



## Insights of Medical Students Regarding Medical Field as a Career Option- A Cross-Sectional Study at a Medical College in Maharashtra

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*Received: 10 August 2024 Revised: 11 September 2024 Accepted: 17 September 2024*

### KEYWORDS

Medical profession, perception, first year MBBS, healthcare career choices

### ABSTRACT:

**Background:** For policymakers, the socioeconomic position of medical students and their reasons for choosing a certain professional path are of utmost relevance. Present study was conducted to study various socioeconomic factors & reasons to choose medical field as career of choice among first year medical students.

**Materials & Methods:** A cross-sectional study was conducted on 185 first-year MBBS students at a tertiary health care teaching facility in Maharashtra. Data were collected using a pre-designed, validated questionnaire covering reasons for choosing medicine, socio-demographics, entrance exam preparation, and satisfaction levels. Statistical analysis was performed using SPSS 20.

**Results:** Out of 185 study subjects, 95 were male & 90 were female. Majority study subjects were having this as their own choice followed by many students chooses this carrier option to serve the poor people.

**Conclusion:** The present study concludes that most of the study subjects choose MBBS as carrier to help poor. Also, most of study subject thinks this carrier can give them high professional status. Residence & socioeconomic status of study subject was statistically significant with gender. Most of study subjects are satisfied after choosing MBBS as carrier of choice.

### INTRODUCTION

A career in medicine, which was formerly the top option for every student graduating from high school, is typically assumed to have become less appealing. The best pupils attending university are not anymore applying for the medical field as a career. [1] Presently in our country we have a shortage of doctors, inferior than the references of World health organisation and the Planning Commission of India. [2] The healthcare profession has traditionally been ranked lower than other professions such as business administration, chartered accountancy, chemical, electronic, software, mechanical engineering, airline crew, or even health

service management in many career guidance recommendations. [3-4] The medical field was not included in Forbes magazine's list of best job choices. [5]

The reasons behind a student's job choice and their rejection of authority are of enormous significance to policymakers. The students have a variety of career choices, so it can be difficult for them to choose one when they aren't sure. [6]

Pronouncement procedure involves a number of factors that comprises self-motivation, financial reasons, personal interest, peer pressure, better quality of life etc.



When compared to other job alternatives, the medical field is remarkable since it is viewed as being very noble and offering opportunities to help people. [7]

Considering above evidences, we sensed that, it would be thought-provoking to study why present medical scholars choose medical field as a profession. Thus, we programmed a cross-sectional study to appreciate the reasons as medical career option, to study their present level of pleasure with their carrier choice.

## METHODOLOGY

**Study design:** Cross-sectional study

The study has been carried out in the department of Anatomy on First Year MBBS medical Students of a tertiary health care Medical College & research centre, in Maharashtra. Total 200 students were there in first year MBBS. Out of these, 185 students give consent to participate in the study and filled the whole pre-designed and pre-validated questionnaire form.

Inquiry form included the questions concerning reasons for choosing medical school, socio-demographic profile, preparation of MBBS entrance exam, and the satisfaction level in the medical school etc. The students gave their informed consent after being guaranteed that their research would only be utilised for internal purposes and that it would not be shared with anyone.

The data was composed & entered in Microsoft excel, analysed and interpreted by using trial version of software SPSS 20. The results were presented as tables and graphs. For qualitative data, the chi square test was used & at a 95% confidence level, a p value of less than 0.05 was deemed statistically significant.

## RESULTS

It was determined that there were roughly similar numbers of male and female first-year MBBS students among the 185 participants in the study; 95 male students while 90 being females. While considering the residence of the study subjects it was found that majority of study subjects were resident of urban area. The association between gender and resident was found to be statistically significant.

While considering the education of parents of study subjects, it was found that most of the fathers of study

subjects were highly educated while most of the mothers were educated up-to higher secondary level. But the association between gender & education of parents was not statistically significant.

Most of the fathers were having professional occupation while majority mothers were

Housewife. The association between gender & occupation of parents was not statistically significant. Most of the study subjects were belongs to class I socioeconomic status & association between gender & socioeconomic status was found to be statistically significant (Table 1).

**Table 1: Sociodemographic profile of study subjects (N=185)**

Sociodemographic-Factor	Female (90)	Male (95)	P value
<b>Resident</b>			
Urban	73	61	0.01014
Rural	17	34	
<b>Fathers Education</b>			
Illiterate	1	0	0.9066
Primary	3	2	
Upper Primary / Middle	5	4	
Secondary	12	13	
Higher Secondary	28	31	
Graduate and above	41	45	
<b>Mothers Education</b>			
Illiterate	2	1	0.2709
Primary	8	12	
Upper Primary / Middle	15	19	
Secondary	18	29	
Higher Secondary	25	20	
Graduate and above	22	14	
<b>Fathers' occupation</b>			
Unemployed	0	0	0.3042
Unskilled	0	0	
Semiskilled	9	4	
Skilled	10	12	
Semi professional	26	36	
Professional	45	43	



Mothers' occupation			
Unemployed	34	37	0.7521
Unskilled	5	8	
Semiskilled	11	17	
Skilled	19	16	
Semi professional	12	10	
Professional	9	7	
Socio-economic status (Kuppuswami scale)			
Class I	58	41	0.01469
Class II	25	34	
Class III	6	16	
Class IV	1	4	
Class V	0	0	

While considering the attempts for clearing the entrance exam for MBBS, it was found that majority female students cleared the exams in first attempt as compared to male & the association between attempts to enter in MBBS & gender was statistically significant. Most of the study subjects took help of coaching class to clear the entrance exam, also most of the study subjects were not from any medical family background (Table 2).

**Table 2: Distribution of study subjects according to number of attempts & preparation for entrance exam (N=185)**

Factor	Female (90)	Male (95)	P value
No. of Attempts for Clearing the Exam			
First	46	30	0.00049
Second	38	38	
Third	6	20	
More than three	0	7	
Preparation for entrance exam			
Self	5	3	0.4229
Any coaching class	85	92	
History of any family member as doctor			
Yes	8	5	0.3349
No	82	90	

After knowing the reasons to choose MBBS as carrier choice, it was found that majority study subjects were having this as their own choice followed by many students choose this carrier option to serve the poor

people. Also, many students said that they were weak in maths, so they choose MBBS as carrier as this this profession can give them more fame, more social status & more money (Table 3).

**Table 3: Distribution of study subjects according to reason to choose medical field as carrier (N=185)**

Reason for choosing MBBS as a carrier*		Female (90)	Male (95)
1.	Wants to help Poor	70	88
2.	Influenced by some doctor Relative	08	12
3.	Forced by Parents	09	06
4.	Sibling Doctor	02	03
5.	Own choice	88	92
6.	Weak in Maths / No other option	79	76
7.	Parents are Doctor forced to choose	12	09
8.	Thinks that this profession will give more money	75	79
9.	Thinks that this profession will give more fame	54	64
10.	High professional status	70	80

\*Multiple choices

Majority of study subjects were satisfied after choosing this as carrier option, while 3 students were not satisfactory while 7 students were still confused for the same. The association between gender & level of satisfaction of choosing medical field was not statistically significant (Table 4).

**Table 4: Distribution of study subjects according to Level of satisfaction of choosing medical field (N=90)**

Level of satisfaction of choosing medical field	Female (90)	Male (95)	P value
Satisfactory	82	91	0.4216
Not Satisfactory	02	01	
Confused	04	03	
No Response	02	00	



## DISCUSSION

In present study Most of the fathers were highly educated with professional occupation similar finding were seen according to a research by Hunkar K [8], the majority of fathers had a university education and held professional jobs.

Participants in this study cited the two most frequent observations they made upon entering the medical profession as being a respectable employment in society and having the desire to serve the public. More earning capacity was similarly quoted as significant factor by many students in present study. This confirms that students chose medical careers mostly for their humanitarian nature and drive to promote the welfare of people.

Additional study by Morley et al [9] also demonstrates that capability to make a change in others' lives and helping public are the chief motives for selecting occupation in medicine. Studies led by Gazibara et al. and Scheffer et al. both mention a desire to help others with their physical wellness as the most important reason for entering the medical field. [10-11]

In this present study most of the study subjects were from urban area. And majority were belonging to upper socioeconomic status. And the association between gender & the residential area, socioeconomic status was statistically significant. This might be due the more facility of coaching & advance teaching skills available in urban areas & also affordability of facilities by upper class socioeconomic status study subjects. Similar finding was seen in study done by Ranjana Tiwari et al. [12]

## CONCLUSION

The present study concludes that most of the study subject choose MBBS as carrier to help poor. Also, most of study subject thinks this carrier can give them high professional status. Residence & socioeconomic status of study subject was statistically significant with gender. Most of study subjects are satisfied after choosing MBBS as carrier of choice.

## FUNDING

None.

## CONFLICT OF INTEREST

None to declare.

## ACKNOWLEDGEMENT

Authors acknowledge the NKP Salve Institute of Medical sciences & research centre and LMH for providing data and support.

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