



### Abstract

The current study examines an empirical model that includes emotional aspects as a source of career self-efficacy, and their contribution to future perceptions and life satisfaction. SEM analysis demonstrated a good fit, emphasizing the importance of integrating emotional aspects into research and practice, with a focus on self-efficacy.

### Relevance to conference theme

The current findings support the recent model of SCCT related to life satisfaction, and emphasize the importance of emotional aspects, especially avoidance attachment, to theory, research, and interventions focusing on career. Results also show the benefits of a broad perspective when defining career and understanding future perceptions and life satisfaction.

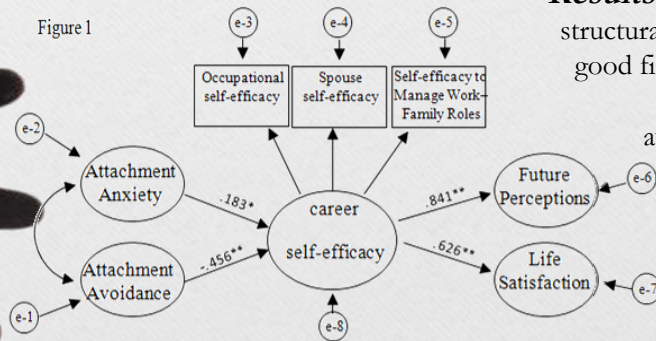
## The Contribution of Attachment Anxiety and Avoidance to Career Self-Efficacy of Adolescents

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Most theories and research on career development during adolescence address cognitive aspects, while downplaying emotional aspects (Conklin, Dahling & Garcia, 2013). The concept of career is usually implemented in the working role, disregarding broad and contextual approaches (e.g., Blustein, 2011; Cinamon, 2010). The current study explores an empirical model that includes attachment anxiety and avoidance as a source of career self-efficacy (comprising occupational, spouse, and work-family management self-efficacy), and their contribution to future perceptions and life satisfaction (see Figure 1).

**Participants:** Israeli high school students ( $N = 264$ ; 148 females;  $M_{age} = 17.01$ ,  $SD_{age} = 0.86$ ), who completed six self-report reliable. **Measures.** 1) The Experiences in Close Relationships Measure (Brennan, Clark, & Shaver, 1998); 2) The Occupational Self-Efficacy Measure (Schyns & Von Collani, 2008); 3) The Spouse Self-efficacy Subscale of The Perceived Marital Self-Efficacy Measure (Caprara, Regalia, Scabini, Barbaranelli, & Bandura, 2004); 4) The Self-efficacy to Manage Work-Family Roles Scale (Cinamon, 2012); 5) The Future Perceptions Scale (Michael, Most, & Cinamon, 2012); and 6) The Satisfaction with Life Measure (Diener, Emmons, Larsen, & Griffen, 1985).

Figure 1



\* $p \leq .05$ . \*\* $p \leq .01$ .

**Results** of the measurement and structural models demonstrated a good fit of the proposed model.

Attachment anxiety and avoidance were correlated with career self-efficacy.

High levels of career self-efficacy were positively correlated to future perceptions and to life satisfaction.