

### Introduction

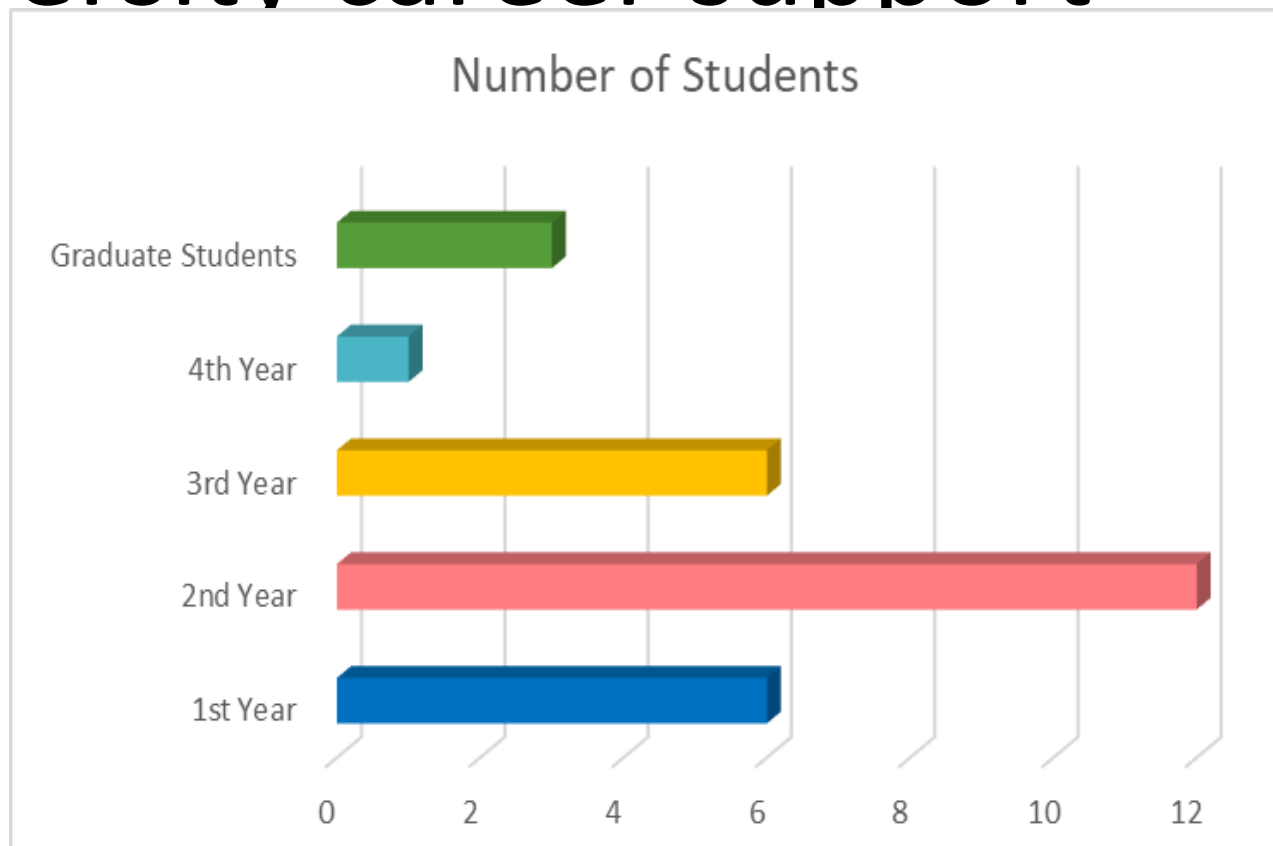
#### 1. Constraints on Career Choices Due to Difficulty in Returning Home

#### 2. Anxiety About Career Development Due to Changes in Academic Focus

Graduating students from Myanmar who relocate to Japan often face the challenge of pursuing work or further studies abroad, where they encounter cultural, language, and visa hurdles. In addition, the shift in their academic focus away from their desired career paths can lower their self-efficacy and heighten anxiety about their future.

### Research Objective

By examining the link between self-efficacy and career outcomes in Myanmar students in Japan, and how political instability affects their development, we aim to identify effective university career support approaches.



Target Students: 28, Number of Interviews Conducted: 18

### Research Method

**Survey:** Conduct a survey using questions based on the SCCT model, the survey will analyze the relationship between self-efficacy and outcome expectations.

**Interview:** Conduct semi-structured interviews to gain deeper insights.

### Survey Results

Questions on Self-Efficacy <sup>↱</sup>	M <sup>↱</sup>	(SD) <sup>↱</sup>	Questions on Outcome Expectations <sup>↱</sup>	M <sup>↱</sup>	(SD) <sup>↱</sup>
Excelling in your area of interest <sup>↱</sup>	3.82 <sup>↱</sup>	0.9	Knowledge from classes and career <sup>↱</sup>	3.57 <sup>↱</sup>	0.63
Skill improvement <sup>↱</sup>	3.64 <sup>↱</sup>	0.99	Career activities and job opportunities <sup>↱</sup>	3.93 <sup>↱</sup>	0.6
Confidence in new challenges <sup>↱</sup>	3.57 <sup>↱</sup>	1	Skills from extracurricular activities <sup>↱</sup>	3.75 <sup>↱</sup>	0.8
Problem-solving ability <sup>↱</sup>	3.93 <sup>↱</sup>	0.66	Language skills and international career <sup>↱</sup>	4.07 <sup>↱</sup>	0.62
Decision-making on major and career <sup>↱</sup>	3.5 <sup>↱</sup>	0.92	Career support and success <sup>↱</sup>	4.21 <sup>↱</sup>	0.63
			Career Anxiety Attributed to Political Instability <sup>↱</sup>	4.25 <sup>↱</sup>	0.8

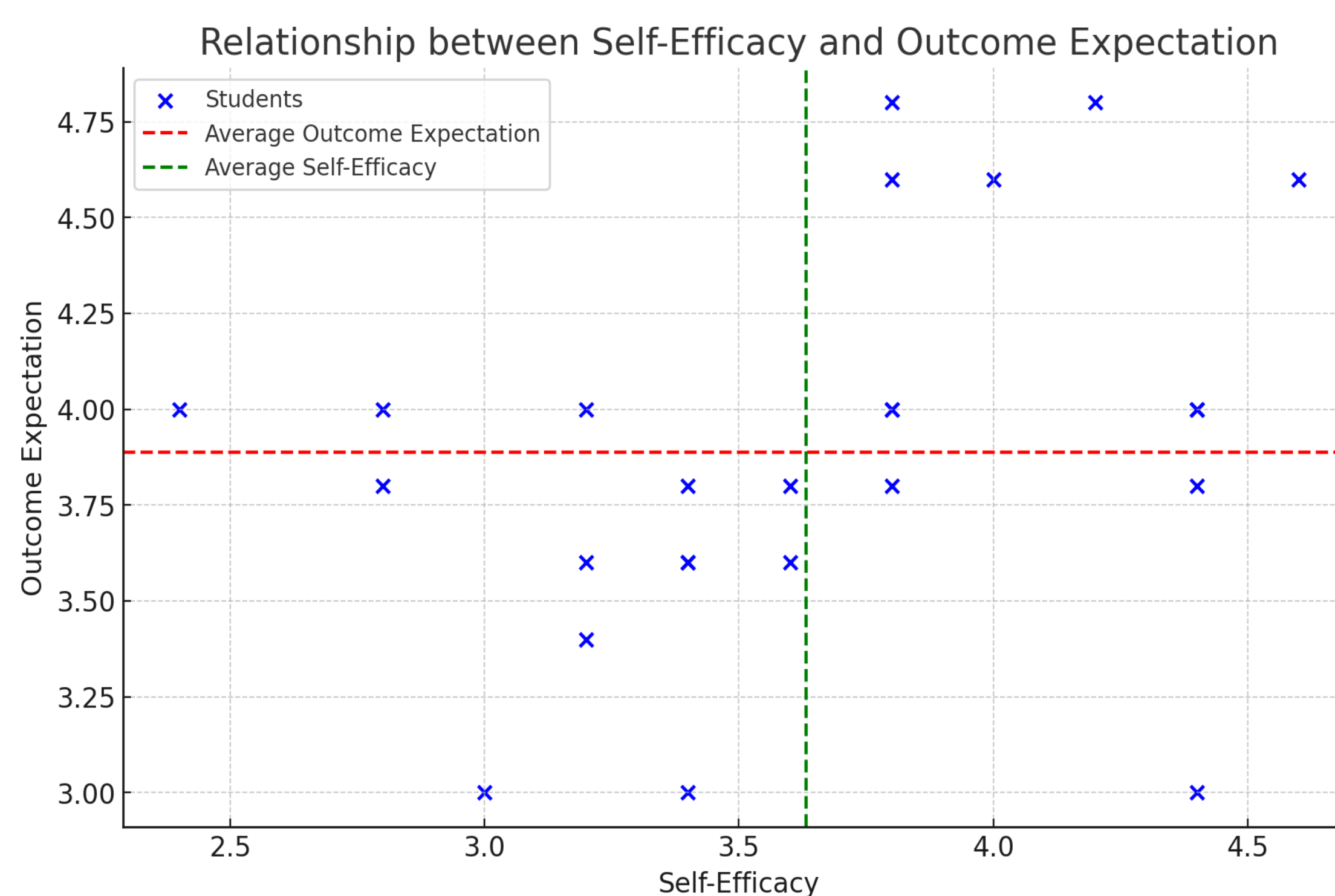


Figure 1: Mean and Standard Deviation of Questions on Self-Efficacy and Outcome Expectations

Figure 2: Correlation Between Self-Efficacy and Outcome Expectations

#### Figure 1:

►For **self-efficacy**, "problem-solving ability" is rated the highest, while there is less confidence in "decision-making on major and career."

►For **outcome expectations**, there are high expectations for "career support and success," but students also experience strong "career anxiety attributed to political instability."

#### Figure 2:

►Students with higher self-efficacy tend to have higher outcome expectations, though the data shows considerable variation, indicating that other factors may also influence outcome expectations.

### Insights from the Interviews

*"I'm worried about being older than my peers when entering the workforce."* [Higher Age at the Time of Employment]

*"I feel anxious because I can't see the connection between my major and future jobs."* [Uncertainty About Future Jobs Not Directly Related to Their Major]

*"I lack confidence in the Japanese language skills required for job hunting."* [Japanese Language Proficiency for Job Hunting in Japan]

Factors likely related to self-efficacy—such as anxiety about age, difficulty in seeing the connection between one's major and future jobs, and lack of confidence in Japanese language proficiency—are also suggested to influence outcome expectations for future success.

### conclusion

#### Future Career Support Strategies

#### Providing and Visualizing Career Information

- Develop clear and concise career guides that outline career paths and industry information related to each major.
- Improve access to information by publishing FAQs and sharing testimonials from alumni on internships and job hunting experiences on the career center's website.

#### Utilizing Mentoring and Role Models

- Organize exchange sessions with Myanmar alumni to share success stories and strategies for overcoming challenges.

