



A Study on Psychological Counselling needs for +2 Students

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Abstract: The word “adolescence” derived from the Latin word ‘adolescere’ which means ‘to grow’. So the quintessence of the word adolescence is growth and it is in this sense that adolescence constitutes a period of exhaustive growth and change in nearly all characteristics. Adolescence as a phase of transition from one phase to another and transition invariably is correlated with some problems. As the child grows into an adolescent he/she encounters problems in numerous domains. Every adolescence has definite exigency and requirements, the contentment of which is crucial to his continued somatic and others aspects of growth, because whether changes are seen as inauspicious or advantageous, they are likely to contribute to a climate of conflict and stress that individuals will respond to in their own personal ways. Thus, in this present study an attempt has been made to find out the levels of psychological counselling needs for +2 students. Sample: total of seventy +2 students were used for the study. The tool used for the study was ‘Psychological Counselling Needs Scale’, developed by Dr. Vijaya Laxmi Chouhan and Mrs. Gunjan Ganotra Arora. In order to analyze the data, percentiles for interpretation was taken out. Results: the study disseminates that requirement of psychological counselling needs for +2 students as a whole was ‘HIGH’. Further, comparative study show that female students have been found to be higher than their peer male students. The study was delimited to West Garo Hills District of Meghalaya.

Keywords: adolescence, psychological counseling needs, +2 students

I. INTRODUCTION

The word “adolescence” derived from the Latin word ‘adolescere’ which means ‘to grow’. So, the quintessence of the word adolescence is growth and it is in this sense that adolescence constitutes a period of exhaustive growth and change in nearly all characteristic of a child’s intellectual, communal and psychological life. A.T. Jersield rightly defines, “Adolescence is that span of years during which boys and girls move from childhood to adulthood, mentally, emotionally, socially and physically.” Adolescence has been recounted by Stanley Hall as ‘the period of storm and stress of human life’. It is the phase which starts with puberty and ends with the general cessation of the physical growth. It makes an appearance from later childhood stage and amalgamates into adulthood. It is hard to allocate specific years to it because they vary from country to country and society to society. Chronologically, age range from 12/13 years to 18/19 years in India. In case of girls it starts about 1 year prior than the boys.

In the course of adolescence an individual is unified into the society of the adults. It is the period when the child no longer perceives that he is under the level of his elders but rather one and the same with them, at least in rights. This unification into the adult society has numerous facets, more or less associated with puberty. It also incorporates extreme intellectual changes. These intellectual conversions, typical of an adolescent's thinking, allow him to attain his/her amalgamation into the communal relationships of the adults. This is the most common characteristic of this phase of growth.

Adolescence as a phase of transition from one phase to another and transition invariably is correlated with some problems. Adolescence is not an exception and it is also associated with some problems. The problems of adolescence may be encapsulated in the following manner - sex problems, emotional problems, social problem, educational problem, problem of leisure etc. Unlike hunger and thirst no one expires from unfulfilled sexual need, but it is a central driving force, accomplishing not only salient biological needs but also foremost motivational needs. The sexual occurrence is varied as masturbation, premarital sex, marital sex, and homosexuality/bisexuality. The strong secondary needs encompass the need for achievement; aspiration for success, the need for affiliation; desire for friendship; and the need for power; craving for impact on others (Feldman, 1994).

II. Justification of the study

Psychological counselling needs in the Indian circumstance emerge against the background of enormous social change (Arulmani, 2007). The scientific and technological progress coupled with the last ten years of economic reforms have intensified the pace of these changes and transfigured lifestyles. For most people the speed of change is simply too fast and generates serious problems of adjustment (Rao, 1995). Fast social and technological changes are taking place in society, principles are changing, or under challenge; unpredictability permeate increasing areas of life. As the child grows into an adolescent he encounters problems in numerous domains. Every adolescent has precise needs, and problems that need to be attended too by the teachers, parents and the elders in the society, because whether changes are seen as inauspicious or advantageous, they are likely to contribute to a climate of conflict and stress that individuals will respond to in their own personal ways.

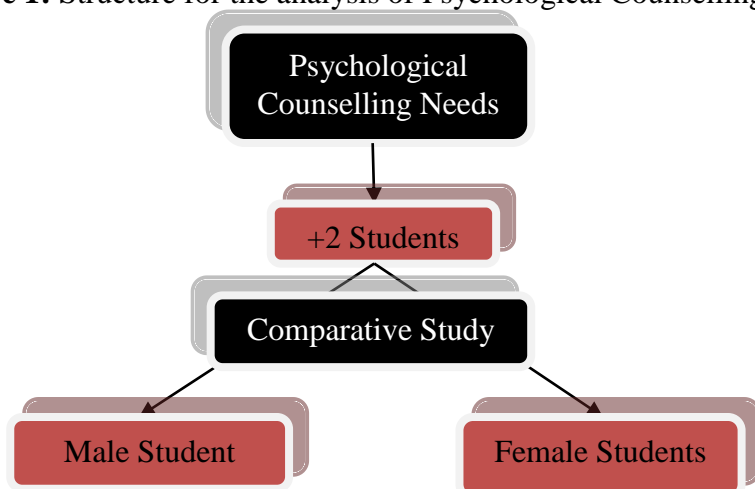
Hence, present study is an attempt to study the levels of psychological counselling needs for +2 students of West Garo Hills District of Meghalaya.

Delimitation of the study

The present study was delimited to higher secondary (+2) students of West Garo Hills District of Meghalaya, India.

Framework for the analysis

Figure 1: Structure for the analysis of Psychological Counselling Needs



III. Objectives

The objectives of the present paper were to test the following:

1. To study psychological counselling needs amongst +2 students of West Garo Hills District of Meghalaya.
2. A comparative study of psychological counselling needs between male and female students.

IV. Materials and Methodology

Participants: To comply with the objectives, a total of seventy +2 (male & female) students were used as participants in this study.

Tool Used: To assess psychological counselling needs the inventory developed by Dr. Vijaya Laxmi Chouhan and Mrs. Gunjan Ganotra Arora '*Psychological Counselling Needs Scale*' was used. The reliability of the inventory was 0.90.

Statistical Treatment: The collected data was analyzed by finding out percentiles for interpretation.

V. Analysis and Interpretation

The first objective was to test psychological counselling needs amongst +2 students. So, the data was analyzed with the help of percentile and the result is given in Table - 1.

Table – 1

Result of psychological counselling needs amongst +2 students

N	Mean	Percentile	Psychological Counselling Needs
70	76.07	60.86	High

From table – 1, it is observed that the mean is 76.07, and percentile 60.86 respectively. When these values are referred to the Established Norms for interpretation, it falls under the psychological counselling needs as 'High', in the hierarchical order of 'Very Low', 'Low', 'Average', 'High', and 'Very High'. Hence, it can be stated that +2 students of West Garo Hills district of Meghalaya are need to be counselled taking an account of changing cultural values, family environment, vocational, emotional and sexual development. Primary preventive initiatives are important not only for mental health but also for their intellectual growth which could provide them with adequate support in their changing phase from childhood to adulthood.

The second objective was to compare psychological counselling needs between male and female students. So, the data was analyzed with the help of percentile and the result is given in Table - 2.

Table – 2

Result of comparative psychological counselling needs between male and female students

N		Mean		Percentile		Psychological Counselling Needs	
Male	Female	Male	Female	Male	Female	Male	Female
25	45	74.08	78.41	61.66	65.71	High	High

From the table – 2, it is seen that the mean is 74.08 (M) and 78.41 (F); percentile is 61.66 (M), and 65.71 (F) respectively. When, these values are referred to the established norms for interpretation, it falls under psychological counselling needs as ‘High’ for male as well as for female, in the hierarchical order of ‘very low’, ‘low’, ‘average’, ‘high’, and ‘very high’. Therefore, it can be stated that when male and female students are studied they fall under the same level i.e., ‘High’. However, if we compare the percentile results, we find that female students are in more psychological counselling needs than their counter part i.e., male students. Graphic representation of data in figure – 2 shows that female students are in higher psychological counselling needs than the male students, this was also observed by Cruz et. al. (2007) when they reported in their study that greater percentage of females asked to talk about sexuality and family problems than males.

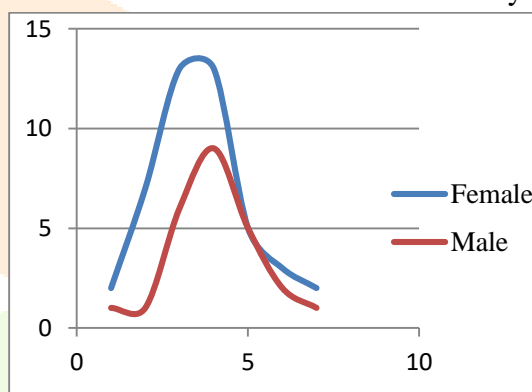


Figure - 2: Graphic representation of Psychological Counselling Needs between Male and Female students

VI. Discussions

The study disseminate that requirement of psychological counselling needs for +2 students as a whole was ‘HIGH’, in the region of West Garo Hills District of Meghalaya. Further, if we analyze between male and female students, female students have been found to be higher in psychological counselling needs then their peer male students. The reasons for higher psychological counselling needs for female students could be due to the practice that the hill has i.e., the immediate heir in the family is the daughter and not the son. The properties are transferred from mother to daughter. Normally daughter becomes the honour of properties; family tree has to be continued from daughter to her daughter. In this way the responsibilities seems to be more on daughters and the role that they have in the family and society than the son.

But, if we take as a whole both male and female, their psychological counselling needs are graded ‘high’, it could be due to the fact that many people no longer remain in sympathetic communities bound together by religious faith and beliefs. They live in splintered societies, cut off from their vicinity and each other. As it is known that adolescent is a phase of - quick intellectual development, quick communal development, period of psychological development, quick sexual development, quick moral development etc. As adolescences grow, they encounter problems in numerous domains which require to be attended. Present study not only suggests that female students are in need of psychological counselling needs but also the male students. Hence, from the adolescent’s point of view for genuine mental health growth, counselling is salient

service which needs to be attended for the strengthening of the comprehensive development of +2 students of the region.

VII. Conclusion

Human beings are in the primal sense biological creatures. An individual's requirements and difficulties affect his growth to a considerable extent. As we know that adolescence is a pivotal phase in the life of an individual with its characteristic requirements and difficulties of adaptation. Every adolescent has definite exigency and requirements, the contentment of which is crucial to his continued somatic and other aspects of growth. The most fundamental human requirements that primarily drive human behaviour are thirst, hunger, sex etc. Common areas that psychological counselling can help fix problems is conduct, depression, apprehension, exasperation, substance abuse, relationship problems, family issues, or a general disappointment with life (Denver Teen Counselling, 2005). Through psychological counselling services, adolescents can be assisted to resolve contrasting problems and endeavour to re-personalize their lives. In fact individual counselling can help them in settling their problems and help the adolescences for untroubled passage to adulthood.

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