

Counselling in College Settings: Impact of Personal and Career Counselling by Teachers on Student's Development at Under Graduate Level

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Abstract

The difficulties in adjusting with changing environment of college students have become an emerging issue. Studies have proved that the adjustment difficulties like change in college environment, rules and regulations, peer pressure also coping up with the parents expectations about the career, self-expectations verses reality of the word etc are the most common problems discussed between the students and the counselor.

To help students to solve these problems, institutions are making conscious efforts to impart counselling as one of the mandatory practices in the organization. By this students can be provided with the systematic help so that their social and emotional problems do not interfere with their academic performances, for the current study.

Counselling is a technique that helps students to develop self-understanding and make changes in their lives to overcome the problems faced by them in their routine life. The use of interpersonal relationship is the only way of making counselling sessions effective. Through which the focus can be given on mental health of the students.

We chose to examine the relationship between the college counselling experience and the academic performance in the students. The study suggested that the most common problems faced by the students are loneliness, low self-esteem and higher frequencies of life changes than their seniors.

Keywords: Counselling, Self-Understanding, Self-Expectations, Mental Health etc.

the personal resources for self-development. The overall objective is to help students to understand the different ways to work towards living their life with satisfaction and fulfillment.

Guidance and counselling are important for students now a days, and colleges or organizations where they belong to have a huge role in shaping them bringing out the best in Students. Sometimes young minds need help & guidance to polish their personality. Through counselling, Students are offered a guidance come advice on how to manage and deal with emotional conflict and personal problems.

Proper counselling will help incorporate valuable lessons in their daily life. But some sessions should also focus on career advice, where the students get a right path to think on the selection of courses and different career options for them. It's important to make them understand and prepare them for the life after their college days and the difference between their expectations and reality of the world.

Following are some of the benefits that students get from effective guidance & counselling:

- Students are given proper guidance on ways to deal with psychological problems which can badly impact their studies. And with the help of these sessions, some problem solving skills can be developed in them.
- The students are advised on coping up with different situations they tend to face in their student life.
- It helps to shape a student to focus and achieve their goals and develop the behaviour to do things in the best possible way.
- It helps to bridge the gap between students expectations and the reality of the life in terms of developing the broader view towards life.

INTRODUCTION

Counselling is defined as use of the skills to facilitate self-knowledge, acceptance of self-emotions and growth and

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- Students get a professional advice on career, courses and jobs that help them to make a proper and informed choice and understand what they can do after they are done with graduation.
- 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 counselling also make students better human beings since they are counselled on how to act and behave in a particular situation.

LITERATURE REVIEW

- The article written as a case study on Nalanda International school Vadodara mentions the importance of guidance and advice and its impact on a student's life. It's a myth that only college going students face issues in their personal life or when it's a time for them to choose the right career options. The school plays a major role in the crucial years of the teen age. It is important to know what they feel and how do they express their emotions while facing a particular situation of the life so that they don't end up choosing random solutions which is dangerous.
- The research done by Renuka Devi M.R., and P.R. Devaki, on The Effect of Counselling on the Academic Performance of College Students states that, the newly emerging issues in students life is adjustment factors that they have with their surroundings. This leads to often depression attacks and rough and rude behaviour. Also the effect is seen on appetite disturbance, concentration problems. But students who have undergone the counselling sessions have found a remarkable difference in their behaviour and thinking. The students themselves could make out the difference in their attitude and academic development.
- A Research Paper By Pankaj Dixit (Executive & Life Coach, INDIA) on "Coaching and Counseling - What Can We Learn From Each Other" in British Journal of Guidance & Counselling Volume 46, 2018 - Issue 4 the author says that, In this paper, he has tried analyzing counselling and coaching

these two different disciplines, even though they both deal with human behaviour and emotions. and lot of common techniques and skills are utilized in both these disciplines. But to the large extend these techniques go hand in hand as far as dealing with student's problem is concerned. The professionals would be always in a better position to help students if they know basics of both the disciplines. End of the day these techniques are of great help while counselling the students.

- Emma Broglia, Abigail Millings & Michael Barkham Pages 441-455 | Received 24 Dec 2016, Accepted 01 Aug 2017, Published online: 29 Sep 2017 "Challenges to addressing student mental health in embedded counselling services: a survey of UK higher and further education institutions" A research states that, Constant increasing demands for counselling is showing the severity of students mental health needs. Its really important to understand the impact of counselling on students health, behaviour and attitude. The research focused on the students approaching for availing counselling services. The online survey was conducted which resulted in to the conclusion that students received high intense support. The counselling helped students to get back on track and understand themselves and their surroundings better. A complete positive impact was seen in students behaviour through counselling.
- Character Strengths and First-Year College Students' Academic Persistence Attitudes: An Integrative Model Brandon R. Browning, Ryon C. McDermott, Marjorie E. Scaffa, ...
- First Published July 17, 2018 Research Article states that counselling professionals prefer to help students who are at graduation levels. They find lot of positivity, enthusiasm, challenging attitude in students aging between 17-20 yrs. These are the years where they get ample opportunities to prove them. If a right counselling is given to these students, then it will enable to them to face the world with right attitude, come up with solutions to their problems and go ahead with choice based career. Over the years students have been giving feedbacks that such counselling sessions are of great help to them. The institutes should support and implement such practices of counselling students.

OBJECTIVES OF THE STUDY

- To find the level of awareness related to counselling in under grad college level.
- To find the relationship between the academic performance and counselling.

RESEARCH METHODOLOGY

Simple Random sampling method was used to select respondents who are currently pursuing their degree in college with the age ranging between 18 yrs to 20 yrs. A questionnaire was circulated to collect the data required for this research paper.

ANALYSIS AND INTERPRETATION

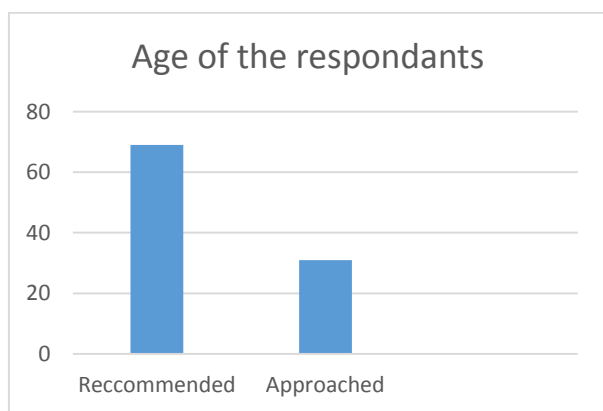


Fig. 1: Profile of Respondents

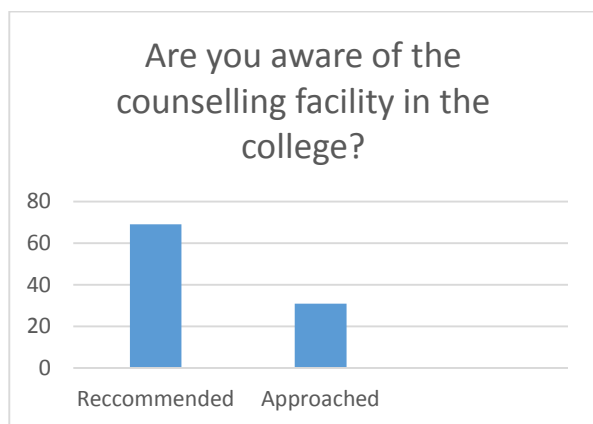


Fig. 2: Are You Aware of the Counselling Facility in the College?

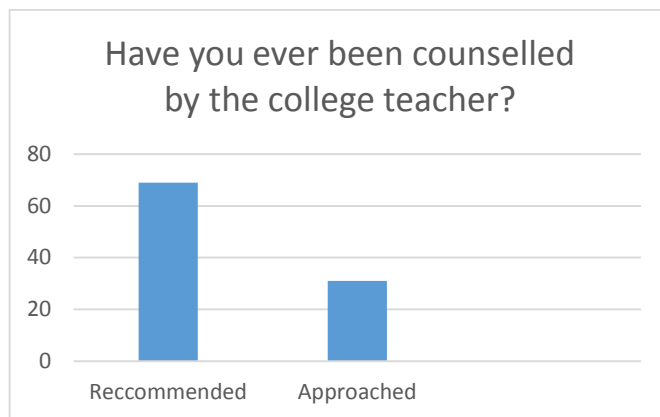


Fig. 3: Have You Ever Been Counsellled by the College Teacher?

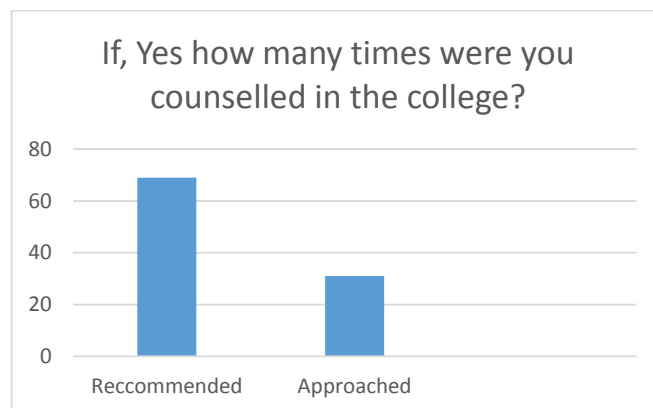


Fig. 4: If, Yes How Many Times were You Counsellled in the College?

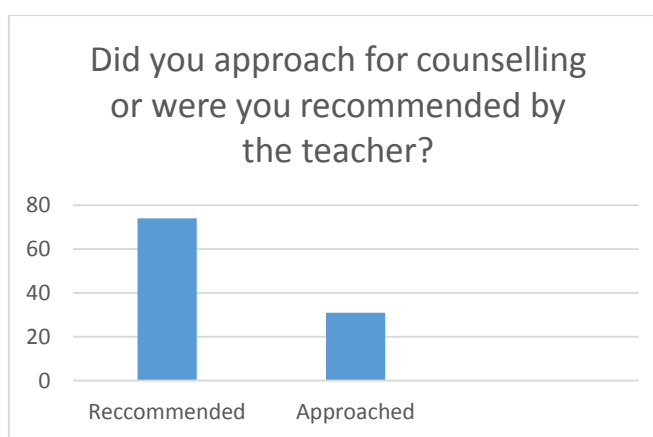


Fig. 5: Did You Approach for Counselling or were You Recommended by the Teacher?

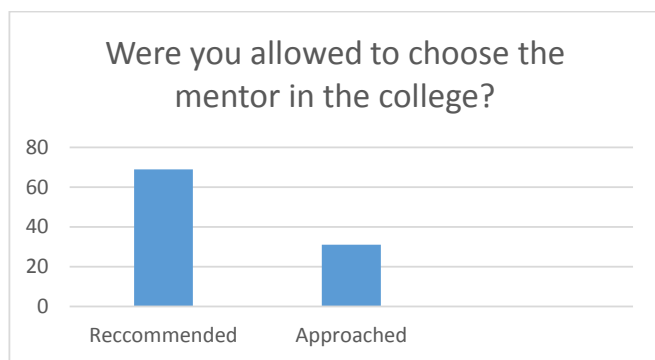


Fig. 6: Were You Allowed to Choose the Mentor in the College?

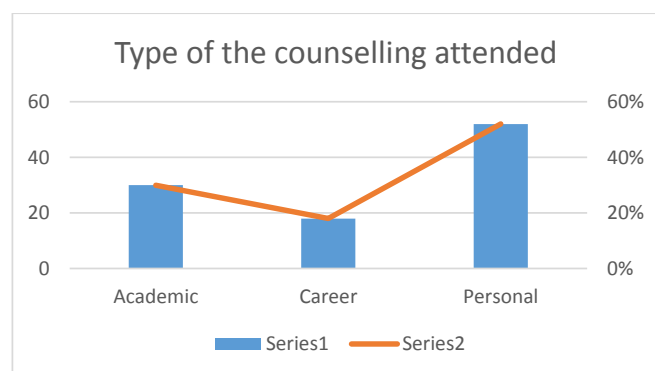


Fig. 7: What are the Parameters for Which you were Counsellled?

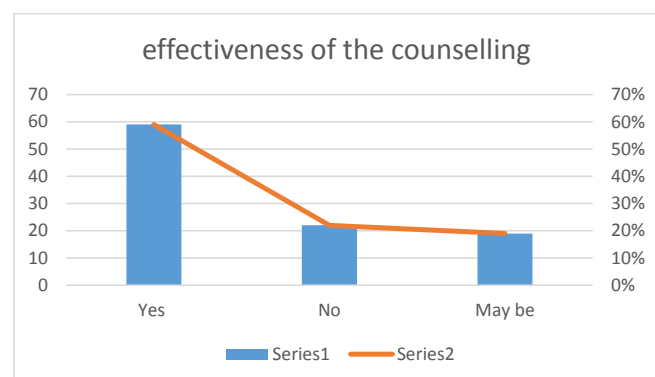


Fig. 8: Do You Think That the Counselling Was Beneficial for You in Your Career or Personal Growth?

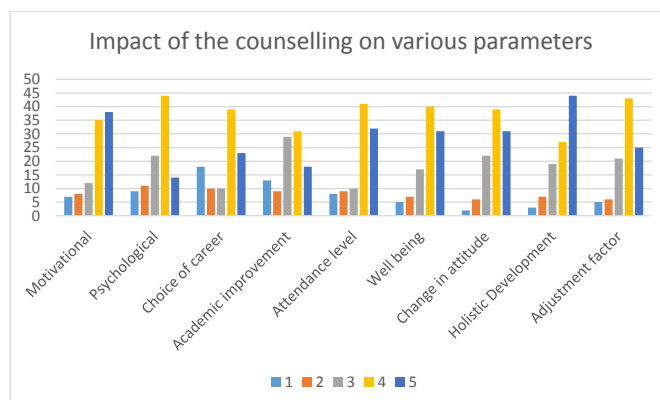


Fig. 9: Kindly Rate the Level of Effectiveness of the Following Counselling Parameters on the Scale of 1-5 Towards the Counselling?

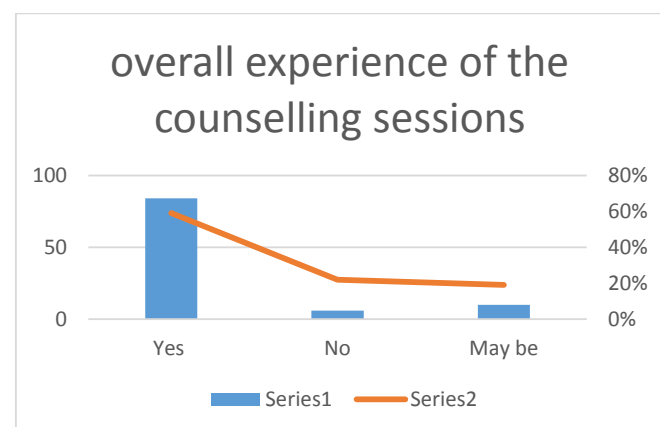


Fig. 10: Did Your Counselling Session Meet Your Expectations?

FINDINGS

- More than 80% of the respondents are aware of the counselling facility provided by the college.
- More than 75% students are counselled at least once by the teachers which has given an opportunity to the student to open up about his/her problems if any.
- The study shows that counselling on personal issues of the students is the prime reason for them to approach a counsellor followed by academic counselling.

- Students are recommended to the faculty at the initial stage as a regular practice and later if required a student approaches the concerned faculty for more counselling sessions.
- Students are allowed to choose their counsellor which makes the counselling session even more effective.
- More than 60% of the students find counselling sessions effective having a positive impact on their academic performance, motivational level, well-being, change in their attitude and their holistic development.
- Students find counselling sessions really effective and helpful.

CONCLUSION

- Overall, the study shows that there is a huge need of counseling in students as they have altogether different problems to deal with.

- More than academics or Career related issues, students feel a need of counselling for handling their problems at personal level.
- It shows that proper communication with little bit of advice or guidance really helps students to overcome their problems and find solutions on their own.

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