



The Need of Psychological Counseling Service for College Students: A Case Study

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ABSTRACT: *The present study is focused only on three college students who are studying in a college for under graduation level. As this is a case study in nature, the statistical analysis of qualitative method was adopted. The tool of student satisfaction survey was administered and counseling interview was conducted and soon after the scoring procedure was done the interpretation was also done accordingly for all the three cases. This study coincided that the students learning certainly effective if motivation, confidence, self esteem are developed in high and proper life skills are taught to these college students as part of the orientation service of guidance and counseling in all colleges. The mastering over the concepts and transacting the same into the young mind is much easier, is a teacher/lecturer accepts and knows the student psychologically.*

Keywords *psychological counseling, college students.*

INTRODUCTION:

College students are the cream of adolescent and young adult population. They are under tremendous pressure as they are expected not only to succeed but also become toppers in their classes and courses. At the Pre-university level, there is a crazy rush to enter professional courses. Courses like B.A., B.Sc., B.Com attract a few students only. Students, who fail to get into the courses of their parents' choice, get frustrated. Though they join some courses, their morale is very low. They start complaining about the parents, teachers and the society. They are less motivated to learn and complete the course. They may drop out of the course. The deteriorating value system in the society, failure of the political and administrative systems to provide them job opportunities, print and electronic media which on one hand put an unrealistic glamorous life style and on

the other hand glorify sex, crime and violence, influence the college students in a negative manner. Families are becoming smaller and smaller and are unable to provide the needed support and guidance. Ambivalence, confusion, helplessness prevail in the student community. There are a few epidemiological studies which quote 15 to 20% of the students having recognizable mental disorders in the form of depression, anxiety, somatoform disorders, adjustment disorders, personality disorders and alcohol and drug abuse. Many more students may be suffering from sub-clinical symptoms, and emotional disturbances. These contribute to the observable behavioral abnormalities in them. Only a few colleges provide counseling service through trained manpower in our state. Students with mental morbidity do not seek Psychiatric treatment because (1) Psychiatric services are not available in



an affordable and approachable manner
(2) Stigma attached to mental disorders
(3) Lack of awareness. Thus majority of the students, who need help, remain unattended and uncared.

REVIEW OF RELATED LITERATURE:

Bhatnagar, Asha and Guptha, Nirmala (1988) studied, Career maturity of secondary students, Effect of a guidance intervention programme. The major findings were: 1) All the three groups viz boys, girls and combined showed significantly higher scores after the guidance interventions. 2) The comparison across gender showed no significant difference in means in the pre intervention and post-intervention.

Dr. G. Padmaja (2002) in an article "The role of counselling in student's development" concluded that the counselling is needed in the present educational setup for a total and future oriental development of students and it is necessary in educational Institutions. Counselling stands out distinctly apart from related fields like advice and guidance. The article highlights the role of a teacher as a counselor and the necessity for the same.

Dr. Garima Gupta (2005) studied, the efficacy of counseling in relation to the gender of the adolescents. The major findings were: 1) Sex of counselor was not found to be related with efficacy of counseling. It may be due to the fact that with modernization sex discrepancy is not much significant. Boys and girls are reared in the same kind of the environment and they are aware of their problems. Thus they respond equally to the counseling. Age group taken is 14-18 years and in this age boys and girls face equal and similar kind of problems. Thus

they respond to the counseling in the similar manner.

Jacob Paul V.J (1991) studied, the nature of counseling services extended to students studying in a few selected colleges of Bangalore. The major findings were: 1) Majority of students approached for personal problems rather than for educational problems, Vocational problems and social problems. 2) Both counselor and counsees very strongly agreed on the need for a guidance officer in every college. 3) Majority of the counselors agreed that counselling programme is a co-operative venture. 4) Majority of the counsees felt that there is no need to make counselling compulsory. 5) All the counsellors are happy about the student response to the counselling.

Kaur Sawarnjit (1992) studied, Evaluation of guidance services of the high/higher secondary schools. The major findings were: 1) Guidance and counseling services were not a regular feature in most of the schools except for high/ higher classes. 2) There existed no separate fund for Guidance purposes. The help extended to students was mainly in the educational area to the neglect of personal and vocational areas. 3) As regards the differentials in the evaluation of the Guidance program in general and specific Guidance services, no marked difference was found.

Sudhina Sinha (2006) in an article "Counselling with an adolescent: A case study" concluded the adolescent's academic, personal and social problems can be managed easily through counseling in schools. Counselling can help the students in managing and regulating all deviant behaviours.



Subramania Danda pani (1977) studied, The Effect of a Group Guidance programme up on the Academic Achievement of high school under achievers. The major finding was found that the academic achievement of under achievers in the experimental group was significantly greater than that of the noncounseled under achievers and normal activities

Tripathi. Rekha.H (1986) studied, various Guidance Needs of the pupils of secondary and higher secondary schools. The major findings were: 1) The pupils of single-sex schools needed much attention for healthy family and needed personal guidance while those of mixed schools needed sexual and educational guidance. 2) Some of the problems which needed urgent attention were teachers' lack of knowledge, their misbehavior with pupil's difficulties in the subjects of Mathematics and Sanskrit, defective teaching methods, and pupils coming from low socio educational status needed polite treatment from teachers.

Many more studies are done about the importance of counseling and guidance

services in educational institutions. The present study aimed to find out the need of psychological counseling service for college students.

OBJECTIVE OF THE STUDY:

To find out the need of the psychological counseling services for college students

METHODOLOGY:

The present study is focused only the college students who are studying in a degree college for under graduation level. As this is a case study in nature, the statistical analysis of qualitative method was adopted, however keeping the purpose of study in mind the quality analysis also incorporated for due respect of strengthening the report.

SAMPLE:

A sample of two boys and one girl were chosen randomly from different colleges amongst under graduate students with urban and rural background from Vijayawada city. The age group of these students is above

Table No.1 Profile of the sample

Sex		Course	Age	Medium	Background
Male	2	B.A/B.Com/B.Sc	19 years average	English	Rural/Urban
Female	1				

TOOLS:

To enable these students to express their problems exactly, the tool of student satisfaction survey was administered and counseling interview was conducted and soon after the scoring procedure was done the interpretation was also done accordingly for all the three cases.



PROCEDURE

Since the study was planned as qualitative research method, the data collected accordingly by using the descriptive method of case study report, **Counseling case profile**

which involved analysis of data as words, text from interview and counseling and conduction of a psychological test as mentioned above. The scores were tabulated in Table-2

Table No.2 Score of student satisfaction survey (SSS)

Case	Infrastructure	Campus/ Class	Academic	Admn./ Staff	Faculty	Total Score
Norms	Low:<39 Ave:39-71 High:>71	Low:<43 Ave:43-83 High:>83	Low:<39 Ave:39-71 High:>71	Low:<49 Ave:49-81 High:>81	Low:<41 Ave:41-79 High:>79	Low:<26 Ave:26-44 High:>44
Counselee-1	70 Average	85 High	35 Low	35 Average	45 Average	54 High
Counselee-2	40 Average	41 Average	35 Low	35 Average	45 Average	39 Average
Counselee-3	55 Average	85 High	82 High	59 Average	77 Average	71 Average

RESULTS AND DISCUSSION

College students will have different kind of experiences in terms of different parameters. Their perception affects their performance, if they satisfied campus environment they get motivated to work hard. Student's achievement lies on facilities related to assets of the organization, contents provided by the teaching faculty theoretically as well as practically, sense of belonging and relationship and the function of administrative staff. In the light of these factors in mind, of study the satisfaction and dissatisfaction among students to arrive and practice an innovative methodology in colleges, the student satisfaction survey instrument was justified and administered.

COUNSELEE NO.1

He is a student of B.A. Second year in a private college which is located in a city, he was born and brought up

with rural back ground; both the father and mother are farmers in agriculture field. He has no sibling and single child to the parents. His academic performance in Intermediate was average. He is nearing to 19 years old now. As per the test score of the student's satisfaction survey is concerned, he secured low score in Academic area while average score was found in all other components of the test.

As the result of the score and analysis, it reveals that the college where he is studying has minimum infrastructure facilities, class atmosphere was average, even faculty and administrative supporting system are also rated average level only. The present status of his academic performance is that other than language subject it is found that he got arrears to complete the papers.

COUNSELEE NO.2



He is a student of B.Sc., Second year for M.P.C. combination from a government college, native of urban background, both mother and father employed in government sector and he is 19 year old, he has English medium exposure, his future plan is to become professor, presently he is away from home and staying in hostel for his studies. The test score of student satisfaction survey (SSS) which reveals that he is very much pleased in staying in campus and enjoying his classroom atmosphere. Even though low score showed in academic performance, whole average score was showed in the functional level of college administration, similarly the faculty effectiveness score also found low level.

The case was counseled and in one of the counseling interview he expressed that he has lack of academic motivation as his hostel mates are not set any life goals and spending most of the time for entertainments. He is realized that he has achieved academic excellence in Intermediate level but the present performance is not up to the mark.

COUNSELEE NO.3

She is a student of second year B.Com degree course studying in a Government Arts college at city location.

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Parents are employed and she is 19 years old, she is day scholar. Her performance in Intermediate was above average. Her future planning was to become Chartered Accountant C.A. A counseling session was arranged to collect her personal data followed by administering the student satisfaction survey (SSS).

As per the test score, the present academic performance and classroom activities were found in high score while the average scores were showed in infrastructure of the college, administration level, and faculty effectiveness. She has expressed that career guidance cell and personal, social and educational counseling service need to establish in all colleges as so the students problems may be taken care.

CONCLUSION

This study concluded that the students learning certainly effective if motivation, confidence, self esteem are developed in high and proper life skills are taught to these college students as part of the orientation service of Guidance and Counseling in all colleges. The mastering over the concepts and transacting the same into the young mind is much easier, if a teacher /lecturer accepts and knows the student psychologically.

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