



Assessment Of Psychological Counselling Need And Its Correlation With Academic Achievement Among Adolescents In Chandigarh

¹Vanika, ²M. Dhvakshayani

¹PhD Research Scholar, ²Associate Professor and Head

¹Government Home Science College, Sector-10, Chandigarh,

²Post Graduate Government College for Girls, Sector-11, Chandigarh

Abstract: Adolescents who experience high levels of psychological discomfort also require significant levels of psychological counselling. Nowadays, there is a growing need for psychological counselling due to the variety of issues that people encounter in significant areas of life. This research paper aims to find a correlation between students' academic progress and the degree of psychological counselling needs among 14-17 years school going adolescents in the city of Chandigarh. The study was conducted on two hundred school going adolescents. Students' academic accomplishment scores on their half-yearly exam were compared to their psychological counselling requirements using the Psychological Counselling Needs Scale by Chouhan and Arora, 2009. Regardless of gender, a significant negative correlation was discovered between the need for psychological treatment and academic achievement. It indicates that adolescents with lower academic standing had more mental health issues and thus are in higher need of psychological counselling than those with higher grades. A student's ability to succeed academically is significantly influenced by their state of mental health. It is important to understand that psychological disturbances affect the academic performance of an individual. The findings aim to contribute valuable insights regarding the need of psychological counselling to adolescents which help them in boosting their academic achievement.

Index Terms - Psychological Counselling Needs, Adolescents, Academic Achievement.

I. INTRODUCTION

Adolescence is a critical period characterized by rapid physical, emotional, and cognitive development. The early stages of adolescence are challenging, leading to requirement of direction and sincere support to get through this time. Adolescents face a variety of difficulties at this phase of life and if these difficulties are not overcome, they run the risk of turning into social outcasts. These difficulties could have a negative impact on their academic performance. The adage "education is the foundation of any society" comes from the fact that it is one of the criteria used to rank a developed country. Academic achievement is considered as an important measure of achievement during adolescent period. The interplay between mental health and academic performance during this phase has garnered substantial attention from researchers and practitioners alike. Studies demonstrate that adolescents facing mental health challenges, such as anxiety, depression and stress are more likely to experience lower grades, absenteeism and dropout rates. The transition from middle school to high school, standardized testing, college preparation and extracurricular activities contribute to the increasing levels of academic stress experienced by adolescents. The goal of guidance and counselling in schools is to improve students' academic performance, raise their knowledge of and ability to apply conflict resolution techniques, encourage positive study attitudes and behavior and lower the number of children who drop out of school. Adolescents face stress related to their academic performance, specialization choices and career paths even at educational institutions. Academic attainment is the only criterion used by educators and

parents to assess their performance. Nonetheless, it can be an extremely trying time that calls for a lot of tolerance, understanding and support. Although modernization has brought quite a lot of opportunities and many positive benefits, it has also increased stress levels in the lives of adolescents. Also, stigma around mental illness has a long history in communities all over the world. Serious mental health issues are caused by this stress. Therefore, it is crucial to understand the guiding and counselling needs of students so that appropriate measures can be implemented to provide them with the necessary support services (Braddock 2001). The academic achievement may be one of the determinants of adolescent mental health and as a result can be associated with the adolescents' need for guidance and counselling (Shechtman 2002). Hence, guidance and counselling needs may differ according to their academic achievement. The significance of psychological counselling extends beyond facilitating easy and seamless advancement in academic performance. It also assists in taking significant action prior to crises and increases therapeutic inputs to clients and their environments, such as schools and families. Thus, there is a need to study the connection between an adolescent's social life adjustment and academic success.

Objectives

1. To identify counselling needs of adolescents (14 yrs-17 yrs) of Chandigarh city.
2. To explore the correlation between academic achievement of adolescents and their need of counselling services.

Methodology

- a. **Sample:** The present study involves two hundred of adolescents in the age group of 14-17 years studying in senior secondary schools in Chandigarh.
- b. **Sampling:** A stratified random sampling method was used to ensure representation from urban areas.
- c. **Data collection:**
 - **Psychological Counselling**
Scale developed by Chouhan and Arora (2009) to assess the counselling needs;
Scoring: The scale consists of 5 point 25 Likert-type structured items for collecting the information. From total 25 statements 21 statements were positive and 4 statements were negative. The items were scored as following: always, often, sometimes, rarely, and never. Higher score indicates higher degree of psychological counselling needs and low scores indicate less psychological counselling needs among adolescents.
 - **Grades (academic achievement)** were taken into consideration to assess the academic achievement of the adolescents. Objectives and significance of the study was explained to the respondents. Necessary instructions were provided to them, as on how to respond to the questionnaire.
- d. **Data Analysis:** Appropriate and descriptive statistical analysis was performed to study the correlation between counselling needs and academic achievement of the adolescents.

Results and Discussions:

This section highlights the findings related to the psychological counselling needs and academic achievement among adolescents.

1. **Gender wise differences in the distribution of respondents across various levels of psychological counselling needs.**

Gender analysis revealed that 45.83 percent of male respondents and 46.66 percent of female respondents had high psychological counselling needs, followed by 34.17 percent of male respondents and 40 percent of female respondents who had average psychological counselling needs and the remaining 20 percent of male respondents and 13.33 percent of female respondents who had low psychological needs.

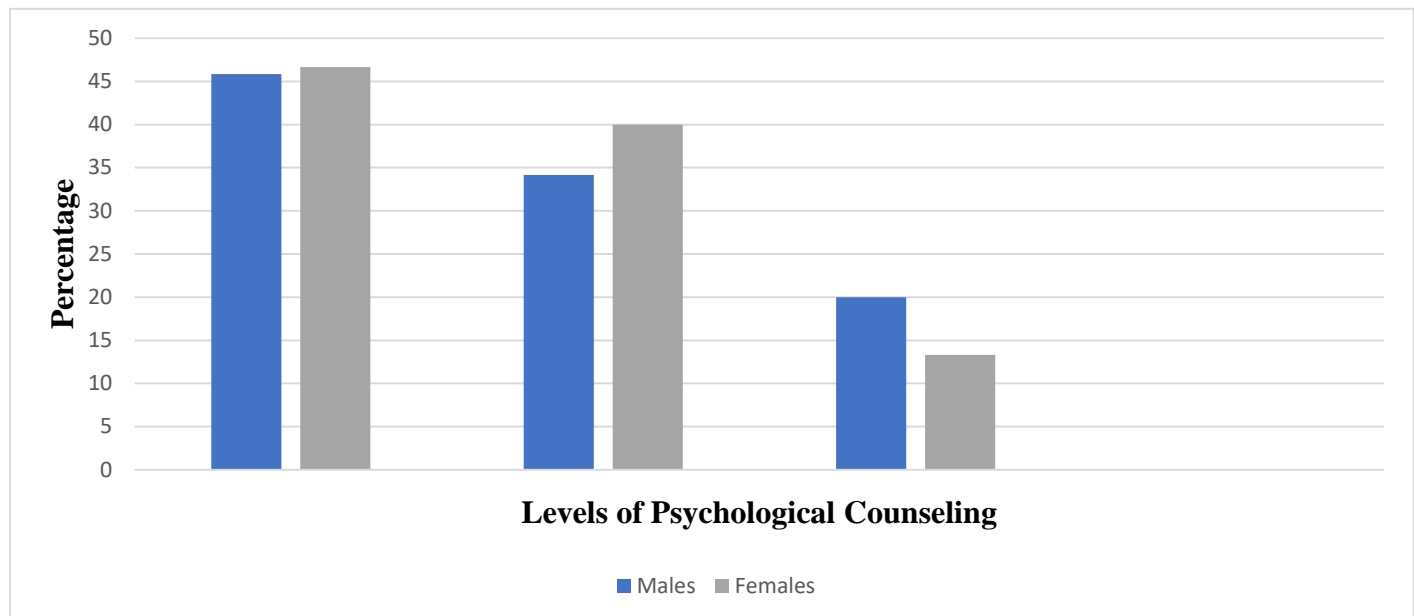


Figure 1: Gender wise differences in the distribution of respondents across various levels of psychological counselling needs.

Considering that there was no statistically significant difference between the two gender groups, it can be concluded that both sexes are seeking psychological assistance in proportionate amounts. As a result of social disintegration brought about by technological improvement and society's constant development, people are unable to obtain the necessary assistance. They require assistance to have their concerns heard and subsequently addressed. Using the psychological counselling needs scale, Sati and Vig (2016) carried out a similar study and discovered that most people had high, average and low levels of psychological counselling requirements, respectively. Going to counselling for mental health issues is linked to social stigma (Williams and Polaha (2015) hence most of the people have high need of psychological counselling.

Table 1: Gender wise differences in the distribution of respondents across various levels of psychological counselling needs.

(n=200)					
Psychological Counseling Needs	Male (n ₁ =100)		Female (n ₂ =100)		Z value
	f	%	f	%	
High	46	45.83	47	46.66	1.19 ^{NS}
Average	34	34.17	40	40.00	1.07 ^{NS}
Low	20	20.00	13	13.33	1.50 ^{NS}

(n=200)

2. Gender wise correlation between psychological counselling needs and academic achievement

The results showed a strong negative correlation between academic achievement and psychological counselling needs (male $r=-0.44513$; $p\leq 0.01$ and female $r=-0.5118$; $p\leq 0.01$), suggesting that to focus on studies and achieve higher academic achievement, psychological issues must be resolved.

Table 2: Gender wise correlation between psychological counselling needs and academic achievement (n=200)

Psychological Counselling Needs	Male (n ₁ =100)	Female (n ₂ =100)
	Academic Achievement	Academic Achievement
	-0.51108**	-0.44513**

Turashvili and Japaridze (2012) reported similar results, showing that students' psychological well-being and academic performance are related. They also found that students with medium and high academic achievement levels also had good psychological well-being levels. Academic success is therefore a crucial and influential component in the requirement for psychological counselling. Chamundeswari and Saila (2013) found similar results, indicating that the demand for psychological counselling declines with increase in academic achievement and vice-versa.

Findings:

1. Non-significant gender differences were observed for the need of psychological counselling, although more number of female respondents were seen at high level of psychological counselling needs.
2. Irrespective of gender, a strong negative correlation was seen between their academic achievement and psychological counselling needs, suggesting that as academic achievement increases, the demand for psychological counselling decreases and vice-versa.

Recommendations:

The study revolves around the need of psychological counselling and its correlation with academic achievement. Future studies could explore other factors which impact the overall psychological wellbeing of an adolescent. The study would be beneficial for the counsellors and researchers in designing various counselling programs for adolescents. The findings of the study would play a source of information for social workers, teachers, policy makers, NGO's and Government agencies working in the field of guidance and counselling.

Conclusion:

The study focuses on the importance of psychological counselling among adolescents in relation to their academic achievement. Looking at the results of the study, importance should be given to psychological counselling in schools to boost academic achievement and overall wellbeing of the child. The significance of psychological counselling extends beyond facilitating easy and smooth advancement in academic performance. In addition, it assists in taking significant action prior to crises and increases therapeutic inputs to clients and their environments, such as schools and families.

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