

Factors Influencing Career Choices in Optometry Among Students in Northeast Tripura, India

Rikta Paul¹, Koldeep Pal², Sourav Karmakar³

¹Department of Optometry, Swami Vivekananda University, Telinipara, Barasat - Barrackpore Rd Bara Kanthalia, West Bengal - 700121

²Consultant Optometrist, CL Gupta Eye Hospital, Ram Ganga Vihar Phase - II, Moradabad- 244001, U.P.

³Department of Optometry, School of Health Sciences, The Neotia University, Sarisa, Diamond Harbour Road, 24 Parganas (South), West Bengal - 743368

Abstract

Background: This study aimed to discover the elements that influenced Northeast Tripura optometrist students' decisions to pursue optometry as a profession. We conducted this research to determine what goes on within the minds of young teenagers that leads them to choose optometry as their career path. Using Google Forms and census sampling, we were able to collect responses from 108 Bachelor of Optometry students from 1st to 3rd years of the programme. Data were captured and analysed with the statistical programme of social sciences (SPSS) latest version 27. 100 students from the school of optometry took part. The mean age of the student was 20.39 years (SD= 1.014). Of 100 students, 64% were female and 36 % were male. Females were much more likely than males to be influenced by all of the factors. In general, over 82% of respondents cited a desire to serve others, a good wage and professional status, and employment availability as the most relevant considerations in choosing an optometry career. The major two determinants for getting a job after finishing a course were participation in induction and subject passes and points acquired in each year. Females were more likely to

pursue a profession in optometry than males. The main factors that prompted me to pursue optometry were job availability after graduation, a solid income and job prospects, and a flexible work schedule. Service to others in the community was a significant motivation for young Indians to pursue a career in optometry.

Introduction

Choosing a career is important for moulding one's life (Kulkarni & Abhilasha, 2020). Professional choices have a significant impact on an individual's chosen profession and overall success in life (Kobia-Acquah et al., 2020). Incorrect professional decisions can have serious consequences in an individual's life; hence, most people exercise caution while choosing a career path (Kobia-Acquah et al., 2020). It affects not only success and prosperity but also people's level of satisfaction (Kulkarni & Abhilasha, 2020). Yet, there is a complicated interaction of elements such as a person's psychological makeup, societal expectations, employment availability and personal ethos that can impact an individual's career selection (Kobia-Acquah et al., 2020). Professional decisions made by health professionals such as optometrists affect not only the individual but also society and the country as a whole (Kobia-Acquah et al., 2020). Together with traditional medical fields, paramedical studies are becoming more and more popular among prospective students (Kulkarni & Abhilasha, 2020). There are numerous different paramedical fields, including technology used in medical labs, dialysis, radiography, operating rooms, optometry, and audiometry, among many others. Skilled personnel, who work under the direction of the medical specialist, are in high demand in the healthcare system (Kulkarni & Abhilasha, 2020).

Since the opening of the first school of optometry in 1958, optometry in India has advanced significantly in terms of both education and service provision. Optometry is recognised as a main eye care profession in many parts of the world and is included in laws governing health care. Optometry is not yet recognised in India as a primary eye care profession on its own. The scope of optometry practise differs from nation to nation, and it is ill-defined in India (Arvind et al.,

2021). Optometry as a profession and optometric education in Africa have advanced rapidly in recent years, with a growing number of optometry schools being created across the continent (Kobia-Acquah et al., 2020). Optometry is a healthcare specialty that encompasses examining the eyes and relevant visual frameworks for anomalies, as well as correcting refraction errors with spectacles or contact lenses and treating eye infections (Osugwu et al., 2014). Traditionally, the field of optometry began with the primary focus of correcting refraction faults through spectacles (Osugwu et al., 2014). However, advanced optometry has evolved over time, and the educational curriculum now includes important preparation for the diagnosis and therapy of ocular disorders in the majority of the countries where this occupation is established and regulated (Osugwu et al., 2014). Optometry students in their clinical years frequently confront difficulty in deciding whether to pursue a profession in or outside of optometry (Kobia-Acquah et al., 2020). Optometry careers can be practice-oriented (with or without additional optometry interests) or non-practice-oriented (academic, research, and industrial optometry)

(Kobia-Acquah et al., 2020). Others, however, may pursue their hobbies and interests in subjects such as humanities, medicine, business administration, and law (Kobia-Acquah et al., 2020). Career options, residency length, and work-life balance have all been documented to have a substantial impact on medical students' career decisions (Kobia-Acquah et al., 2020). In the ordinary practice of ophthalmology, an optometrist is frequently the patient's first point of contact (Kulkarni & Abhilasha, 2020). The optometrist is trained to use ophthalmological tools like vision drums and more complex ocular scans, perform ocular exams, prescribe optical corrections like glasses or contact lenses, assist the ophthalmologist in the operating room, and conduct community-based eye check-up camps for visual rehabilitation (Kobia-Acquah et al., 2020). According to the World Council of Optometry, Indian optometrists possess a high level of training and competence. They operate in a range of settings, including academic institutions, optical retail stores, hospitals, and clinics, as well as in marketing,

administration, and independent private practises . In all, these statistics demonstrate that India accounts for around 19.6% of the world's optometrists (Venugopal et al., 2021).

According to the most recent data on the extent of vision impairment worldwide, there will be 38.5 million blind people and 237.1 million people with moderate to severe visual impairment by the year 2020 (Gyawali & Bhayal, 2019). According to estimates, 1.5% of Eritreans are blind, and another 10.5% have moderate to severe vision impairment (Gyawali & Bhayal, 2019). Similar to the general trend, uncorrected refractive error (18.1%) and cataract (56.3%) are the two main contributors to overall vision impairment in Eritrean adults (Gyawali & Bhayal, 2019). Two thirds of those who are visually impaired may regain good sight if these two major sources of vision impairment were prioritised and control techniques were used uniformly over the world. However, research have revealed that both the general adult population and visually impaired children in Eritrea have a high percentage of unmet refractive correction needs (Gyawali & Bhayal, 2019). Some of the reasons why Eritreans have a very low met need of spectacles for refractive errors have been cited include lack of awareness, lack of services, and expensive expenses of spectacles (Gyawali & Bhayal, 2019). India, which has 1.3 billion people, has 9000 optometrists who have completed a four-year optometry degree programme and 40 000 ophthalmic technicians and assistants who have completed a two-year diploma programme in ophthalmic training. Nearly all developed nations with optometry as a recognised profession (including the United States, United Kingdom, Australia, and Canada) place limitations on who is allowed to conduct eye exams and who is allowed to prescribe and dispense optical devices. There are no such limitations in India because there is no regulatory agency that oversees the provision of optical devices or optometric eye care. India offers two-year certificate and four-year degree programmes in optometry (Arvind et al., 2021). The India Vision Institute report estimates that there are about 49,000 optometrists who are now in practice and 164 institutes that offer optometry education in India (Venugopal et al., 2021). According to the WCO, there are around 358 training institutions and 250,000

optometrists worldwide (Venugopal et al., 2021). According to these statistics, India accounts for 19.6% of all optometrists worldwide (Venugopal et al., 2021). However, the percentage may be exaggerated given that only 70 out of the 358 known optometry organizations worldwide collaborate with WCO (Venugopal et al., 2021). Although being a long-standing profession, optometry is not well accepted in many nations (Venugopal et al., 2021).

With more optometry schools opening up across the continent in recent years, optometry as a profession and optometric education in Africa have advanced gradually (Kobia-Acquah et al., 2020). In Africa, optometry degrees are offered through either a six-year program that results in the award of a Doctor of Optometry (OD) degree or a four-year program that results in the award of a Bachelor of Optometry (B.Optom) degree (Kobia-Acquah et al., 2020). Just the Kwame Nkrumah University of Science and Technology (KNUST) and the University of Cape Coast (UCC) in Ghana currently offer the curriculum, which results in the award of an OD degree. (Kobia-Acquah et al., 2020). The curriculum must be created in a way that will inspire each student to learn the necessary skills and to perform them in a way that will support the continued growth of the optometry profession (Kulkarni & Abhilasha, 2020). Number of Optometry colleges in India are-

S. No	State	No. of Institutes
1	Andhra Pradesh	7
2	Assam	3
3	Bihar	4
4	Chhattisgarh	1
5	Gujarat	9
6	Haryana	2
7	Jammu and Kashmir	1
8	Jharkhand	1
9	Karnataka	7
10	Kerala	20

11	Madhya Pradesh	5
12	Maharashtra	23
13	Meghalaya	2
14	Nagaland	1
15	Punjab	2
16	Rajasthan	3
17	Tamil Nadu	18
18	Telangana	5
19	Tripura	1
20	Uttar Pradesh	18
21	Uttarakhand	1
22	West Bengal	14
	Total	149
S. No	Union Territories	
1	Chandigarh	3
2	Delhi	12
	Total	15
	Total no. of institutes in India	164

An increasing number of students are considering optometry as a career due to an increase in awareness regarding early treatment of refractive error, selecting trendy corrective alternatives, and the growth of optical stores, eye hospitals, and optometry schools. (Kulkarni & Abhilasha, 2020). The future of optometric education and practice in Ghana and the delivery of eye services in the nation are all impacted by the career objectives of Ghana's optometry students, even though they are purely personal. (Kobia-Acquah et al., 2020).

Number of optometry colleges in Northeast region are-

S. No	State	No. of Institutes
1	Arunachal Pradesh	3

2	Assam	3
3	Manipur	1
4	Meghalaya	2
5	Mizoram	1
6	Nagaland	1
7	Tripura	1
8	Sikkim	1

We were unable to locate research that examined variables influencing optometry as a profession choice or the type of educational institution in Northeast Tripura.

These studies are crucial because there are many variables that affect a student's decision to enroll in a course in a certain nation, and the institutions that offer the program would benefit from knowing these details (Mashige & Oduntan, 2011). An increasing number of students are considering optometry as a career due to an increase in awareness regarding early treatment of refractive error, the selection of trendy corrective alternatives, and the growth of optical stores, eye hospitals, and optometry schools. This study was carried out by the authors to investigate the factors that affected optometry students' decision to pursue it as a career in a Northeast Tripura.

Methodology

The questionnaire-based, cross-sectional study was conducted among the optometry students at Tripura Institute of Paramedical College, after carrying from the council authority. The study was followed by the Amity university Haryana and participants were enrolled after taking informed concurrence.

The questionnaire was distributed by first-year to third-year Tripura Institute of Paramedical College Optometry students and subsequently modified for easy understanding. Included in this study were all 108 students who were registered for the 2019-2022 academic year at the one , optometry college at Tripura Institute of Paramedical College. But successfully completed 100 students who click all questionnaire columns.

A questionnaire on the demographic such as Name, Age, Gender, Email, Year of students and factors (Impression about the course, Job opportunities after graduating, optometry for a social cause, personal gratification from choosing this career and others) that might have influenced their choice of career and institution of learning was used for data collection.

Participants

The study population included all registered first year to Third year optometry students in one institute at TIPS. For the quantitative component, the study sample (N=108) comprised First year to Third year optometry students registered at Tripura Institute of Paramedical Sciences. There were 100 registered optometry students in one institution at the time of this study and all were included in the study those who went for internship purposes that data has to exclude.

Data gathering

Following permission from the heads of the departments of optometry to conduct the survey, questionnaires were distributed in the institution to the graduating optometry students who agreed to participate in the study. The completed questionnaires from the institution were collected by the students.

Time Frame:

The current study was carried out from July 2022 to May 2023.

Sample Size: 100

Inclusion Criteria:

Participants in this study and birth place are only from Tripura and only optometry students are allowed to be a part of this study.

Exclusion Criteria:

Optometrists from other states and other institutes were not included in this study.

Results

Data Analysis:

Data were captured and analysed with the statistical programme of social sciences (SPSS) latest version

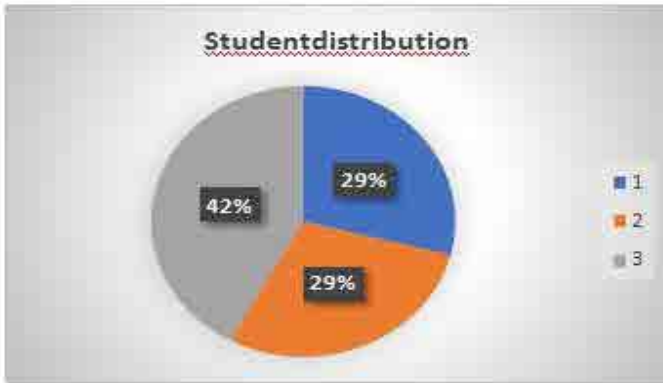
27. Descriptive statistics were used to analyse values such as Frequencies, mean, standard deviation and percentage of collected data. Person Chi-square and NPar test was used to analysis association between relevant variables.

Statistical Analysis:

All the data were analysed using SPSS software. Data were normally distributed. Kolmogorov test was employed to check the normality of the data. Descriptive statistics were used to analyse the data.

Demographic data:

100 students from the school of optometry took part. The mean age of the student was 20.39 years (SD= 1.014). Of 100 students, 64% were female and 36 % were male. Graph 1 shows the demographic breakdown of the student body.



1. 1st year

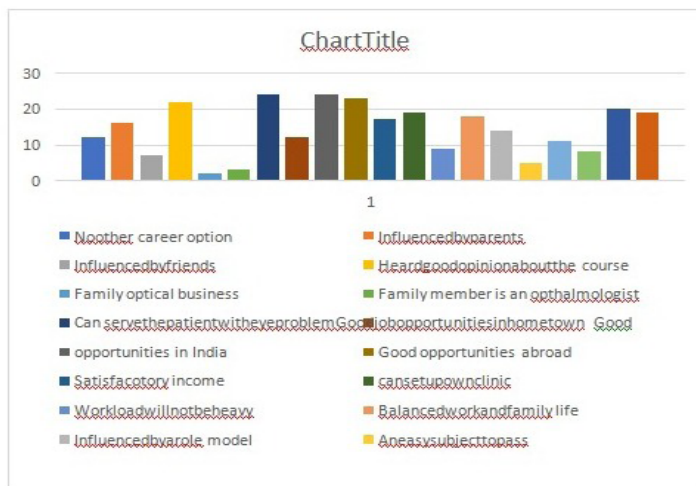
2. 2nd year

3. 3rd year

Factors influencing the choice of optometry: The graph-2 depicts the reported reasons given by 100 students for enrolling in the optometry programme.

Impression about the course:

72% of the class was exposed to the course's positive aspects. Over half of the students were agnostic as to whether or not the course was well-liked at their institution, while 32% wholeheartedly agreed. Around 32% of the student body felt they were stuck with their limited career possibilities. 9% of students said it was an easy course to succeed in. Here first year students 65% of the class was exposed to the course's positive aspects and second year students 68% of the class was exposed to the course's



positive aspects and third year students 81% of the class was exposed to the course's positive aspects Shown as figure 1,2,3.

Job opportunities after graduating:

Optometry was chosen as a profession by 38% of respondents because they believed there would be strong work prospects in their hometown, 74% because they believed there would be good job possibilities overseas, and 77% because they believed there would be good job opportunities in India. Among those surveyed, 47% thought an optometry degree may lead to a good wage or income, while 45% were unsure. Just 9% became optometrists because they felt obligated to join the family business. Here first year students 80% because they believed there would be good job possibilities overseas, and 75% because they believed there would be good job opportunities in India and secondary year students 75% because they believed there would be good job possibilities overseas, and 70% because they believed there would be good job opportunities in India and third year students 67% because they believed there would be good job possibilities overseas, and 86% because they believed there would be good job opportunities in India.

Optometry for a social cause:

The majority of participants (74%), therefore, believe they can help those with eye problems. 64% percent were confident that they could become doctors and help people. The majority (62%) of people who wanted to be eye surgeons didn't. However, 40% of respondents did not have a strong opinion either way. Here First year students 85% therefore, believe they can help those with eye problems, second year students 80% therefore, believe they can help those with eye problems and also third year students 57%, therefore, believe they can help those with eye problems.

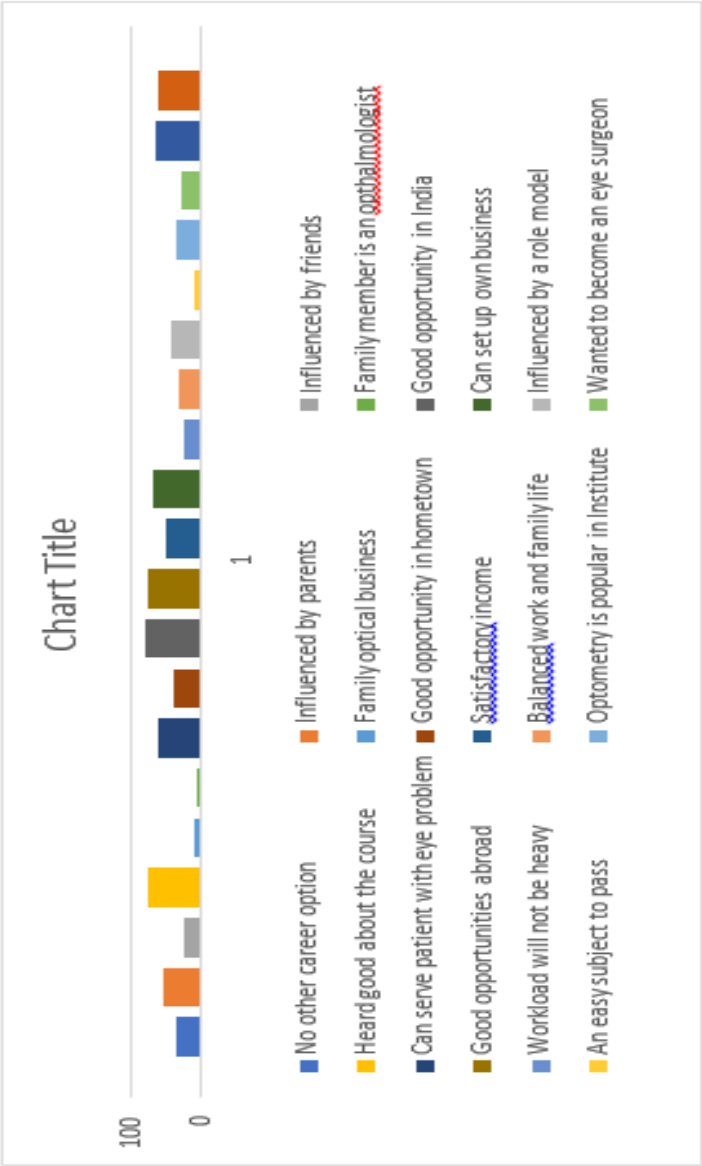
Personal gratification from choosing this career:

A plurality of students, 43%, think that an optometry job is a good way to maintain a healthy work-life balance. While 42% of respondents were agnostic about whether or not optometry practice involved a demanding burden, 34% strongly disagreed. Over 60% of respondents believed that optometry is an honourable profession. Here first year students 35%, think that an optometry job is a good way to maintain a healthy work-life balance, second year students 41%, think that an optometry job is a good way to maintain a healthy work-life balance and also third year students 53%, think that an optometry job is a good way to maintain a healthy work-life balance.

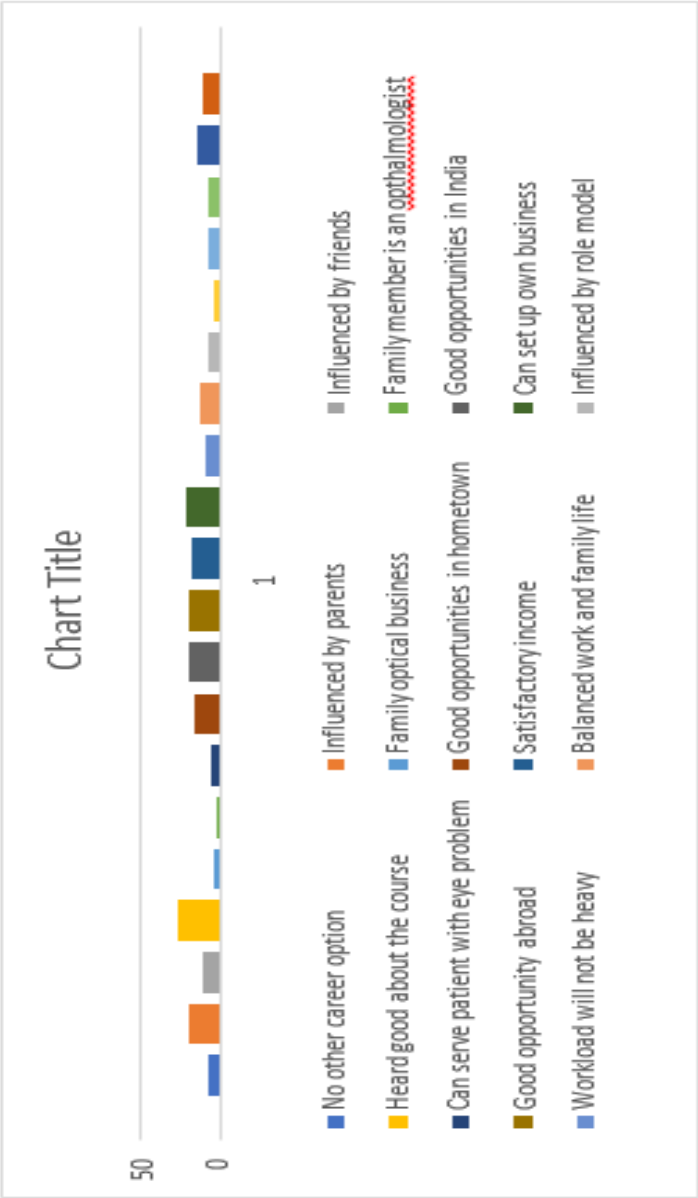
Other influences:

There were parental influences on 52% of students who enrolled in this course. In terms of professions, 39 percent have an optometrist role model. Family members who are ophthalmologists were affected only 4%, and friends only 6%. Here first year students There were parental influences on 70% of students who enrolled in this course here second year students There were parental influences on 61% of students who enrolled in this course and also third-year students There were parental influences on 25% of students who enrolled in this course.

First-year students:
Figure 1



Second-year students:
Figure 2



Third-year -year students:
Figure 3

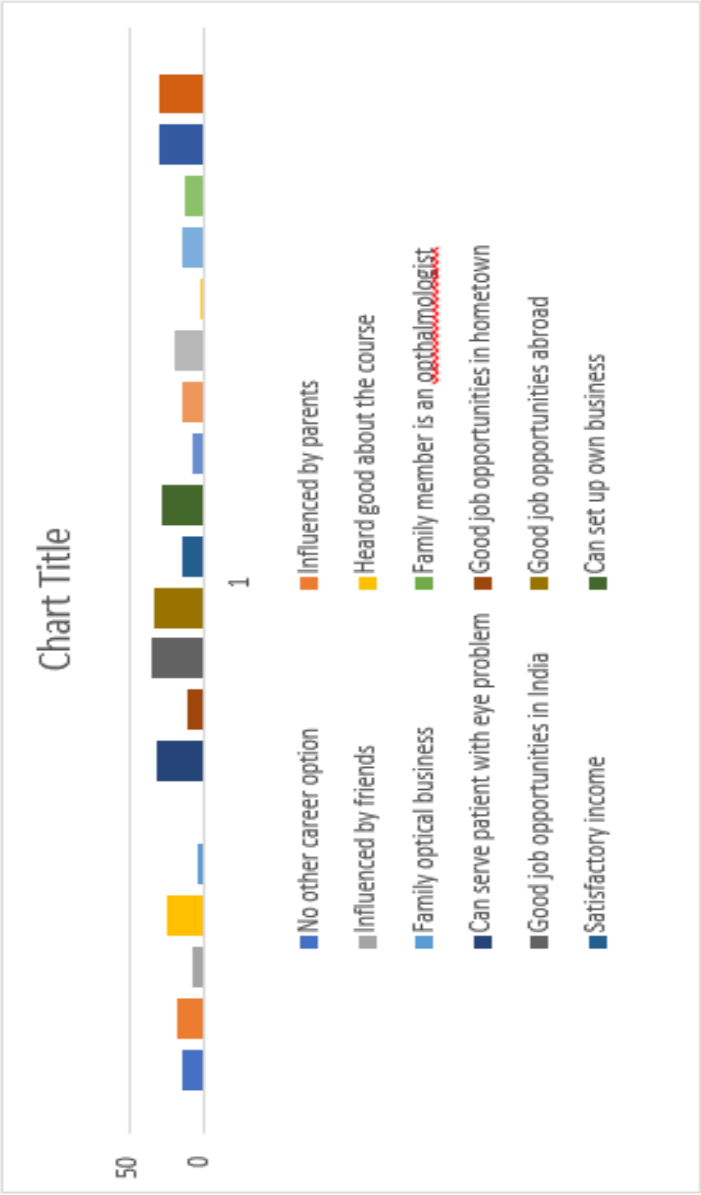


Table:1

Sl no	Questionnaire	1 st year Mean, SD and percentage			2 nd year Mean, SD and percentage			3 rd year Mean, SD and percentage		
		Mean	SD	Percent	Mean	SD	percent	Mean	SD	Percent
1	Because you had no other option left	3.62 0689 66	1.44 9477 57	72.4 1379 31	3.0714285 71	1.1524071 88	59.310 34483	3.119047 62	0.9927144 6	62.38095 24
2	Because you were told by your parents/elders/ teachers to do so	2.37 9310 3	1.59 0458	47.5 8620 7	2.6206896 55	1.0827805 84	52.413 7931	2.928571 429	0.9726217 31	58.57142 857

3	Because your good friend chose to join this course	3.24 1379 31	1.43 0663 493	64.8 2758 621	3.6551724 14	1.2034433 36	73.103 44828	3.952380 952	1.0809296 12	79.04761 905
4	Because you heard good opinions about this course	3.24 1379	0.84 5154	40	2.2413793 1	0.8304547 99	44.827 58621	2.547619 048	0.8323455 24	50.95238 095
5	Because your family member has an optical shop/business	4.17 2413 79	1.03 7475 15	83.4 4827 59	4.1724137 93	0.7591802 68	83.448 27586	4.333333 33	0.9794639 3	86.66666 67
6	Because your family member is an ophthalmologist	4.68 an 9655 2	0.76 0800 7	93.7 9310 3	4.0344827 59	0.8653140 89	80.689 65517	4.476190 476	0.6339729 48	89.52380 952
7	So that you can serve patients with eye problems	2.20 6896 6	0.77 3642 1	44.1 3793 1	2.1379310 34	1.1869570 32	42.758 62069	2.285714 29	1.0189835 8	45.71428 57

8	Because there are good job opportunities in your hometown	2.51 7241	0.87 0988	50.3 4483	2.9310344 83	0.9610646 81	58.620 68966	3.095238 1	0.9320714 9	61.90476 19	
9	Because there are good job opportunities in many places in India	2.24 1379 31	0.63 5563 44	44.8 2758 62	2.1379310 34	0.9533451 61	42.758 62069	2.095238 1	0.7904776	41.90476 2	
10	Because there are good job opportunities abroad	2.17 2413 8	0.80 4849 8	43.4 4827 6	2.1379310 34	0.7894002 21	42.758 62069	2.071428 571	2.0969387 76	41.42857 143	
11	Because the salary/ income from this profession is satisfactory	2.41 3793 1	0.77 9983 6	48.2 7586 2	2.6206896 55	0.9788401 7	52.413 7931	2.714285 714	0.8050364 11	54.28571 429	

12	So that you can set up your own business	2.06 8965 52	0.79 8705 85	41.3 7931 03	2.3448275 86	0.9364012 44	46.896 55172	2.333333 333	0.9794639 32	46.66666 667
13	Because the workload will not be too heavy like other professions	2.79 3103 45	0.67 5029 65	55.8 6206 9	3.2068965 52	1.0134562 63	64.137 93103	3.333333 333	0.8164965 81	66.66666 667
14	Because work and family life can be balanced well	2.62 0689 66	0.56 1489 93	52.4 1379 31	2.5517241 38	0.9097176 52	51.034 48276	2.738095 238	0.6647766 47	54.76190 476
15	Because you have a role model who is an optometrist	3.55 1724	1.21 2618	71.0 3448	3	1.1019463 3	60	2.952380 952	1.0109734 73	59.04761 905
16	Because optometry is an easy subject to pass	3.48 2759	0.82 8971	69.6 5517	4	1.0886621 08	77.241 37931	3.976190 476	0.7152722 57	79.52380 952

17	Because optometry in this institution is popular	2.75 8621	0.57 6639	55.1 7241	2.9655172 41	1.0850529 49	59.310 34483	2.952380 952	0.9358022 76	59.04761 905
18	Because you wanted to become an eye surgeon and you couldn't	3.37 931	0.97 884	67.5 8621	3.1034482 76	0.9763206 29	62.068 96552	3.166666 667	0.9348709 75	63.33333 333
19	So you can handle eye patients just like a doctor	2.41 3793	0.68 2288	48.2 7586	2.4482758 62	0.9481638 98	48.965 51724	2.119047 619	0.6699974 86	42.38095 238
20	Because an optometrist gets lot of respect in the society	2.68 9655 17	0.54 1390 29	53.7 9310 34	2.4482758 62	1.0207212 75	48.965 51724	2.214285 714	0.7819835 41	44.28571 429

Discussion

In this institution, there were 64 percent of optometry students who were female, which is likely a result of the gender dynamics of the community. According to a study of young children's job expectations, paramedical fields were among the top 20 occupations, and middle-class girls were more likely to pick paramedical fields than boys. Due to the fact that technology seems to be a more male-dominated field of work, a survey conducted in the Netherlands found that only 17% of students are female who are enrolled in technology courses (Kulkarni & Abhilasha, 2020). The purpose of this research is to better understand the motivations of young adults who decide to pursue optometry as a profession. Optometrists are drawn to the pitch because they want to make a difference in people's lives, and the profession has a strong reputation because of this. The majority of male and female respondents also rated job security, salary growth possibilities, independence at work, and attendance at the induction day highly. The gender role in our society may be reflected in the fact that girls predominated in our study, encouraging women to pursue higher education. Additionally, according to the American Optometry, there will likely be a steady growth in the number of female optometrists (Kulkarni & Abhilasha, 2020).

There are several aspects to consider before choosing a career (Kobia-Acquah et al., 2020). Our study shown that a variety of factors, including the course content, employment prospects, societal causes, aspirations for oneself, and peer pressure, had an impact on pupils. The majority of students (72%) made their career decisions with the overall impression of the course, which was influenced by a number of factors. Even though very few people thought it was an easy subject and very few people were swayed by the organisation that oversees the course, this nonetheless happened (Kobia-Acquah et al., 2020). The hospital infrastructure and working atmosphere, however, had an impact on nearly 90% of students and graduates of medical technology courses in another study conducted in Pune. The explanation for this gap could be due to the diversity of the demographic and social groups (Kobia-Acquah et al., 2020).

In our study, it was shown that 29% of participants chose optometry as their career since they had no other options. This percentage was comparable to the South African study from 2011 where 29.5% of respondents selected optometry for a related reason (Kobia-Acquah et al., 2020). In order to ensure that even students who enrol in a course against their will do so with enthusiasm and motivation, it is crucial that educational institutions and teachers carefully plan and implement their curricula (Kobia-Acquah et al., 2020). This might lower student dissatisfaction and course drop-out rates (Kobia-Acquah et al., 2020).

According to our research, job opportunities outside of India (74%) have a significant impact on students' decisions to major in optometry. This was comparable to a study done in Ghana, where 90% of optometry students enrolled in the programme because there were jobs available (Kobia-Acquah et al., 2020). Students are more attracted to employment opportunities outside of India (74%) than inside of India (77%), which is similar to the trend of skilled workers, particularly women, migrating to Middle Eastern countries for employment and supporting the Kerala model of economy (Kobia-Acquah et al., 2020). In Karnataka, a similar pattern has begun to emerge (Kobia-Acquah et al., 2020).

In our study, 47 percent of participants said they could start their own firm, and 9% said they had an optical-related family business. According to an Indian research, even though many of them had numerous jobs, one-third of optometrists worked in optical stores (Kulkarni & Abhilasha, 2020). Optical stores are thriving throughout India. A career in optometry would give them the chance to help people with eye problems, according to 74% of the students (Kulkarni & Abhilasha, 2020). Other studies in Ghana and South Africa (92.5%) have found the desire to help others as a motivation in choosing optometry as a vocation (89.2%) (Kobia-Acquah et al., 2020). Serving a person who has vision issues is regarded as a noble, altruistic duty because vision is a particularly prized "special sense" and is much lacking in our society (Kulkarni & Abhilasha, 2020). In our study, 40% of participants had unfulfilled aspirations to become eye surgeons, whereas 62%

thought they could serve in a medical capacity. Their desire to contribute to society is evident from this. Many optometrists have this as their ultimate goal, and the Indian eye care sector also needs more optometrists to fill open positions (Kulkarni & Abhilasha, 2020).

Optometry is seen to give a healthy work- life balance and is applicable for women because they constantly wish to have a job while still playing an important part in their families (Mashige & Oduntan, 2011). Other variables that told the decision to pursue optometry included advice from elders, part models, and ophthalmologists in the family and among familiarity (Mashige & Oduntan, 2011). According to studies, kiddies' profession choices are heavily told by their families, part models have a good impact on professional development because they effectively increase thing and work engagement (Mashige & Oduntan, 2011).

According to our findings, the choice of optometry course is multifaceted and comprises personal objectives, course nature, job chances and income, and individual factors as indicated in other studies (Venugopal et al., 2021). After appropriate academic and clinical exposure to eye care, optometry students' perceptions of their profession changed (Venugopal et al., 2021). In addition, the students stated that their family members, relatives, and friends viewed the profession favourably once they enrolled in the course, as opposed to their previous perception (Venugopal et al., 2021). After beginning the course, students encountered numerous parts of optometry coursework, which led them to learn about future scopes and practise patterns in optometry. To the best of our knowledge, no research have shown changes in perception of optometry among students seeking the profession (Venugopal et al., 2021). According to a research by Thite et al.⁶, Indian optometrists were active in a variety of services at eye hospitals, optical stores, and community outreach programmes (Venugopal et al., 2021). These findings are similar to ours; nevertheless, the retrospective perspective of optometry revealed conflicting responses, indicating a lack of basic awareness of optometry practise (Venugopal et al., 2021). Furthermore, senior optometry students had a higher

grasp and knowledge of the employment options, spectrum of vision care services, and scope of practise than their junior counterparts (Venugopal et al., 2021). This implies that optometry students require adequate exposure and guidance to diverse eye care services throughout the curriculum in order to appreciate the larger viewpoint of optometry (Venugopal et al., 2021). Similarly, the literature reveals that senior students and optometrists with better academic degrees have more understanding about the diversity of practise patterns and the relevance of a multidisciplinary approach, indicating the importance of increased exposure (Venugopal et al., 2021). These findings emphasise the importance of education and optometry qualification in comprehending the profession's functions (Venugopal et al., 2021). According to our findings, the choice of optometry course is multifaceted, with personal objectives, the nature of the course, job chances and remuneration, and individual influences all playing a role, as indicated by other studies.

Conclusion

Females appear to prefer optometry as a career option more than boys (Kulkarni & Abhilasha, 2020). Personal objectives, the nature of the course, work chances and economic rewards, and individual influences are all factors affecting the choice of optometry as a career (Kulkarni & Abhilasha, 2020). Optometry students in Ghana desire primarily to work in clinical practice, with psychosocial motivation or personal factors (interest in a job field) having the largest influence on their career choices. Furthermore, practical motivations such as possible good salary, flexible working hours, and employment availability had a significant impact on profession choice (Kobia-Acquah et al., 2020). Factors such as a student's selection of optometry as an initial program of study during the university admission process have little bearing on optometry students' career goals in Ghana (Kobia-Acquah et al., 2020). It is proposed that institutions that offer optometry degrees improve their awareness campaigns in high schools in provinces where no universities offer the optometry degree (Osuagwu et al., 2014). This can be accomplished by establishing coordinated career awareness programs and recruiting

efforts between optometry departments and high schools in such jurisdictions (Osuagwu et al., 2014). It is proposed that institutions that provide optometry degrees expand their awareness initiatives in high schools in provinces where no universities offer the optometry degree (Osuagwu et al., 2014). This study demonstrates the significant importance of psycho-social motivation or personal considerations (such as a desire to serve others, acting on one's own initiative, and views of a career's status and prestige) in selecting optometry as a profession (Osuagwu et al., 2014). Furthermore, practical factors such as employment availability, topics passed and points acquired in matric, the possibility of earning a good pay, and a flexible work schedule were major influencers on career choice (Osuagwu et al., 2014). Traditional techniques of enticing potential students, such as career or open days, and media, on the other hand, were not evaluated highly in this study (Osuagwu et al., 2014). As a result, it is advised that institutional marketing techniques be expanded to incorporate additional new strategies such as seminars in which guidance counsellors and teachers interact more with students (Osuagwu et al., 2014). It is proposed that institutions that offer optometry degrees expand their awareness campaigns in high schools in provinces where no universities offer optometry degrees (Osuagwu et al., 2014). This can be accomplished by collaborating on career awareness programs and recruitment efforts between optometry departments and high schools in such provinces]

Limitation: The study is only performed in one city, only one institute students are included in this study.

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