

**PERCEIVED PARENTING, SELF EFFICACY, PEER INFLUENCE AND  
CAREER CHOICE IN YOUNG ADULTS**



**MADEEHA TAHIR 03-275232-027**

**DEPARTMENT OF PROFESSIONAL PSYCHOLOGY  
BAHRIA UNIVERSITY LAHORE CAMPUS**

**Perceived Parenting, Self-Efficacy, Peer Influence and Career Choice in young Adults.**



Madeeha Tahir

03-275232-027

Supervisor Name

Dr Samia Rani

A thesis submitted in fulfillment of the requirements for the award of the degree of  
Masters of Science (Clinical Psychology)

September 2025

**DEPARTMENT OF PROFESSIONAL PSYCHOLOGY**  
**BAHRIA UNIVERSITY LAHORE CAMPUS**



**Approval of Research Paper**

**Name:** Madeeha Tahir

**Enrollment No:** 03-275232-027

**Session:** 2023-2025

**Department:** Professional Psychology Dear Student,

I am pleased to inform you that your research proposal on Perceived Parenting, self-efficacy, peer Influence and career choice in young adults has been approved. You may, therefore, continue your research on this theme and produce a quality thesis, as per the HEC requirements.

I take this opportunity to remind you that you must complete your thesis and defend it successfully by summer 2025; this is the date that marks the end of the duration of your program. I wish you success.

**Date:** September 2025

**Supervisor:** Dr. Samia Rani

**DECLARATION**

I, Madeeha Tahir hereby state that my MS thesis titled “Perceived Parenting, self-efficacy, peer Influence and career choice in young adults”. Is my own work and has not been submitted previously by me for taking any degree from this university.

Bahria University or anywhere else in the country/world. At any time if my statement is found to be incorrect even after my Graduate the university has the right to withdraw/cancel my MS degree.

**Name of student:** Madeeha Tahir

**Date:** September 2025

### **PLAGIRISM UNDERTAKING**

I, solemnly declare that research work presented in the thesis titled "Perceived Parenting, self-efficacy, peer Influence and career choice in young adults " is solely my research work with no significant contribution from any other person. Small contribution/help wherever taken has been duly acknowledged and that complete thesis has been written by me.

I, understand the zero-tolerance policy of the HEC and Bahria University towards plagiarism Therefore, I as an Author of the above titled thesis declare that no portion of my thesis has been plagiarized and any material used as reference is properly referred/ cited.

I undertake that if I am found guilty of any formal plagiarism in the above titled thesis even after award of MS/MPhil degree, the university reserves the right to withdraw/revoke my MS/MPhil degree and that HEC and the University has the right to publish my name on the HEC / University website on which names of students are placed who submitted plagiarized thesis.

Name of student: Madeeha Tahir

## **DEDICATION**

To my Husband, Father, Mother and Sibling, I am immensely grateful to my family, especially my beloved mother and father, whose unwavering love, encouragement, and prayers have been my greatest source of motivation throughout my academic journey. Without their endless support, I would not have been able to achieve this milestone. To my Husband, whose unconditional support, endless prayers, and constant encouragement have been the backbone of my success. Your belief in me, even when I doubted myself, has been my greatest source of strength. Thank you for your unwavering support and sacrifices.

**Student Name**

**Madeeha Tahir**

## **ACKNOWLEDGMENT**

First and foremost, I would like to express my deepest gratitude to Almighty Allah for granting me the strength, patience, and determination to complete this thesis.

I would like to extend my heartfelt gratitude to my supervisor, Dr. Samia Rani, whose continuous support, valuable feedback, and expert guidance helped shape this thesis. Your encouragement and insightful suggestions have been instrumental in completing this research.

I am also sincerely thankful to the faculty of Department of Professional Psychology at Bahria University Lahore for providing me with the knowledge and skills that were essential in carrying out this project.

I am immensely grateful to my family, especially my beloved Husband, mother and father, whose unwavering love, encouragement, and prayers have been my greatest source of motivation throughout my academic journey. Without their endless support, I would not have been able to achieve this milestone.

### **Abstract**

Choosing a career is a crucial stage in young adults that is influenced by both powerful psychosocial pressures and individual aspirations. This study examines how young individuals see perceived parenting, self-efficacy, peer pressure, and career choice. The 300 university students in the sample were chosen by simple random sampling in a correlational study design 18 to 25 years old. The study's measures included the Career Decision-Making Self-Efficacy Scale (CDMSES), Parental Authority Questionnaire (PAQ), Self-Efficacy Scale (SES), and Peer Support Questionnaire (PSQ). AMOS and SPSS-24 software were used to analyze the variables. According to the correlation study, perceived self-efficacy, peer influence, and profession choice were significantly positively correlated with their perceived parenting. Additionally, perceived parenting and career choice were moderated by self-efficacy. Peer effect on profession choice variation is seen to be an improved predictor. The results have ramifications for lawmakers, educators, and counselors who work to provide institutional and familial settings that support young adults in making self-assured and knowledgeable professional decisions.

*Keywords: Parental Authority Questionnaire, Self-Efficacy Scale, Peer Support Questionnaire, Career Decision Making Self Efficacy Scale*

## Table of Contents

|                                        |      |
|----------------------------------------|------|
| <b>Approval of Research Paper</b>      | iii  |
| DECLARATION                            | iv   |
| PLAGIRISM UNDERTAKING                  | v    |
| ACKNOWLEDGMENT                         | vii  |
| Abstract                               | viii |
| Chapter 1                              | 1    |
| Introduction                           | 1    |
| 1.1 Statement of the Problem           | 3    |
| 1.2 Rationale of the Study             | 6    |
| 1.3 Objectives of the Study            | 6    |
| 1.4 Research Questions                 | 7    |
| 1.5 Hypothesis                         | 7    |
| 1.6 Theoretical Framework              | 8    |
| 1.7 Scope of the Study                 | 9    |
| 1.8 Operational Definition:            | 10   |
| 1.8.1 Perceived Parenting:             | 10   |
| 1.8.2 Self-efficacy                    | 10   |
| 1.8.3 Peer Influence                   | 10   |
| 1.8.4 Career Choice                    | 10   |
| 1.9 Measures:                          | 11   |
| 1.9.1 Parental Authority Questionnaire | 11   |
| 1.9.2 Self-efficacy Scales             | 11   |
| 1.9.3 Peer Support Questionnaire       | 11   |
| 1.10 Summary:                          | 12   |
| Chapter 2                              | 14   |
| Literature Review                      | 14   |
| CHAPTER 3                              | 37   |
| Research Methodology                   | 37   |

|                                                |                                     |
|------------------------------------------------|-------------------------------------|
| 3.1 Research Strategy:                         | 37                                  |
| 3.2 Population and Sampling:                   | 37                                  |
| 3.3 Inclusion Criteria:                        | 37                                  |
| 3.4 Exclusion Criteria:                        | 37                                  |
| 3.5 Data collection:                           | 38                                  |
| 3.6 Procedure:                                 | 38                                  |
| 3.7 Data Analysis:                             | 39                                  |
| 3.8 Research Ethics:                           | 39                                  |
| Chapter 4                                      | 41                                  |
| Results                                        | 41                                  |
| 4.1 Descriptive and Demographic Analysis       | 41                                  |
| 4.2 Psychometric Properties of Study Variables | 41                                  |
| 4.3 Testing of Main Hypotheses                 | 41                                  |
| Chapter 5                                      | 55                                  |
| Discussion                                     | 55                                  |
| 5.2 Implications of the Study                  | 57                                  |
| 5.4 Future Research Direction                  | 58                                  |
| 5.5 Conclusion                                 | 58                                  |
| References                                     | <b>Error! Bookmark not defined.</b> |
| Appendices                                     | 66                                  |
| Appendix A: Permission Letter                  | 66                                  |
| Appendix B: Consent Form                       | 68                                  |

**List of Abbreviations**

---

| Abbreviations | Full Form                                  |
|---------------|--------------------------------------------|
| SPSS          | Statistical Package for Social Science     |
| PAQ           | Parental Authority Questionnaire           |
| SES           | Self-Efficacy Scale                        |
| PSQ           | Peer Support Questionnaire                 |
| CDMSES        | Career Decision Making Self Efficacy Scale |

---

**List of Symbols**

| Symbols  | Full Form             |
|----------|-----------------------|
| F        | Frequency             |
| M        | Median                |
| SD       | Standard Deviation    |
| %        | Percentage            |
| &        | And                   |
| $\alpha$ | Alpha                 |
| >        | Greater than          |
| <        | Less than             |
| N        | Number of Participant |
| $p$      | Significant Value     |

## List of Appendices

|                 |                                                       |
|-----------------|-------------------------------------------------------|
| APENDIX A.....  | Certificate of Approval                               |
| APENDIX B.....  | Author's Declaration                                  |
| APENDIX C.....  | Plagiarism Undertaking                                |
| APENDIX D.....  | Demographic Sheet                                     |
| APENDIX E.....  | Consent Form                                          |
| APENDIX F.....  | Permission data collection                            |
| APENDIX G.....  | Email (Parental Authority<br>Questionnaire)           |
| APENDIX H.....  | Email (Self efficacy scale)                           |
| APENDIX I.....  | Email (Peer support questionnaire)                    |
| APENDIX J.....  | Email (Career decision making<br>self-efficacy scale) |
| APENDIX K ..... | Measurements                                          |