

## عنوان مقاله:

Influence of mental health in career exploration: study with Portuguese adolescents

## محل انتشار:

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## خلاصه مقاله:

The incidence of diseases related disorders Mental Health has increased over time, both for purely pathological causes, as due to the demands and pressures characteristic of contemporary society. However, little has been written about the reciprocal effects of the mental health and the career development of college students, and consequently the challenges to career counseling. The purpose of this study was to investigate whether the depression and anxiety are related to career exploration in a Portuguese group student. The sample includes 296 adolescents of both the sexes (109 girls; 187 boys), with ages between 14 and 17 years old (Mage=17.03; S.Dage=1.45). Career Exploration Survey (CES) and General Health Questionnaire (GHQ -12), which evaluate the career exploration and two factors of general health: Depression and Anxiety, respectively. The Statistical Package for Social Sciences (SPSS), version 19.0 for Windows. The main results show that there is a positive relationship between the dimensions exploration stress, decision stress, and importance of preferred position and anxiety dimension. Yet was found a positive relationship between Intended and systematic exploration and depression

## کلمات کلیدی:

Anxiety, Career exploration, Career counseling, Depression, Mental health

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/682410>

