

COUNSELING NEEDS FOR YOUNGSTERS AMONG SELECT COLLEGES IN MADURAI

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ABSTRACT

We all have guided and counseled many people in our lifetime and when we need to seek advice from someone we also talk to people who are elder to us, more experienced than us or to people who are trusted by us. But there comes a situation in life when we do not find an appropriate listener and counselor. Students who face lack of concentration and confidence, mentally affected by family or academic stress or bullying of some kind must see a counselor who can shape their potential minds in a better way so that they does not grow up as shy and afraid of people. Good conduct is coveted, but sometimes young minds need guidance to polish their personality. Through counseling, children are given advice on how to manage and deal with emotional conflict and personal problems.

KEYWORDS: Counseling, Counselor, Academics, Stress, Guidance, Depression.

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INTRODUCTION

“Helping the individual to flower greatly, in love and goodness” - Krishnamurti. J

Counseling is a range of techniques based on dialogue, communication and behavior change and which are designed to improve the mental health of a client or patient, or to improve group relationships (such as in a family). Therapy may address specific forms of diagnosable mental illness, or everyday problems in relationships or meeting personal goals. Counseling also helps one improve the skill of decision making, reduce tension, maintain a better self-esteem and confidence and feel more positive and optimistic towards life¹. So, instead of pushing oneself in dark one can actually seek a professional counselor and try live life with a better approach to it.

Counseling is a scientific process of assistance extended by an expert in an individual situation to a needy person. Counseling involves relationship between two persons in which one of them (counselor) attempts to assist the other (counselee or client) in so organizing himself as to attain a particular form of happiness, adjusting to a life situation, or in short, self actualization. Counseling as a self adjustive process, which helps the client become more self directive and self responsible. Shortly, it is a personal and dynamic relationship between two individuals in which the more experienced person helps the less experienced person to find self determined solution for his problem.

SYMPTOMS THAT A CHILD MAY NEED COUNSELING²

Counseling can help individuals when they face some of the below mentioned issues and all these issues manifest into physical symptoms such as aches and pain, rashes, tummy upset etc.

Academic	Dilemmas
Behavioral	Stress
Excessive aggression	Procrastination
Emotional issues	Excessive anger
Repeated sadness / Disinterest	Sexual Identity & Orientation Issues
Confusion	Social

¹ <http://counselingindia.com/adult-counseling/>

² <https://www.slideshare.net/tintojohnsvazhupadickal/types-of-counselling>

Any Abuse- physical, emotional & / or sexual abuse	Suicide attempt
Any addiction	Insecurity or changes in sleep patterns

BENEFITS THAT STUDENTS GET FROM EFFECTIVE GUIDANCE & COUNSELING

- Students are given proper guidance on how to deal with psychological problems which can badly impact their studies. Through these sessions, the students will be able to develop certain problem-solving skills which to an extent help them deal with particular issues surrounding their lives.
- The students are advised on how to cope with different situations they tend to face in their college life. For instance, how should they talk politely or relate with their peers. This advice will give them perspective on how should they behave in certain scenarios.
- It helps to shape a student's behavior and also instill enough discipline in them. Proper guidance helps them achieve their goals; well guided & counseled students know what to do and how to do things in the best possible way.
- Students learn how to live in peace and harmony with others in the college community. Thereby, they also learn to appreciate other people in their class.
- It helps to bridge the gap between students and the college administration, since they are able to guide their problems through a proper counseling channel in the office.
- Students get comprehensive advice on career, courses and jobs that enable them to make a proper and informed choice and understand what they can do after they are done with college.
- It allows students to talk to teachers about various experiences that make them uncomfortable. They can openly share problems that they cannot share with their parents.
- Talks related to alcohol, drugs, personal feelings or any kind of abuse can be openly discussed. Guidance and counseling also make students better human beings since they are counseled on how to act and behave in a particular situation

- It enables students undergoing certain difficulties in their lives, to ask questions and clarify them through guiding and counseling. Therefore, counseling helps them ask without any fear since the person in charge is willing to help.³

REVIEW OF LITERATURE

The review of related literature gives the researcher an understanding of research methodology which refers to the way the study to be conducted. It helps the researcher to know about the tool and instruments which proved to be useful and promising in the previous studies. The advantage of the related literature is also to provide insight into statistical methods, and to establish the validity of results. The various reviews are

1. Pattison.L and Patel.H.G studied in1966, “ Problems of Adolescent girls in Gujarat state ” duly following descriptive survey method and taking a random sample of 1,343 adolescents from 16 villages. The tool used was a problem checklist prepared by the researcher.
2. “Psychological or Emotional Counselling for Suicidal ideation” was studied by Jane E. Pirkis, Charles E. Irwin, Jr, Claire D. Brindis, Michael G. Sawyer, Christine Friestad, Michael Biehl, George and C. Patton in 1999; Adolescence e ducation in secondary schools was studied by Gyanendra Kr. Rout and Gourang Charan Nanda in 2005
3. “Counseling services extended to students studying in colleges ” was studied by J acobpaul. V.J in 1991;
4. Guidance and Counseling practices in secondary schools were studied by T ripathi Rekha in 1986; by Kaur S awarnjit in 1992; by Tarkasband U jjwala.K in 1996 and by Daya Pant in 1998
5. Drug-addicted adolescents of Manipur in relation to their personality, family background, adjustment and intensity of addiction were studied by Srivastava. P in 1989, and by Sharma, Hidangmayunibomcha in 1990.

NEED / SCOPE OF THE STUDY

In India, the awareness about need and importance of counseling is quite low as compared to foreign countries. But here as well, people now understand the need to communicate their

³<http://www.thehindu.com/todays-paper/tp-national/tp-newdelhi/only-3-private-schools-have-counsellors/article5607842.ece>

deepest feelings to a counselor inside of bottling them inside. Schools have started keeping a position of counselor who can deal with children who require counseling. This is quite an important step because the children are the future of the country and if some things are holding them back then they do need expert advice to break free and live a fully cherished childhood. Adolescent is the age when many children often make wrong decisions in lack of guidance and if there is a counselor who is there to listen and guide them without judging or punishing them, then they can actually be more frank and focus on good things.

Counseling is a well established process that deals with the psychological health of a person through cognitive, affective, behavioral or systemic intervention strategies to enhance wellness, personal growth, or career development. This is a phase where one doesn't have to wait for a problem. Most adolescents DO NOT have an open communication with their parents. A counselor can give a safe, comfortable and a fully confidential space where these young adults feel accepted. This is an easy alternative to get them in touch with their own inner strength to face any issues and resolve them. This is an important phase in life- when handled well, the child is better prepared to face the world.

STATEMENT OF THE PROBLEM

When facing a dilemma or some psychological problem, we often tend to socially isolate ourselves from everyone and keep probing our minds to find a solution. Many of us might have found ourselves in the role of a counselor at times and also many of us might have used counseling and guidance of others in our life. But there are times when we are not able to help ourselves and there seems hopelessness in every pursuit we take. The experienced people can advice us but there is a possibility that they might not have been in the same situation as the one you are facing and thus their experiences and results might not be helpful to you.

Here, the counselor plays an important role as he/she analyses our problem and look over the situation with a fresh perspective and give the subject as many solutions as possible. Young college students of this generation are more knowledgeable and innovative. Yet there are circumstances, when they are put in trouble. They don't even know who to approach. Hence with the aim of giving guidance and mental support through an effective counselor, colleges have

started establishing Counseling Centers within their campus itself. This made the researcher to know the attitude of the college students towards their counseling centers and how they are being benefited through these centers.

OBJECTIVES OF THE STUDY

The researcher has made the research with the following objectives

- ❖ To understand the various concepts involved in counseling practices.
- ❖ To find the critical issues / problems faced by young college students.
- ❖ To analyze the role and responsibility of a counselor.
- ❖ To forecast the various new psychological issues that would affect the young generations.
- ❖ To offer suitable suggestions and guidance.

RESEARCH DESIGN

A guidance and counseling programme which would assist students indicate the lines of remedial action and help in dealing with emotional and psychological problems should be an integral part of the educational facilities provided in institutions of higher education. The questionnaire was designed accordingly to get the relevant information from the respondents. In this study the researcher has adopted convenience sampling. Population of study includes selected colleges in Madurai.

SOURCES OF DATA COLLECTION

The research consists of the application of both primary and secondary data. Primary data was collected by administering questionnaire. The secondary data was collected through websites and from various journals and magazines. The sample size of the study is 150.

FINDINGS

The findings of the study are

1. Counseling helps you to improve your _____

Table 1.1

Improvements in skills expected by the respondents

S. No	Improvement in skills	No. of responses	Percentage of Responses

1	Skill of decision making	33	22
2	Reduce tension	27	18
3	Maintain better self-esteem	14	9
4	Builds confidence	41	27
5	Feel positive	19	13
6	Feel optimistic towards life	16	11
	Total	150	100

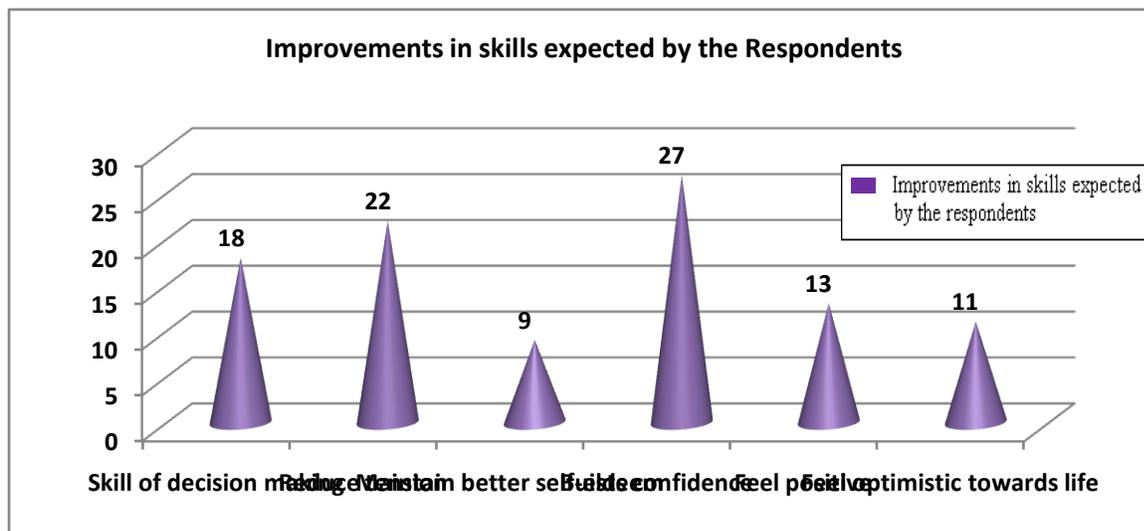
Source: Primary Data

It is evident from the Table 1.1 that, 27% of the respondents felt that counseling helps them to build their confidence, 22% of them felt that it helps them improve their decision making skills, 18% of them felt that it helps them in reducing tension, 13% of the felt that they feel positive, 11% of them felt that, they feel optimistic towards life and only 9% felt that it helps them to maintain better self-esteem.

The above data is represented using the following Figure 1.1

Figure 1.1

Improvements in skills expected by the respondents



2. Mention the area of stress faced by you _____

Table 1.2

AREA OF STRESS FACED BY THE RESPONDENTS

S. No	Stress Area	No. of responses	Percentage of Responses
1	Academics pressure	26	17
2	Social / Friends	45	30
3	Failure in relationship	60	40
4	Travel / Harassment	19	13
	Total	150	100

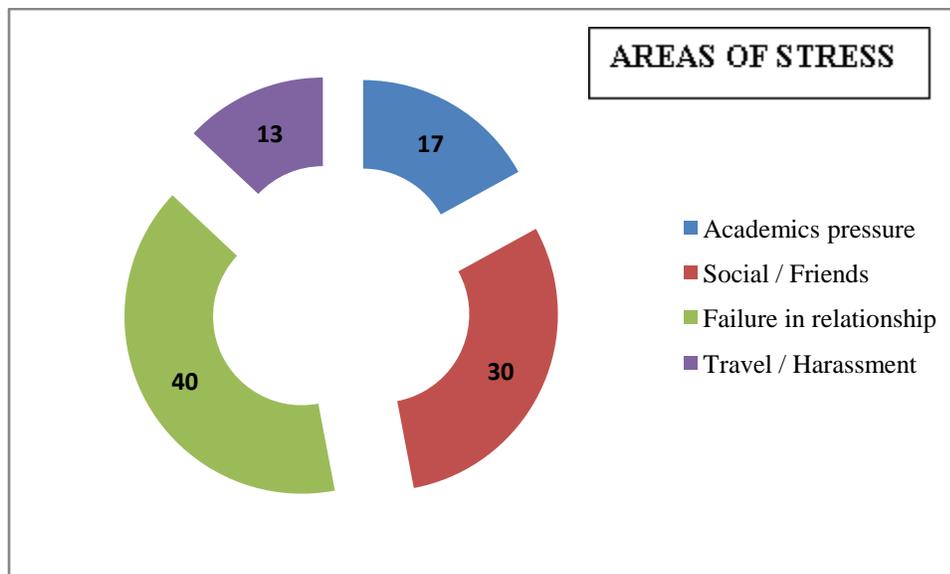
Source: Primary Data

Among 150 respondents, 40% of the respondents have told that they faced stress due to failure in relationship, 30% of them told that, stress is due to social/ friends, 17% of them told that, stress is due to academic pressure affairs and 13% of them told that, stress is due to Travel/ harassment.

The above data is represented using the following Figure 1.2.

Figure 1.2

AREA'S OF STRESS FACED BY THE RESPONDENTS



PREFERENCE ON THE AREA / NEEDS OF COUNSELING

An attempt has been made by the researcher in knowing the preference of the respondents with regard to the area / needs of counseling. The preference on the area / needs of counseling is tested by using the Ranking proposal method and is shown in the Table 1.3 below.

TABLE 1.3**PREFERENCE ON THE AREA / NEEDS OF COUNSELING**

Counseling needs	I	II	III	IV	V	VI	VII	VIII	IX	X	WAM
Coping with Stress	51	36	23	10	7	3	6	5	8	1	8.01
Depression	33	42	27	15	11	8	6	3	2	3	7.83
Harassment	19	27	30	18	15	12	9	7	8	5	6.85
Healthy relationship	18	21	37	12	14	11	13	8	10	6	6.6
Coping with anxiety	14	15	22	12	38	16	14	7	6	6	6.25
Grief/loss	6	3	1	38	21	18	19	17	15	12	4.97
Mindfulness	4	3	2	11	23	20	42	19	16	10	4.43
Conflict resolution	2	1	3	18	6	41	1	20	30	28	3.81
Cultural shock	1	1	3	9	12	11	39	15	20	39	3.42
Study skills	2	1	2	7	3	10	1	49	35	40	2.82

Source: Primary Data

The respondents have ranked the preference of the respondents with regard to the area / needs of counseling and marks were assigned based on Weighted Arithmetic Mean.

From the analysis, it is inferred that Coping with stress has got highest rank (8.01), followed by Depression (7.83), Harassment (6.85), Healthy relationship (6.6), Coping with anxiety (6.25), Grief/loss (4.97), Mindfulness (4.43), Conflict resolution (3.81), Cultural shock (3.42) and Study skills (2.82).

HYPOTHESES

Chi square test has been adopted to find out the result for the hypothesis formulated.

“There is association between the Gender and opinion on requirements of skills to be supported by the counselor”

The Table 1.4 listed below lists the factors relating to the Gender and opinion on requirements of skills to be supported by the counselor.

TABLE 1.4

GENDER AND OPINION ON REQUIREMENTS OF SKILLS TO BE SUPPORTED BY THE COUNSELOR

S.No	GENDER	SKILL TO BE SUPPORTED BY COUNSELOR				
		Interaction with others	Respect for others views	Ability to Stand up for others	Recognize / Defend human rights	Total
1	Female	26	19	18	12	75
2	Male	21	24	17	13	75
	Total	47	43	35	25	150

Source: Primary data

The Table 1.4 shows that out of 47 respondents who opined that Interacting with others is the skill to be supported by the counselor, 26 respondents are female and 21 respondents are male. Out of 43 respondents who opined that respect for others views, is the skill to be supported by the counselor 19 are female and 24 are male. Out of 35 respondents who opined that, ability to stand up for others is the skill to be supported by the counselor, 18 are female and 17 are male. Out of 25 respondents, who opined that, recognize / defend human rights is the skill to be supported by the counselor, 12 are female and 13 are male.

RESULTS OF CHI-SQUARE TEST

H₀ – Gender of the respondents has no association with the opinion on requirements of skills to be supported by the counselor

H_A - Gender of the respondents has association with the opinion on requirements of skills to be supported by the counselor

For 3 degrees of freedom at 5% level of significance, the table value is 7.81

Since the calculated value (1.1816) is less than the table value (7.81), at 5% level with 3 degrees of freedom, the null hypothesis is accepted. Hence it may be concluded that Gender of the

respondents has no association with the opinion on requirements of skills to be supported by the counselor.

LIMITATIONS

1. The sample size being very small, the result of the study may not represent the whole population.
2. The respondents were reluctant to respond.
3. The result cannot be generalized.
4. The study was restricted to limited area and time.

SCOPE FOR FURTHER RESEARCH

The researcher has done the research with reference to need for counseling centers at various colleges in Madurai, hence

- A new research can be made among the counselors with regard to the success of their counseling centers.
- Research can be made with regard to the various critical issues faced by the young generation.
- Research can be conducted to know the follow up strategy among the clients.
- The real impact of counseling can be made, by collecting data from the beneficiaries.

CONCLUSION

Proper counseling will help incorporate valuable lessons in their daily life. Some sessions should involve career guidance, where the students are advised on the selection of courses and different career paths. It's important to prepare them for life after school and what to expect in the different fields they might opt for. When a child misbehaves he is often misunderstood. So a professional counselor can help in differentiating between a tantrum & a difficulty. This is the situation when problems eat away self conscious that one needs to seek a counselor and get life back on track. Children, students, adults, and old age people everyone can go to a counselor for help at any point of time in life.

Online counseling is the provision of professional mental health counseling services through the Internet. Services are typically offered via email, real-time chat, and video conferencing. Some

clients use online counseling in conjunction with traditional psychotherapy, or nutritional counseling, and a growing number of clients are using online counseling as a replacement for office visits .While some form of tele-psychology has been available for over 35 years, the advent of internet video chat systems and the increasing penetration of broadband has resulted in a growing movement towards online therapy. Clients are using videoconferencing, live chat and email with professional psychologists in place of or in addition to face-to-face meetings. The young generation of today is used to the adoption of new technological devices and if they feel hesitated to go to a counselor for availing the counseling, they can go in for the online counseling. The ultimate aim is to get rid of their mental / psychological issues and prevent them from taking a wrong or useless decision. The only aim is to get upliftment and enhancement in their lives.

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