

The Role of Self-Disclosure and Family Functioning in Shaping Vocational Students Career Decisions

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Abstract: Vocational high school students often have difficulty in making career decisions, which can make them confused and lose opportunities in the future. One factor is the lack of information about careers, which can actually be obtained through communication with others, including by expressing personal thoughts and desires. This study aims to see the relationship between self-disclosure and family function with students' career decision-making. The method used was quantitative involving 140 students, and the data were analyzed through multiple linear regression. The results showed that self-disclosure and family function were simultaneously negatively related to career decision doubt—that is, the higher the self-disclosure and the better the family function, the lower the doubt. Self-disclosure helps students find solutions or get emotional support from others, especially in managing their feelings. However, when analyzed separately, self-disclosure alone did not show a significant relationship with career decisions, while family function showed a significant relationship. This suggests that family support plays a more important role in reducing uncertainty in students' career choices than self-disclosure alone.

Keywords: *Self Disclosure; Family Function; Vocational Student; Adolescents.*

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I. INTRODUCTION

Along with the development of the era, many choices are faced by students regarding careers and the future. Students are starting to be given freedom in expressing their opinions and also determining the choices they like. Reported from CNN Indonesia, in a public school in Keramatjati, East Jakarta, some students admitted to being confused and experiencing difficulties because they were required to determine their future early on. The survey also showed that 170 out of 342 (if expressed as a percentage of 49.71%) students complained about their difficulties in choosing a future career (Grace et al., 2024). From the results of the research conducted, it shows that many students experience difficulties in their career decisions. This is shown by the percentage results of 31.48 in the difficult category, 63.43 in the moderate category and 5.09 in the category of no difficulty in career decisions (Pahlevi, 2024). Career decision making in students is a process of ability while managing information to make decisions that are preferred for their careers. (Willner et al., 2015).

Career selection for vocational high school students has a higher complexity compared to high school students. Because in choosing a career, vocational high school students are required to choose their major earlier than high school students. Unlike high schools, which only start directing students after they enter grade XI, vocational high schools have directed students to certain career

majors since the beginning of their curriculum. Unlike high schools, which usually only offer three categories of fields—science, social sciences, and language—vocational high schools direct students to more specialized professional majors. Compared to high school students who plan new jobs in grade XI, students who attend vocational high schools have more choices to plan their career fields because they have chosen their majors since grade X (Mardiyati & Yuniawati, 2021). In addition to more career choices, vocational high school students also have the choice and opportunity to continue their education to college level. While some vocational high school students are prepared for the world of work and choose to work, others need further study at university to further develop their skills according to their majors (Putri et al., 2023).

Based on the initial interviews conducted, there was a common opinion that was discussed, namely that there was difficulty in determining a career because in discussing with parents, it was necessary to adjust what the parents wanted with the students. This is often a problem because of differences of opinion between the two. Student M who said that there were differences of opinion often made the way to discuss with parents less and less and ultimately there was no resolution of the problem. Student K also said that he was often afraid to express his opinion about what he wanted for his future. Apart from the difficulty in communicating, Student Q said that difficulties also occurred due to the many choices that caused confusion about what was really interesting or just following suit.

The initial survey also showed that on average children had difficulty in determining their careers because they were afraid that they would later choose the wrong major and have an uncertain future. Difficulty in career decision-making itself is defined as the inability to determine educational or job choices, accompanied by delays in drawing conclusions in the decision-making process (Mohammed et al., 2021).

career-related difficulties result in increased anxiety. Such difficulties and anxieties can sometimes force individuals to slow down the process or avoid making career decisions (Anghel & Gati, 2021). These avoidance behaviors tend to result in negative consequences for individuals, such as financial difficulties, lack of employment, and low self-esteem and self-efficacy. Therefore, one of the most important steps in effective counseling is to identify the student's specific areas of difficulty and help him or her find ways to overcome these difficulties (Bullock-Yowell et al., 2014).

Family functioning refers to effective emotional bonds between family members, the use of family rules, family communication, and the management of external events. Thus, family functioning describes the dynamic interactions within the family unit and how the family fulfills its functions refers to the way family members interact and work together to achieve common goals and outcomes. Various factors can influence family functioning, including family structure, socioeconomic status, life events, family relationships, and the family's evolutionary stage (Izzo et al., 2022). The interaction between students who in this case play the role of children in their families requires in-depth communication to find common ground in resolving their doubts in deciding something. Providing easily accessible sources of support and empowering young people to openly discuss their concerns regarding career decision-making will broaden young people's understanding and this can have a significant impact on their academic and career paths (Akosah-Twumasi et al., 2018). Self-disclosure is a communicative and dynamic process that someone does to introduce themselves to others. It shows the disclosure of any personal information, including past experiences, future plans, feelings, attitudes, or beliefs. Through self-disclosure, people reveal their inner thoughts and feelings, but communicate more than the actual content (Willems et al., 2020).

There are several studies that discuss the relationship between a person's openness to family and career decisions, namely research conducted by Kesuma et al (2019) The results of the study showed that parental involvement predicts self-efficacy and openness in career decision making, then openness mediates the relationship between parental involvement and self-efficacy in career decision making. This study provides counselors with an understanding of the relationship between parental involvement and the influence of personal aspects (self-efficacy and openness) in career selection. Another study conducted by Suprayogi & Vaynadita (2023) entitled *The Correlation Between Family Functioning and Self-disclosure Among Emerging Adulthood*, using a quantitative method involving 111 student respondents aged 18-25 years who attended school in West Jakarta and lived separately from their parents. Family function was measured using the McMaster Model of Family Functioning adapted by Boterhoven de Haan. While self-disclosure was measured using the Self Disclosure Scale based on aspects of self-disclosure according to DeVito and has been modified according to the research context. The results of the research analysis showed that

based on the Pearson correlation analysis, family function had a significant and positive relationship with self-disclosure in early adulthood. Better family function and better self-disclosure help early adulthood in carrying out their academic activities. There is also another study conducted by Keller & Brown (2014) in which the study using quantitative research methods showed that the involvement of self-disclosure was not significant with the decision making of Asian American undergraduate students. Based on the description above, further research is needed to explore how the relationship between self-disclosure and family functioning with career decisions. Based on the description above, the researcher is interested in conducting research entitled *"The Relationship Between Self-Disclosure and Family Functioning with Career Decisions of Vocational High School Students"*. as stated in the following hypothesis:

- H1: There is a relationship between self disclosure and family functioning with career decision doubt
- H2: There is a negative relationship between self disclosure and career decisions
- H3: There is a negative relationship between family functioning and career decisions

II. METHOD

The research instrument used is the Career decision measuring instrument used in this study using a measuring instrument designed by Kintan et al (2021) which was retested because there were adjustments to the participants taken by the researcher. The self-disclosure scale used is a scale designed by the researcher himself using 5 dimensions of self-disclosure by Wheelless & Grotz (1976). Meanwhile, for family functioning, a measuring instrument designed by Mariyanti et al (2021) will be used which was retested because there were adjustments to the participants taken by the researcher. Data collection was carried out using a questionnaire technique. The questionnaire will be in the form of a google form to make it easier for students to access. The scale used in this study is the Likert scale. There are five ranges, namely, STS (strongly disagree), TS (disagree), N (Neutral), S (agree), and SS (strongly agree). Using a favorable and unfavorable scale. On the career decision scale after conducting validity and reliability tests, several invalid items were found, namely 15 and 16, so they were eliminated and retested in the second round. In the second round, all items were valid and had a Cronbach's Alpha of 0.90. On the self-disclosure scale, a readability test was first carried out on expert judgment, after the process, validity and reliability tests were carried out, several invalid items were found, namely 8,9,11,12,14,15,19, so they were eliminated and retested in the second round. In the second round, all items were valid and had a Cronbach's Alpha of 0.862. For the family functioning scale, a validity and reliability test was carried out, several invalid items were found, namely 6, 9, 14, 16, 19,22, so they were eliminated and retested in the second round. In the second round, all items were valid and had a Cronbach's Alpha of 0.915.

A. Sampling Technique

The research population refers to the individuals about whom conclusions are to be drawn, while the research sample refers to the (sub)group of individuals examined to represent the population (e.g., nurses drawn from five hospitals in your city). Ideally, participant sampling is conducted in such a way as to minimize sources of bias and allow conclusions about the research population of interest

(Creswell & Creswell, 2022). The population of this study was students of SMK Wira Harapan with a population of 140 students. Sampling using proportionate stratified random sampling. This method is applied if in the population there are elements that are proportionally stratified and inhomogeneous (Sugiyono, 2013). Determination of the sample using the Krejcie Morgan formula with a confidence level of 5%

B. Data Analysis Method

The data obtained in the correlation study between Self Disclosure and Family Functioning with career decision doubts will then be analyzed using the Multiple Regression Analysis data analysis technique processed using the SPSS series 27 IBS for Windows application. Before analyzing the data using Multiple

Regression, which is a parametric statistical analysis technique, several prerequisite tests or assumption tests are required, namely: Distribution Normality Test, Relationship Linearity Test, Multicollinearity Test and Heteroscedasticity Test. Multiple regression analysis is an analysis that is used to predict changes in dependent variables if independent variables are manipulated, hypothesis testing carried out on the variables in this study is 2 or more independent variables and 1 dependent variable (Sugiyono, 2013). The Multiple Regression Analysis technique in this study produces several outputs, namely: Simultaneous Regression, Partial Regression, Regression Line Equation and Effective Contribution

➤ Normality Test

Table 1 Distribution Normality Test Results

Variabel	Kolmogorov-Smirnov			Keterangan
	statistic	df	sig	
Career Decision (Y)	0,066	127	0.200	Normal

➤ Output SPSS Versi 25 IBM for Windows

Based on the table above, the results of the normality test of distribution for career decision variables using Kolmogorov-Smirnov obtained a significance value of $p = 0.200$, $p > 0.05$. So the data

shows that the Career Decision Doubt variable is normally distributed.

➤ Linearity Test

Table 2 Linearity Test Results

Variabel	F	Sig.	Keterangan
self disclosure* Career Decision	1,264	0.200	Linier
family functioning* Career Decision	1,204	0.234	Linier

➤ Output SPSS Versi 25 IBM for Windows

The results of the linearity test of the relationship between the Self Disclosure variable and career decision doubt obtained a significance of 0.200 ($p > 0.05$). This means that there is a linear relationship between the self disclosure variable and career decision doubt

For the results of the linearity test between the Family functioning variable and career decision doubt, a significance of 0.234 ($p > 0.05$) was obtained. This means that there is a linear relationship between family functioning and career decision doubt

➤ Multicollinearity Test

Table 3 Multicollinearity Test

Variabel	Tolerance	VIF	Keterangan
Self Disclosure	0.670	1.493	There is no multicollinearity
Family Functioning	0.670	1.493	There is no multicollinearity

➤ Output SPSS Versi 25 IBM for Windows

The results of the multicollinearity test between variables X1 (Self Disclosure) and X2 (Family functioning) obtained a tolerance value = $0.670 > 0.10$ and a VIF value = $1.493 < 10.00$. This means

that there is no multicollinearity / intercorrelation between variables X1 (Self Disclosure) and X2 (Family functioning)

➤ Heteroscedasticity Test

Table 4 Heteroscedasticity Test

Variabel	p-value	keterangan	Kesimpulan
Self Disclosure (X1)	0,982	> 0.05	Heteroscedasticity does not occur
	0,840	> 0.05	Heteroscedasticity does not occur

The results of the Heteroscedasticity test on the variables of emotional regulation and self-efficacy using Spearman's Rho correlation obtained a significance of 0.982 ($p > 0.05$) on the self-

disclosure variable and obtained 0.840 sig. ($p > 0.05$) on the family functioning variable. There was no Heteroscedasticity in both variables.

III. RESULTS AND DISCUSSION

➤ Results of Simultaneous Regression Analysis

Simultaneous regression analysis is intended to test the first research hypothesis, namely: "There is a correlation between self-disclosure and family functioning with career decision doubts." The results of the simultaneous regression analysis show a coefficient of $F = 4.555$ at $p = 0.012$ ($p < 0.05$) so it is significant. These results illustrate that there is a significant correlation between self-disclosure and family functioning with career decision doubts. Based on these results, the first research hypothesis is accepted.

Table 5 Results of Simultaneous Regression Analysis

Model	df	Mean Square	F	Sig	Keterangan
Regression	2	443.706	4.555	0.012	Significant
Residual	124	97.402			
Totak	126				

➤ Partial Regression Analysis Results

Partial regression analysis is intended to test the second research hypothesis of the study, namely: "There is a correlation between self-disclosure and career decisions" and the third research hypothesis, namely: "There is a correlation between family functioning and doubts about career decision-making"

The results of the partial regression analysis show a coefficient of $t = -0.531$ at $p = 0.596$ ($p > 0.05$) for the correlation of the self-disclosure variable with career decisions. These results indicate that there is an insignificant

correlation between self-disclosure and doubts about career decision-making. Based on these results, the second research hypothesis in this study is rejected.

The results of the partial regression analysis also show a coefficient of $t = -2.126$ at $p = 0.035$ ($p < 0.05$) for the correlation of the family functioning variable with doubts about career decision-making. These results indicate that there is a negative and significant relationship between family functioning and doubts about career decision-making. Based on these results, the third research hypothesis in this study is accepted.

Table 6 Partial Regression Analysis Results

Variabel	t	p	Keterangan
$X_1 - Y$	-0,531	0,596	Not Significant ($p < 0,05$)
$X_2 - Y$	-2,126	0,035	Significant ($p < 0,05$)

➤ Regression Line Equation

The regression line equation produced in this study is $Y = \beta_0 X_0 + \beta_1 X_1 + \beta_2 X_2$ with coefficients $\beta_0 = 61.641$ $\beta_1 = -0.077$ and $\beta_2 = -0.201$. So, the complete regression line equation can be written as follows:

$$Y = 61.641. X_0 + -0.077. X_1 + -0.201 .X_2. \text{ Its meaning:}$$

- Without Self disclosure and family functioning, career decision-making doubts have a score of 61.641
- Every additional 1 self disclosure score will decrease the career decision-making doubt score by 0.077
- Every additional 1 family functioning score will decrease the career decision-making doubt score by 0.201

➤ Effective Contribution

Finding the Total Effective Contribution (X_1 and X_2 to Y)

- Total SE = $R^2 \times 100\%$
- Total SE = $0,068 \times 100\%$
- Total SE = 6,8 %

The R squared obtained is 0.068, which means that the self-disclosure and family function variables contribute 6.8% to students' career decisions and the remaining 93.2% is influenced by other variables.

IV. DISCUSSION

Based on the results of the correlation test, the significance value for the variables self-disclosure and family functioning with career decision doubt is 0.012, which can be interpreted that H_1 is accepted.

The significant correlation results show a probability figure of $0.012 < 0.05$, which means there is a significant relationship between self-disclosure and family functioning with career decision doubt.

Both variables, both self-disclosure and family functioning, have a relationship with career decision doubt. Based on this, it can be said that individuals who have high self-disclosure and family functioning will have an impact on low career decision doubt. Conversely, individuals who have low self-disclosure and family functioning will have an impact on high career decision doubt. This can occur due to a negative relationship between variables, resulting in the equation $Y = 61.641. X_0 + -0.077. X_1 + -0.201. X_2$. This is in accordance with research conducted by Wardhani & Panduwina (2024) which states that self-disclosure or self-disclosure is carried out by students in order to get a solution to the problems they are experiencing or in return in the form of support that they get from their surroundings, especially in relieving their feelings. The support referred to here is in the form of advice, encouragement, and assistance in solving

problems where this support is often given by peers, family members, and mentors.

The self-confidence that adolescents get in deciding something more appropriate when they get social support from their surroundings, especially their family who are their closest environment (Hou et al., 2019). The best results in making decisions can be achieved by individuals when they receive encouragement, attention and affection, information, adequate facilities, and direction from their environment. Conversely, when individuals lack social support, it will have an impact on becoming an obstacle for individuals in determining good career choices for them (Fadhillah & Yudiana, 2020).

In the study, the three variables are related to each other. However, from the results of the study for the relationship between self-disclosure and career decision doubts that were studied separately, there was no significant relationship. The results of the partial regression analysis showed a coefficient of $t = -0.531$ at $p = 0.596$ ($p > 0.05$). This can happen because self-disclosure itself is not directly related to a person's career decision doubts, self-disclosure requires other variables as a link such as family support to be able to relate to a decrease in career decision doubts. Apart from that, there is the possibility of other factors related to a decrease in career decision doubts. Personal factors are the factors that most influence career decision-making, including learning motivation, learning attitudes, and self-efficacy (Su et al., 2016).

The results of the study for the family functioning variable with career decisions have The results of the partial regression analysis also showed a coefficient of $t = -2.126$ at $p = 0.035$ ($p < 0.05$) for the correlation of the family functioning variable with career decision-making doubts. These results indicate that there is a significant correlation between family functioning and career decision-making doubts. This is in line with research conducted by Oweini (2024) that parents show their involvement and support for their children in terms of influence, academic involvement, and career choices. Both parents play an active role in their children's career choices, so they are the main influences. Family influence is also related to career decisions, career satisfaction, and motivation.

The negative relationship between family functioning and career decisions shows that the higher the family functioning, the lower the difficulty in deciding a career, this study proves the same as the study conducted by Maslikhah et al (2022) which shows that the higher the family support, the lower the difficulty in decision making. The motivation received by students as family members is in accordance with the discussion of the aspects of family functioning by Epstein et al (1983) which shows the first aspect, namely problem solving, which means solving problems regarding career decision doubts experienced by students, the second aspect is communication, from family communication can provide motivation for students in the form of discussions, the third aspect is roles, the role of parents is as mentors for students, the next aspect is affective responsiveness, which is an emotion that can be felt when discussing with family members so that they can understand each other, the next aspect is Affective Involvement, where each family member is interested in the activities they participate in. In this case,

the family has an interest in future plans (student careers). The last aspect is behavior control, where this aspect controls attitudes so that they are still in accordance with the rules in the family. In this case, parents have direct involvement in controlling their children by still providing space for discussion with their children.

V. CONCLUSION

The variables of self disclosure and family functioning together have a relationship with the variable of career decision doubt. The relationship between the three is negative. This means that the higher the self disclosure and family functioning, the lower the doubt in deciding their career. Self disclosure or self-disclosure is carried out by students in order to get a solution to the problems they are experiencing or in return in the form of support that they get from their surroundings, especially in relieving their feelings. In this study, it was found that the self disclosure variable if separated from the family functioning variable produced an insignificant relationship, while family functioning when analyzed with career decisions had a significant relationship.

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