

## The Research for the measurement of Career Stress and Department Satisfaction in Dental Hygiene Students

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**Abstract.** This study was investigated to evaluate that influence career stress and department satisfaction among dental hygiene students. This cross-sectional questionnaire research was conducted with 365 dental hygiene students in Busan and Ulsan from March and May 2013. Data analysis was performed with frequent analysis, t-test, ANOVA, correlation analysis using the SPSS ver. 21. According to the result, mostly income and the career aptitude and career related characteristics associated with career stress and department satisfaction. It is also a negative correlation between career stress and department satisfaction. Therefore, we will need to open an educational development to expand industry-academic cooperation in community. Also, we will need to create better academic environment and show more concern, consideration.

**Keywords:** Career stress, Department satisfaction, Dental hygiene students

### 1 Introduction

Many university students are pleading for help because of problems with romance, school, career and employment, relationships, finance, and view of value. Among them, career and employment problem is the biggest and considered a significant problem that can even bring a change in the university students' school life. Although contemplating about employment and career plan is common, except for certain cases, the students in the school of dental hygiene have a positive outlook about their future when they are first admitted. Nonetheless, they are stressed after studying specialized subjects in their curriculum or for license exam and a fluctuation in health personnel employment. Thus, students majoring in dental hygiene are not exempt from stress as they experience serious agony related to career due to the heightened employment competitiveness. The career or jobs that an individual has selected define one's department, and this is clearly reflected in major satisfaction. University students' positive outlook related to their department satisfaction can be seen in their pride for the school; in contrast, a negative outlook can lead to leave of absence, dropping out, and transferring. The importance of department satisfaction is extremely high. Career stress that can influence their study motive, university life adjustment, quality of life, career decision; barriers to the career should be relieved, and department satisfaction related to curriculum, study environment, and relationships should be improved. Such

factors should be well balanced, and methods to help the students adjust to their university life with a stable mental state should be investigated.

Although there are studies on career stress, career awareness of dental hygiene students, the influence of subject satisfaction and career efficacy on career exploration behaviors, department satisfaction, and relationship between emotional awareness and career satisfaction, there are scarce studies on the influence factors related to career stress and department satisfaction.

Therefore, the study recognizes the career stress and department satisfaction of dental hygiene students and defines their relation and negative factors to examine the methods that help students live a more satisfying university life by having more stable psychological state and adequate life value.

## **2 Subjects and Method**

### **2.1 Research Subjects**

The study was conducted with randomly selected students from the School of Dental Hygiene of four different universities in Busan and Ulsan area between March and May 2013. A total of 468 data were collected but only 365 of them were used after discarding 103 results that were inappropriate for data processing.

### **2.2 Research Tool**

The survey is composed of 4 general characteristics, 5 career-related characteristics, 12 career stress questions, 22 department-satisfaction questions. General characteristics were related to school year, monthly income, method of tuition payment, and residence. Career-related characteristics are institution of your desire, location of your employment, desired work period, job selection criteria, and career aptitude.

For career stress, a measuring tool used in Yoo-jin Seo's study was used. There are a total of 12 questions where the higher the Likert 5-point scale score, the higher the career stress level (Cronbach's  $\alpha = .889$ ). For department satisfaction, a tool used in Hye-sook Ha's study was modified and used. There are a total of 22 questions where the higher the Likert 5-point scale score, the higher the major satisfaction (Cronbach's  $\alpha = .921$ ).

### **2.3 Method of Analysis**

Collected data were analyzed with the SPSS ver. 21, and frequent analysis was conducted for the general characteristics and career-specialized characteristics. The t-

test and ANOVA were conducted for career stress and department satisfaction according to the general and career-specialized characteristics; Duncan test was conducted thereafter. An analysis of correlation was conducted to examine the relevance between career stress and department satisfaction.

### 3 Results

Career stress was significantly high for those with monthly income lower than 3000 dollars ( $p < 0.05$ ) and for those who thought dental hygiene was unfitting for them ( $p < 0.001$ ). Department satisfaction was high, if the monthly income was between 3000 and 4000 dollars ( $p < 0.05$ ), the student thought of work period as life-long ( $p < 0.05$ ), the reason for choosing a job was “organization atmosphere” ( $p < 0.05$ ), and if the student thought that dental hygiene is fitting for their aptitude ( $p < 0.001$ ).

The correlation between career stress and department satisfaction was analyzed to determine their relationship. According to the result, there is a negative correlation between career stress and department satisfaction ( $p < 0.05$ ,  $p < 0.01$ ).

### 4 Discussion

The study was conducted to provide basic information that can be utilized for career counseling, career planning, and student counseling by understanding the general mental stage of dental hygiene students with career stress and department satisfaction.

The study results showed that the career stress of dental hygiene students was average, and although there was a slight difference, these results were similar to Sun-Haeng Shin’s study conducted on health science college students composed mostly of females and Yoo-Jin Seo’s study conducted on university students. Subject satisfaction’s sub-scores were all similar to Jin-Hui Lee’s results except the social perception, which had a slightly higher score. It is considered that such result is reflecting the increased social awareness ability due to positive evaluation of employment security and various related situations that had been derived from students deciding their majors, focusing mainly on employment due to economic downturn and recession causing youth unemployment.

Since the study was only conducted on dental hygiene students from certain areas, it is therefore difficult to generalize the results. Additionally, the study is limited because of the lack of various variables that can affect physical health, occupational value, career stress, department satisfaction, and mental health. Therefore, future studies need to consider more variables and need not only be conducted on health science students but also to be compared with other general university students as well.

In conclusion, choosing a major that is fitting for an individual significantly influences career stress, subject satisfaction. Thus, it is crucial to emphasize the importance of choosing a major based on one’s aptitude to effectively cultivate

professionals. Additionally, students' career stress needs to be minimized, and subject satisfaction needs to be maximized for students to complete dental hygiene curriculum with a more stable mental state. Furthermore, continuous attention and support, such as placement of professionals, management of group counseling program, and other active involvement is needed.

## 5 Conclusion

In the survey on students studying at the department of dental hygiene in Busan and Ulsan area from March to May 2013 to examine variables that influence career stress and department satisfaction, the following results were obtained: Ultimately, an aptitude should be the first considered in order to reduce career stress, improve department satisfaction, and complete the curriculum. Moreover, social support will need for students belonging to families in need. We will need to open an educational development to expand industry-academic cooperation in community. In addition, we will need to create better academic environment and show more concern, consideration. It is also necessary to activate various counseling programs with experts in seeking career guidance and counseling.

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