



UNIVERSITI PUTRA MALAYSIA

***INFLUENCE OF COACH AND PARENTAL SUPPORT TOWARDS
CAREER DECISION-MAKING SELF-EFFICACY AMONG MALAYSIAN
NATIONAL STUDENT ATHLETES***

ELAIYARAJ S/O RETNAM

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MALAYSIAN NATIONAL STUDENT ATHLETES**

By

ELAIYARAJ S/O RETNAM

**Thesis Submitted to the School of Graduate Studies,
Universiti Putra Malaysia, in Fulfilment of the Requirement for
the Degree of Master of Science**

June 2018

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Abstract of thesis submitted to the Senate of Universiti Putra Malaysia in fulfillment of the requirement for the degree of Master of Science

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June 2018

Supervisor : Azizan Asmuni, PhD
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The purpose of this study is to examine influence of coach and parental support towards career decision-making self-efficacy among Malaysian national student athletes. This is a descriptive and correlational research study and based on theoretical framework of Social Cognitive Career Theory. This study focused on the national athletes who are currently studying Pre-University in the National Sports Schools. By using random sampling technique, 145 student athletes from 2 National Sports Schools, namely, Bukit Jalil Sports School (BJSS) and Tunku Mahkota Ismail Sports School (TMISS) participated in the study.

This study is a quantitative research developed by using three established instruments to test on two independent variables which are parental support with Career-Related Parent Support Scale and coach influence adopted from Career-Related Parent Support Scale alongside with one dependent variable which is career decision making self-efficacy using Career Decision Making Self Efficacy Scale – Short Form. 30 respondents were involved in pilot test to ensure the reliability of the instruments. The data were then analyzed by using descriptive and correlative statistics. This study provided evidences of career decision making self-efficacy of National student athletes.

The analysis showed that athletes demonstrated a moderate level on coach influence and career decision making self-efficacy while parental support is found to be high. Besides that, results from the correlation analysis indicate that the two predictors, which is parental support and coach influence, have significant positive relationship with career decision making self-efficacy at 0.05 level of significant. The test for regression analysis indicates, among the two predictors, parental support was the dominant predictor in student athletes career decision making self-efficacy with (beta = 0.573) followed by coach influence (beta= 0.218). This finding may be taken into considerations useful to the Human Resource Department as it may be useful for the

national student athletes in the career development progress and for key stake holders in developing new policies or system to support the national student athletes. By emphasizing on the career development of national student athletes, athletes could easily boost their confidence and knowledge about career needs and have a secured future upon retiring as an athlete. This finding also provides opportunity to add new perspective to career development theory. The implications of the findings were further discussed in the last chapter.



Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi keperluan untuk Ijazah Master Sains

**PENGARUH JURULATIH DAN SOKONGAN IBUBAPA TERHADAP
EFIKASI KENDIRI BAGI MEMILIH KERJAYA DI KALANGAN PELAJAR
ATLET KEBANGSAAN DI MALAYSIA**

Oleh

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April 2018

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Tujuan kajian ini adalah untuk mengkaji faktor yang mempengaruhi efikasi sendiri bagi memilih kerjaya di kalangan pelajar atlet sekolah sukan di Malaysia. Ini adalah satu kajian penyelidikan deskriptif dan korelasi dan berdasarkan kerangka teori yang menggabungkan sebahagian daripada model dan disesuaikan dari Teori Sosial Kognitif Kerjaya. Kajian ini memberi tumpuan kepada pelajar atlet negara yang sedang melanjutkan pelajaran di peringkat Pra-Universiti di Sekolah Sukan Malaysia. Dengan menggunakan teknik persampelan rawak, 145 responden di atlet yang belajar di Sekolah Sukan Bukit Jalil (SSBJ) dan Sekolah Sukan Tunku Mahkota Ismail (SSTMI) telah mengambil bahagian dalam kajian ini.

Kajian ini merupakan kajian kuantitatif dibangunkan dengan menggunakan tiga instrumen ditubuhkan untuk menguji dua pembolehubah bebas iaitu sokongan ibubapa dan pengaruh jurulatih serta satu pembolehubah bersandar iaitu efikasi sendiri bagi memilih kerjaya pelajar atlet sekolah sukan. Data dikumpulkan dengan menggunakan kaedah kaedah soal selidik yang ditadbir sendiri. 30 responden telah terlibat dalam kajian rintis bagi memastikan kebolehpercayaan instrumen tersebut. Data dianalisis dengan menggunakan statistik deskriptif dan berhubung kait.

Dapatan kajian menunjukkan bahawa sebahagian besar pelajar atlet sekolah sukan menunjukkan tahap efikasi sendiri dan pengaruh jurulatih bagi memilih kerjaya ada tahap sederhana, manakala pelajar menunjukkan bahawa sokongan ibubapa adalah pada tahap yang tinggi. Selain itu, keputusan daripada analisis korelasi menunjukkan bahawa dua peramal sokongan ibubapa dan pengaruh jurulatih mempunyai hubungan positif yang signifikan dengan efikasi sendiri bagi memilih kerjaya dikalangan pelajar atlet pada tahap 0.05 ketara. Tambahan pula, ujian regresi menunjukkan analisis bahawa kedua-dua pembolehubah bebas (sokongan ibubapa dan pengaruh jurulatih menjelaskan 50.9% perbezaan dalam efikasi sendiri bagi memilih kerja di kalangan

pelajar atlet. Dari dua peramal, sokongan ibubapa adalah peramal yang dominan dalam kesediaan pekerja untuk berubah dengan ($\beta = 0,573$) dan diikuti dengan pengaruh jurulatih ($\beta = 0.218$). Penemuan ini boleh menjadi berguna kepada Jabatan Sumber Manusia untuk mengambil kira faktor yang amat penting bagi pembangunan kerjaya pelajar atlet negara dan kepada pihak berkepentingan bagi membangunkan polisi atau sebuah kaedah bagi menyokong atlet negara yang sedang menuntut pelajaran. Dengan memberi keutamaan kepada pembangunan kerjaya atlet negara, ai dapat memupuk semangat dan pengetahuan berkenaan keperluan kerjaya serta memiliki halatuju yang selamat selepas bersara sebagai atlet. Penemuan ini juga menyediakan peluang untuk menambah perspektif baru kepada teori Pembangunan Kerjaya. Implikasi hasil kajian telah dibincangkan dengan lebih lanjut dalam bab terakhir.



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Finally, my thanks go to all the people who have supported me to complete this thesis directly or indirectly. I pray that I shall be a good steward of this honour. Once again, all glory belongs to Him alone.

I certify that a Thesis Examination Committee has met on (2018) to conduct the final examination of Elaiyaraj S/O Retnam on his thesis entitled “Relationship between Parental Support and Coach Influence towards Career Decision Making Self-Efficacy among National student athletes in Malaysia” in accordance with the Universities and University Colleges Act 1971 and the Constitution of the University Putra Malaysia [P.U. (A) 106] 15 March 1998. The Committee recommends that the student be awarded the degree of Master of Science (Human Resources Development).

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LIST OF ABBREVIATIONS

SSBJ	Bukit Jalil Sports School
NSC	National Sports Council
TMISS	Tunku Mahkota Ismail Sports School
TN50	Transformasi Nasional 2050
CDMSE	Career Decision Making Self-Efficacy
SCCT	Social Cognitive Career Theory
YAKEB	Yayasan Kebajikan Atlet Kebangsaan
NCAA	National Collegiate Athletics Association

CHAPTER 1

INTRODUCTION

1.1 Introduction

The following things will be discussed in this chapter, the background of study, problem statement, research objective, scope of study and the significant and importance of study. Limitation to conduct this study also will be presented in this chapter.

1.2 Research Background

Despite the fact that Malaysia is a knowledge-driven nation, the career decision making process is rather challenging still even with high job opportunities in the employment market. Career decision making is usually made by self-interest or due to family constrain. Comparing that to today's society, career decision of each and every individual has become so much broader where job specifications or in other word occupational knowledge is a necessity.

As much as students desire to graduate from high schools and pursue their course of interest in universities and finally settling down in the community with a well-respected and satisfying career, the demand and expectation of an individual skill, knowledge and potential has also increased subsequently in the employment market. The blunt truth is many face the difficulties of even graduating with average grades, what more to meet the challenging demands of the employment market, leading to high unemployment rate and job dissatisfaction. Hence, giving rise to the term "career decision making self-efficacy".

At a very young age, a kid is nurtured and driven into a state of mind when being ask "What do you want to be when you grow up? This shows that the process of career decision-making self-efficacy begins in childhood itself and not just among the adolescents group. Despite the fact that career development even from childhood is a vital factor that will shape one's career in the future, the culture and mentality of a parent to decide on their child's career pathway has greatly affected this process as a child's interest is usually neglected. Parents as the closest individual to a child play a vital role in creating and enriching a child's mindset towards future career decision making self-efficacy and career need. The role of parents in constructing the career interest in a child is very important as this will help them to give more emphasis in future towards choosing the right pathway to succeed in life and to enhance the career decision making self-efficacy. Career development is a lifelong psychological and behavioral process, also contextual influences in shaping a person's life span (Niles &

Harris-Bowlsbey, 2017). One important feature of career development is the idea of career decision making self-efficacy (Moon, 2017).

The 6th Prime Minister of Malaysia, Dato' Sri Mohd Najib bin Tun Haji Abdul Razak has stated that education is a preeminent contributor in the expansion of financial asset for social and economy sector of our country (Malaysia Education Blueprint 2013-2025). This statement not only inspires creativity and fosters innovation among the youth; it also aids in the implementation of youngsters essential competency for the present modernized employment market. Besides, it is a key driver to deliver and excel towards the growth in the economy. The government has taken all measures under the New Economic Model, Economic Transformation Plan and Government Transformation Plan to make sure Malaysia is in the right path of development. By ensuring the progress of our education system, we will be able to keep pace in a highly competitive global economy (Malaysia Education Blueprint 2013-2025).

Through Ministry of Education, a fresh emphasis was given to the role of sports and curricular activities to create a student who is emotionally, physically and intellectually balanced. Under the 5th Malaysia Plan (1991- 1995), the idea of establishing sports schools was approved to recognize the important role of sports toward the development of nation and uplifting unity among multiracial citizens of Malaysia. Sports schools, while they are similar to fully residential schools, focus on the following concepts:

- a. Development of world-class student athletes
- b. Use of professional coaches
- c. Sports Science specialisation across the curriculum
- d. Emphasis on sports as a career

The first national sports school was established in 1996, which was named Bukit Jalil Sports School (BJSS). The school was built in National Sports Council to enable future student athletes to be exposed with the best facilities in the country. The second sports school was built in Kota Tinggi, Johor in 1998. This is prior to the success of Bukit Jalil Sports School in producing athletes for the Commonwealth Games in 1998.

Each and every athlete in our country is a gem, a national asset, contributes to only glorify and prove our country's trademark statement "*Malaysia Boleh*". As Malaysia develops, many measures and initiatives have taken place gradually to undertake and to keep hold of these national assets and this includes the future undertakings of their career as they retire from being a sportsman, as well as recompense towards their undying service as they continue to glorify our nation. In keep with this, Ministry of Sports in collaboration with Bukit Jalil Sports School, Tunku Mahkota Ismail Sports School and Ministry of Higher Education, have introduced Pre-U programs mainly targeting our national athletes. This allows a collaborative acceptance of athletes into a university, besides which, all education expenses are fully sponsored through Scholarships. Nonetheless, requirements and qualifications are still a necessity to ensure the quality and benchmark of our education is not affected.

As student athletes in sports school are given more emphasis on training and performing at highest level in respective sports arena, there is also question on the well-being and future career prospect of the student athletes upon completing their studies. The level of career decision making self-efficacy of student athletes in National Sports School has always been a question as there is very limited study focused on this minority group. Coaches remain as their most influential person in shaping an athlete's career in sports and at the same time in career as student athletes spent much of their time in training routine with coaches. Coaches are not only seen as an individual who train and get the athlete to perform at highest level but coaches are also seen as a mentor to students to guide them through the life phases to meet future demands in this modern world.

Career decision making self-efficacy is one of the fields that must be developed by learners to achieve Vision 2020 in Malaysia (Abdullah, Hussin, Shonubi, Ghazali & Abu Talib, 2018). It is also one of the three aspects of students' self-development that needs to be well thought-out. The career selection process is a very complex process and it involves a wide range of applications such as knowledge, skills, and experiences related to career decision-making. Therefore, one important aspect in the career-related decision-making process is information regarding the profession concerned (Rusli & Naha, 2010).

High confidence levels of career decision self-efficacy have been shown to have positive implications on the career development process and outcomes of adolescents (Bullock-Yowell, Andrews & Buzzetta, 2011; Ojeda, Huang, Gee, & Lee, 2006). However, low confidence levels of career decision self-efficacy have been related to issues such as career indecision and limited career exploratory behaviors (Moon, 2017; Chaney, Hammond, Betz, & Multon, 2007). Therefore, it is essential to further examine various ways in which systemic factors can influence Malaysian student athletes overall career decision self-efficacy in order to assist school and career counselors with addressing these issues (Bullock-Yowell et al., 2011; Gushue & Whitson, 2006; Kenny, Bluestein, Chaves, Grossman, & Gallagher, 2003).

1.3 Problem statement

The process of aligning career decision making self-efficacy with educational requirements has increasingly become complex with evolution of advanced technology in the world today than before (Onoyase & Onoyase, 2009). Globally 75.8 million young people as compared to other age groups were unemployed, mainly due to career mismatch due to poor career decision making self-efficacy among students (United Nations, 2012). This trend suggests that the world is entering the age of unparalleled talent inadequacy which may put a brake on economic growth and ultimately change the approach to workforce challenges. Several studies show that secondary school students all over the world face dilemma in making career decisions (Issa & Nwalo 2008; Macgregor, 2007; Watson, McMahon, Foxcroft & Els, 2010).

The above mentioned result is in line with the current scenario in Malaysia as, student athletes who are studying in Bukit Jalil Sports School and Tunku Mahkota Ismail Sports School facing a similar scenario in terms of difficulties in making career decisions. This student athletes spent most of the routine in training and has very limited exposure to the career related information resulted in poor career decision making self-efficacy and suffer upon retiring as an professional athlete. Participating at national level is a demanding and time consuming endeavor for students athletes. Therefore student-athletes tend to lack co-curricular involvement which can pose a barrier for athletes to gather "information and experiences" that can shape their career decision making self-efficacy (Bjornsen & Dinkel, 2017). Competitive student athletes encounter overlap with class schedules, student–sport identity issues, and other issues related to physical fatigue, training requirements and injuries (Moon, 2017; Parker, Perry, Hamm, Chipperfield & Hladkyj, 2016). This is well evident with the report from, Yayasan Kebajikan Atlet Kebangsaan (YAKEB), which indicates that many athletes are suffering to succeed in life upon finishing career as athlete and many of them are still living in a poor condition and need support from YAKEB. Recent statistics of 2018 from YAKEB proves that, there are about 20% of athletes from 12,500 athletes participated in Sea Games level for past 50 years, who had officially registered with YAKEB and all of them are still actively looking for support from various government agencies in terms of finance and job opportunity. This is an increase from year 2015, where it was found to be 15%. This indicates that, there was an increase of 5% in 3 years (YAKEB, 2018). This is an alarming situation where numbers are continually increasing and could be continuously increase if no attention is provided on the well-being of National athletes in Malaysia. Study on career decision making self-efficacy in Malaysia context is essential because it has the ability to reason out problems that need to be addressed as career decision-making self-efficacy is one of the domains that need to be developed by students to achieve Vision 2020 in Malaysia (Abdullah et al., 2018).

On the other hand, graduate employability and unemployment are issues that have given rise to many policy implications for higher education in many developing countries such as Malaysia. The employability of graduates depends on individual factors, the labour market and organizational practices. Individual factors refer to the graduate's proactive attitude and behaviors with respect to the career decision making self-efficacy (Yusof & Jamalludin, 2015).

Looking at the pattern of unemployment rate in Malaysia, many programs and interventions was implemented to identify a mechanism to reduce unemployment rate. This includes discussion at various levels of government agencies including debates in the Parliament. However, schools and colleges or universities in Malaysia do not carry any programs to encourage parents or coaches to help students in the area of career decisions making (Lam, 2016). Even if they do carry out career-related activities, these are short, adhoc activities that are neither systematically planned nor theoretically-based. Career decision making self-efficacy is among the major problem being faced by many students entering post-secondary education in Malaysia (Lam, 2016).

The latest Key Statistics of Labour Force in Malaysia as in April 2018 from Department of Statistics Malaysia (DOSM) indicates that unemployment rate is found

to be at 3.3%. However, there are no statistics or statement released specifically on the unemployment rate of this minority group of student athletes in Malaysia. Khazanah Research Institute (KRI) has expressed concerns about the country's rising youth unemployment rate, especially those with tertiary education. This could be due to the fact that, no uniform structure, definition, and organization of career decision making interventions exist in Malaysia school system (Abdullah, Rahim, Soaib & Loh 2009). Without the knowledge of such structure, real progress in career decision making self-efficacy interventions research and practice will be severely circumscribed or absent.

Prior Studies also have suggest that, without career guidance programs, secondary school students are usually lack of career decision making self-efficacy (Despina, Kostas, Argyropoulou & Tampouria, 2012; Jamali, Araqi & Kalantarkousheh, 2015; Ikediashi, 2010; Austin, 2010). The importance of family has consistently been found to affect Mexican American students' academic performance, resilience, career development, and mental health (Vela, Lenz, Sparrow, Gonzalez, & Hinojosa, 2015).

On the other hand, given that most of studies related to factors effecting career decision making are studied and reported in Western countries (e.g., Italy and United State), there are still doubts over the role of career decision making self-efficacy in career planning and development to be extended beyond Western culture-based research, particularly to research from Asian countries, which are different in many perspectives compared to Western society. Verification of research reported in western countries in other cultural contexts is valuable, Di Fabio (2012). However, the role of self-efficacy in career decision-making also has not received attention by Malaysian researchers (Lam, 2016; Huern, Khairuddin, Ismail, & De, 2015; Sumari, 2006). Very limited study has been conducted so far to examine the relationship between parental support and coach influence towards career decision-making self-efficacy (Huern et al., 2015; Sumari, 2006). In light of this information gap, the current study was designed to examine the influence of coach and parental support towards career decision making self-efficacy among Malaysian National student athletes. It is hoped that the study leads to an understanding of the possible relationship between parental support and coach influence towards career decision-making self-efficacy.

Besides that, the current study will focus to further investigate the relationship among parental support and coach influence on career decision making self-efficacy in samples from Malaysian's student athletes, which have received less scholarly attention concerning the connections between factors influencing career decision making self-efficacy. Previous studies on career decision making self-efficacy has proven that the main contextual supports are parents and coaches, these contribute significantly towards career decision making self-efficacy (Boerchi & Tagliabue, 2018 ; Guan, Capezio, Restubog, Read, Lajom & Li, 2016 ; Whiston & Keller, 2004 ; Garcia, Restubog, Bordia, Bordia, & Roxas, 2015; Restubog, Florentino & Garcia, 2010). Hence, this study will also test the significant of parental support and coach influence towards career decision making self-efficacy among Malaysian National student athletes which will give verification of research reported in western country in Malaysian local context.

While Malaysia is an Asian country, it has a different political and educational system, and a unique racial and cultural heritage compared to other American, Europe, Middle East and other Asian countries, like Taiwan, Korea and China which are less ethnically diverse. Therefore, there is a need for research to determine if theory-based interventions that have been shown to have positive outcomes in other countries will have similar effects among a Malaysian population. Results from a Malaysian study will not only extend our knowledge in the area of career decision-making, but also provide valuable input to developing a comprehensive and culturally-sensitive career intervention that works for students in schools and colleges in Malaysia (Lam, 2016). While social cognitive career theory is widely supported by research focused on career decision making self-efficacy, this frame work is yet to be applied in an attempt to identify the determinants of student athletes' career decision making self-efficacy (Chan, 2017).

Many studies on career decision-making self-efficacy have been conducted, especially on Western populations and traditional-aged college students, while only few studies have been conducted on minority populations (Lam, 2016; Sumari, 2006). These will enable the researcher to fill the gaps in the literature. Therefore, this study aims to determine the level of career decision making self-efficacy and factors that affecting career decision making self-efficacy among student athletes.

Besides which, a better understanding of the positive and negative factors contributing to career decision making self-efficacy of student athletes should also be reported. In addition, this study also may help youth recognize experiences that help student athletes to make career decisions. Although the interest in collegiate athletes has been increasing in sport science, the information and knowledge on how to achieve a dual career or sport–life balance among student athletes is insufficient (Brown et al., 2015). So far, there is very limited research study that correlates parental support, coach influence and career decision making self-efficacy. The understanding of theory and what exactly has been practiced in Malaysia need to be revised in solving the matter (Lam, 2016).

In Malaysia, career decision making self-efficacy need to be given a serious attention as it can be used for future reference towards ensuring a right path-way for all level of students. Therefore, this study aims to determine the influence of coach and parental support towards career decision making self-efficacy among national student athletes in Malaysia.

1.4 Objectives of Study

The overall objective of this study is to determine the relationship between parental support and coach influence towards career decision making self-efficacy among National student athletes in Malaysia.

Specifically, this study aims:

1. To determine the level of career decision making self-efficacy, coach influence and parental support among Malaysian national student athletes.
2. To determine the relationship between parental support and coach influence with career decision making self-efficacy of student athletes in Malaysia.
3. To determine the most dominant factor influencing career decision making self-efficacy among student athletes in Malaysia.

1.5 Hypotheses

The following hypothesis will guide this study:

H1: There is significant relationship between parental support and career decision making self-efficacy among National student athletes in Malaysia.

H2: There is significant relationship between coach influence and career decision making self-efficacy among National student athletes in Malaysia.

1.6 Significance of study

This study will be a significant endeavor in highlighting the importance of parental support and coach influence towards career decision making self-efficacy of Malaysian National student athletes. Moreover, this research will provide several recommendations on how the engagement between role of parents and coach can be enhanced towards student athletes career decision making self-efficacy.

In the form of human resources development, this research is important as it can be used in the area of career development of minority group which are the student athletes. The social cognitive career theory has extended to explain the relationship among the variables and support the hypothesis of the research, where it has not previously been applied towards the minority group of student athletes. This research is believed to provide information in order to demonstrate contribution of parental support and coach influence towards career decision making self-efficacy and also providing theoretical

verification for future research in the scope of career decision making self-efficacy in Malaysia or Asian context.

Also importantly, this research will educate parents and coaches in contributing towards career decision making self-efficacy of their child or athlete by inspiring and fulfilling their responsibility towards the hope of securing a right career pathway for their child or athletes. In line with Malaysia Education Blueprint, this study aims to contribute to the field of career development, particularly in enhancing the knowledge on career decision making self-efficacy to achieve the best outcome towards career progression of student athletes. The findings related to career decision making self-efficacy of student athletes can improve the student athletes attitudes to meet the challenges of the development and modernization of the country in order to elevate the status of the country to be a developed country by the year 2020. Findings of this study can be used as a foundation for research and learning towards career development to the government agencies like, Ministry of Education, Ministry of Youth and Sports, Ministry of Human Resources and other relevant agencies.

1.7 Scope and Limitation of study

Researcher aims to determine career decision making self-efficacy among national athletes studying Pre-University in National Sports School. From overview of literature, there are several factors that could influence career decision making self-efficacy among student athletes. In this research, the researcher looking to check if parental support and coach influence are indeed a good variable that influences career decision making self-efficacy among national athletes studying Pre-University in National Sports School. The scope of the study covers a group of student athletes in the 1st and 2nd year of studies in Bukit Jalil and Tunku Sultan Ismail Sports School. Pre-University program is dedicated to support the student athletes towards a dual career role to excel well in sports and academics. Students athletes from 1st and 2nd year was selected to participate in this study as they have a major decision making role upon completing the Pre-school to select the right major as per their interested future career decisions. In this research, 145 respondents from the total of 193 student athletes in National Sports Schools in Malaysia were chosen as sample to represent the total population. Detailed population and sample size of the research will be further explored in Chapter 3.

The role of parental support and coach influence has been identified to be the independent variable based on previous research. Parents and coaches are considered to be the nearest and most attached individual with student athletes to assist them in all needs of student athletes. Family is considered to be the closest and important source of support and parents are also the first person come to student athletes mind when it comes to gain support and encouragement in educational and career pursuits (Boerchi & Tagliabue, 2018; Whiston & Keller, 2004). Existing research as quoted by (Guan et al., 2016), suggests that parental support can bolster career decision-making self-efficacy (Garcia et al., 2015; Restubog et al., 2010) and mitigate the impact of career-related challenges (Ong, Phinney, & Dennis, 2006).

On the other hand, student athletes spend most of their valuable time out of academic session with their coaches and the coaches have become their most frequent contact in university or school (Bruening & Dixon, 2007; Giacobbi, Roper, Whitney, & Butryn, 2002). This coach and athlete relationship can involve many discussions related to sports and academic issues, and even personal matters (Weight, Cooper, & Popp, 2015; Giacobbi et al., 2002). Thus, these two factors are considered to be the vital and most important source of contact for student athletes and need much attention.

Limitations for this study are the honesty of respondents answer the questionnaire because it's beyond researcher ability to ensure honesty of respondent. One of the major problems expected in this study was the apathy and unwillingness of respondents to divulge important or correct information. However, an initiative was taken to convince the respondents that the data provided are only meant for research purpose and will not be disclosed to other parties. Moreover, there was an effort to tell the respondents on how the research will benefit them, if it became successful. The honesty can give impact to the result if the respondents are just ticking the answer without honesty.

1.8 Assumptions of study

Throughout the study, it is assumed that the adaptations of the Social Career Cognitive Theory are applicable in the Malaysian setting and to the study of influence of coach and parental support towards career decision making self-efficacy among Malaysian National student athletes. The instrument used in this study is assumed to fit the cultural context of the respondents (student athletes studying in National sports school) involved in this study. Despite challenges in the data collection, it was assumed that the subjects of this study have necessary knowledge and experience on research area, responded to the survey independently, cooperated fully, provided honest responses, and also clearly understood the questionnaire.

1.9 Operational Definitions

1.9.1 Career Decision-making Self-efficacy (CDMSE)

A person's belief is that they can complete tasks necessary for making career decisions successfully (Taylor & Betz, 1983). Career decision making self-efficacy are viewed from the five facets which are accurate self-appraisal, gathering occupational information, goal selection, making plans for the future and problem solving. In this research, career decision making self-efficacy are viewed as the self-confidence portrayed by student athletes towards their future career decision making and how confident they are with their existing knowledge on future career.

1.9.2 Parental Support

Parental support considered being an external support which provides assistance in the form of career-related modeling, emotional support, verbal encouragement and instrumental assistance (Turner & Lapan, 2002). In this study, Parental support is considered to be the father and mother of student athletes who provide the student athletes with all the support, guidance, motivation and encouragement to succeed in future career undertaking.

1.9.3 Coach Influence

In this study, coach influence refers to a relational process whereby the coach as a more experienced individual and closest person to a student athletes which contributes not only towards the sports performance of a student athletes but also in terms of career decision making of a student athletes through support, guidance, motivation and encouragement to succeed in future career undertaking.

1.9.4 Career development

Career development is a lifelong psychological, behavioral and contextual process which influences in shaping a person's life span (Niles & Harris-Bowlsbey, 2017). For this research, however, career development was viewed as the process of developing the knowledge, skills and attitude that lead to career decision making self-efficacy of student athletes in Malaysian National sports schools.

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