

Does influence career maturity?

ABSTRACT

The purpose of this study was to investigate the influence of volunteer engagement and self-efficacy on the career maturity of young leaders who were members of the Supreme Student Council in a Malaysian university. A cross-sectional study was conducted with data collected via a questionnaire survey. There were 400 respondents, of whom 143 were males and 257 females between the ages of 20 and 25 (M age = 22.8, SD = 5.65). The research instrument was a self-administered questionnaire covering volunteer engagement, self-efficacy and career maturity. This study found that the level of volunteer engagement was high ($M=4.25$, $SD=0.42$ on a scale of 5). The level of self-efficacy among young leaders was similarly high ($M=4.19$, $SD=0.52$), whereas the level for career maturity was moderate ($M=3.41$, $SD=0.53$). A positive relationship was found to exist between volunteering engagement and career maturity ($r = .277$, $p = .001$) while the second relationship was between self-efficacy and career maturity ($r=.311$, $p=.001$). Both volunteer engagement ($\beta=0.151$, $p<0.05$) and self-efficacy ($\beta=0.228$, $p<0.05$) had significant independent effects on the level of career maturity. Volunteer engagement and self-efficacy together explained 11% of the variance in career maturity among the young leaders.

Keyword: Volunteer engagement; Self-efficacy; Career maturity; Young leaders