 and 0.01.

According to these results, it's clear that there's a linear relationship with a statistical significance between anxiety about the professional future and self-esteem, which implies that the hypothesis has been achieved. The two researchers believe that this result refers to the idea that anxiety about the professional future plays a role in the students' degrees variation on self-esteem measurement

Anxiety about the professional future consists in the individual's fear and stress as a result of his unknown future. It's one of the most serious problems hindering the individual's efficacy subjectively and the extent of estimating his ego and abilities, since self-esteem is a multidimensional concept. It consists of two sides; one of them is social and the other is egoic. The social side is the individual's perspective towards himself through the others' opinions and verdicts about him. The egoic side consists in the individual's self-evaluation and verdict about himself through his efficacy and egoic ability. individual's self-esteem may deteriorate because of his anxiety about his professional future in the light of the current economic circumstances, unemployment and inefficacy of current employment mechanism, which witnesses a lack of organized strategies making the individual optimist about his professional

future. This situation contributes to the decrease of the individual's self-esteem and abilities, so he'll have a pessimistic perspective.

The study results relatively correspond to (B. Ahmed, 2021) study on the pupils at the regional centres of distanced education and formation to identify their anxiety about future in relation to self-esteem and ambition level. It has concluded that there's a negative linear relationship between anxiety about future and self-esteem with the pupils at the centres of distanced education and formation in Tizi ousou and Bejaya throughout the academic year 2016-2017 (jaouida, 2021)

However, the current results don't correspond to (Ocean 2014) study, which has been operated on 298 students with the use of Coper Smith's self-esteem measurement and the researcher's survey of anxiety about future. it has been concluded that there's no linear relationship between university orientation and self-esteem with the students. There's no linear relationship with a statistical significance between university orientation and anxiety about the professional future (Nadia, 2015)

This may be due to the fact that the current study differs from ours, since it hasn't studied the direct relationship between anxiety about the professional future and self-esteem variables.

This study results are similar to approach studies, which has addressed one of the two variables, like (Abdurrahman and Abbas) study, which aims at identifying anxiety about future with 2nd year secondary school pupils with the use of anxiety about future scale on a sample of 713 pupils. It has concluded that anxiety about future happens with both males and females with no gender affect (Abderahmen, 2021)

This study results are dissimilar to (Khalil and Shalabi 2019) study, which has been operated on a sample of 150 students at university of Elouadi with the use of anxiety of the professional future and the academic accordance scales. It has concluded that there's no relationship between anxiety about the professional future and academic accordance with students, who're about to graduate (shalabi, 2019)

Conclusion:

Through this study, the relationship between anxiety about the professional future and self-esteem with 2nd year master students majored in counselling and orientation has been revealed through using the descriptive method and the

application of Coper smith's self-esteem scale and the scale of anxiety about the professional future prepared by the two researchers. The following results have been attained:

There's a linear relationship with a statistical significance between anxiety about the professional future and self-esteem with 2nd year master students majored in counselling and orientation; this kind of anxiety influences the sample individuals' self-esteem because of the importance of guaranteeing the professional future in psychological and social safety, from one hand, and self-esteem has a social dimension through which the individual is influenced with the others' perspective towards him.

The following suggestions have been formulated:

- Preparing guiding programs to develop self-esteem in all the educational stages.
- Preparing guiding programs to decrease anxiety about the professional future with university students, especially those who're about to graduate.
- Operating more studies about self-esteem considering the great importance of this concept.
- Studying anxiety about the professional future and its relationship with the ambition level.
- Studying self-esteem and its relationship with some behavioural problems of the students.
- The necessity of mobilizing the students and encouraging them to trust themselves and their abilities as well as to be perseverant and effortful and not to give up to reality.
- Looking after the students' self-esteem through enriching the university content with activities contributing to develop their self-esteem.
- Operating other similar studies on other samples of students like PhD students, university of continuous formation students ... etc.
- Operating other studies addressing self-esteem in relation to other variables.
- Operating other studies tackling anxiety about the professional future in relation to other variables.

References:

- Abdurrahman, Saad (1998). *The psychological scale: theory and practice*. Cairo, The Arab intellectuality publishing house.
- Anwa, Aziza, (2017). *Lectures in clinical psychological examination*. Alquba Alqadima, Algiers, Khaldouniya publishing and distribution house.
- Asaad charif Magdy.(2013).Psychological study of the level of future anxiety among fourth-year university, *Lark philosophie,Linguistique and Social sciences* ,13-14.
- Ben Meraidja, Mustafa, Abbas Abd Errahaman. (2021), Anxiety about the professional future with the 2nd year secondary school pupils: a study in the light of some variables. *Madarat for social and human sciences*, 589-607.
- Ibrahim Djabr EL Aessam(2020).*Self-esteem and its relationship to emotional maturity among a sample of adolescent students in Rahat city schools*. Master's Thesis in psychological and Educational Counseling.graduate school. El Khalil university. Palestine.
- jaouida, B. (2021). *Anxiety about the professional future with the pupils at the regional centres for education and formation in relation to the ambition level and self-esteem*. Algiers, psychology department, Algeria.104
- Nadia, O. (2015). *University orientation in relation to self-esteem and anxiety about the professional future with students in the light of some variables*. Batna, department of social sciences, Algeria
- Ridha Abd errazaq& Djabr Djabr. (2021). Anxiety about the professional future in relation to cognitive awareness ,the academic ego efficacy and the student's academic attainment in quantitive and normal programs at the faculty of education ,*the scientific research in educational journal* ,125-187
- shalabi, A. k. (2019). *Anxiety about the professional future in relation to academic correspondence with the students, who're about to graduate*. . El ouadi, social sciences department, Algeria
- Sing, malhi&w, rapport rizonner,(2005).*consolidating self esteem*,Eriadh,Djarir publishing office.