

Lifestyle Inclinations in Undergraduate Students' Choice of Psychology Degree

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ABSTRACT Traditionally, both men and women were known to choose careers that suit their family traditional obligations. Therefore, choosing a career is a crucial decision that needs to be made from an informed position. An ex-post facto research design was employed to examine gender differences in the altruistic motives of psychology students. Stratified random sampling method was used to select 368 participants. A questionnaire was used to collect data. Data were analysed using descriptive statistics and Mann Whitney U test. Overall, the participants' lifestyle motives for career choice were moderate. Only one construct (my career will suit my lifestyle) had a high mean score of 4.11. Gender differences in lifestyle inclinations of the students were not statistically significant. Future research needs to target a larger cross-geographic sample to increase the generalisability of the findings.