

# 'MedJob': Early Introduction to Medical Careers

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## INTRODUCTION

The need of a balanced medical profession is higher in order to suffice the call for better national health care system. Although there are lesser demand and interest from non-specialistic professions, they hold the same importance in medical field and health sector. Exposures to variety of medical professions are vital to develop students' interest in order to give them insight, confidence, and willingness to explore career in those fields. This study aimed to examine MedJob, a career medical introduction program, as an effective program.

@MedJobID 

## METHODS

MedJob is a medical career introduction program consists of three main components:

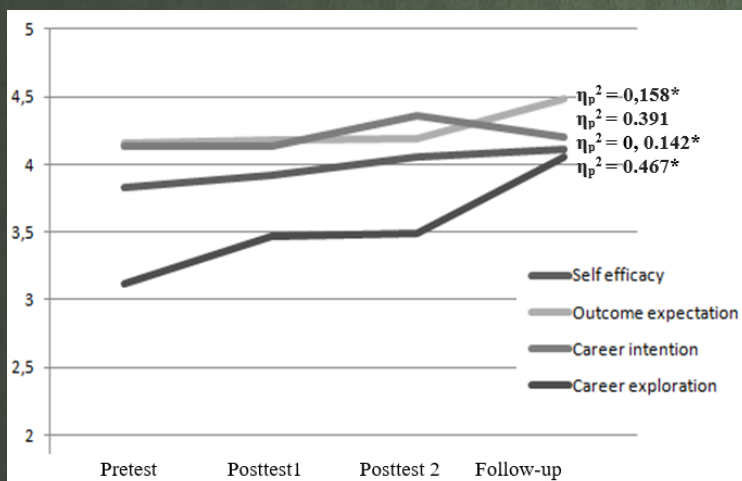
- 1) Interactive discussion
- 2) Field trip and outdoor session, and
- 3) Written exercises.

This program was derived from SCCT, one of the most prominent career exploration behavior theory, combined with five critical ingredients of career choices intervention.

Both MedJob and control group consisted of thirty four and forty voluntary recruited first-year medical students in Sriwijaya University. Each participants completed series of questionnaires about their self efficacy, outcome expectation, career planning and intention and career exploration that had been translated and validated.

## RESULT AND DISCUSSION

Participants' self efficacy, career planning and intention and career exploration were statistically increased in MedJob group compared to control group. ( $p < 0,05$ ). Career exploration with the highest effect size among other variables ( $\eta^2 = 0.467$ ).



Variabel	MedJob (n = 34)		Control (n = 40)		p value
	Mean $\pm$ SD (min-max)	$\Delta$ Mean $\pm$ SD (min-max)	Mean $\pm$ SD (min-max)	$\Delta$ Mean $\pm$ SD (min-max)	
Self efficacy	3,824 $\pm$ 0,570 (2,78 - 4,88)	0,230 $\pm$ 0,302 (-0,08 - 1,29)	3,897 $\pm$ 0,451 (2,92 - 5)	0,004 $\pm$ 0,013 (0,00 - 0,04)	0,000
	4,055 $\pm$ 0,445 (3,17 - 4,79)		3,892 $\pm$ 0,449 (2,92 - 5)		
Outcome expectation	4,156 $\pm$ 0,501 (3,11 - 5)	0,029 $\pm$ 0,448 (-1,78 - 1)	3,954 $\pm$ 0,599 (1,89 - 5)	0,013 $\pm$ 0,053 (-0,11 - 0,22)	0,684
	4,186 $\pm$ 0,610 (3,20 - 5)		3,941 $\pm$ 0,609 (1,89 - 5)		
Career intention	4,129 $\pm$ 0,484 (3,20 - 5)	0,229 $\pm$ 0,528 (-0,26 - 2)	3,805 $\pm$ 0,617 (2,60 - 5)	0,059 $\pm$ 0,091 (-0,40 - 0,20)	0,001
	4,358 $\pm$ 0,458 (3,60 - 5)		3,800 $\pm$ 0,616 (2,60 - 5)		
Career exploration	3,117 $\pm$ 0,633 (1,70 - 4,35)	0,368 $\pm$ 0,570 (-1,78 - 1)	3,786 $\pm$ 0,590 (2,57 - 4,83)	0,011 $\pm$ 0,035 (-0,04 - 0,13)	0,007
	3,485 $\pm$ 0,578 (2,65 - 4,61)		3,785 $\pm$ 0,590 (2,57 - 4,78)		

Participants' career exploration-related behavior were shown to be generally increased from every step of the activity. During after-intervention phase, participants continued their exploration themselves, in both related or unrelated field from those given in MedJob.

## CONCLUSION

MedJob successfully improved medical students' career exploration-related behavior. MedJob, as a comprehensive career intervention for medical students. This six-day program was well-received by participants and significantly increased their self efficacy, career intention and planning, and career exploration.

## REFERENCE

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