

**NEED FOR GUIDANCE AND COUNSELLING AMONG UNIVERSITY STUDENTS OF
KUTCH REGION, GUJARAT, INDIA****ASHOK B. JATIYA****HEAD TEACHER MOTA PRIMARY SCHOOL, BHUJ****ABSTRACT:-**

The introduction of guidance in our educational institutions is crucial because the changes taking in the education system, in technology, and technology is not an exception to this if students are not adjusted with all these or ignorant about positive and negative benefits of scientific gifts, which affect their education and expose them to personal problems in development. The present study, i.e. the need for guidance and counselling was conducted among university students to examine the importance of guidance and counselling. This study included the students those who have got guidance and counselling and those who not obtained, but they need guidance. Questionnaire method was used to procure the students expression, their wish to seek guidance either to choose their career or to solve personal problems. The work also showed subject-wise increase in need for psychological counselling as specific subjects' gender-based requirements were observed. This is the first report of counselling needs in university students of western Indian states and may help in furthering the maintenance of mental health of susceptible students.

Keywords:- PCNS, counselling needs, adolescent, University students

Asignificant increase of Psychological problems among university students has been affecting their academic as well as personal life. The sociological and psychological shifts coinciding with the adolescent to adult life have been known to complicate this stage of transition into adulthood where the changing roles, responsibilities, relationships and expectations are constant pressures on the late adolescent minds (Jeffrey Jensen Arnett, 2000). The university students have crucial importance for mental health policy because the potential benefits of identifying and treating students early with psychological problems are considerable (Eisenberg, Golberstein, & Gollust, 2007). The mental health problems are not only the product of single factor, but multiple factors are also affecting at multiple levels such as individual, interpersonal and institutional. (Byrd & McKinney, 2012). Personality traits such as perfectionism are essential moderators in determining the amount of psychological distress; among students, specific subgroups show higher mental health problems in comparison to the general population. Male graduates are more at risk of suicide, and female students are at higher risk of anxiety and depression. Students from lower social, economic backgrounds are higher risk of psychological problems (Hunt & Eisenberg, 2010). The period of under graduation is susceptible because students have to cope-up with the academic and social demands that they encounter in their studies and preparation for professional careers (Bayram & Bilgel, 2008). In India, approaching counsellors for psychological problems is still developing area and considered as a stigma in some parts of the country and few studies are available related to the mental health problems of students in India. In this context, the purpose of the present study is to find out the necessity of counselling among Indian university students aged 17 to 18 years old.

METHODOLOGY:-

For assessing the need of psychological counselling among students (within the age limit of 13-18), the scale termed "Psychological counselling needs scale" (PCNS) developed by Chouhan and Arora (2009) was used (VL Chouhan & Arora, 2009). The reliability of the test was checked by various authors and found to be having 0.90 reliability coefficient and was calculated by the product-

moment method to be 0.82. PCNS has 25 effective statements and questions (supplementary table 1); of these statements, 21 statements are positive, and four statements are negative. The psychological counselling needs scale consists of 25 statements with 21 positive items and 4 negative items on a five-point Likert scale. For positive statements scores are 5 for 'Always', 4 for 'Often', 3 for 'Sometimes', 2 for 'Rarely' and 1 for 'Never' and for negative statement, scoring is just reverse. The minimum score on the scale is 25 and the maximum score is 125 (Supplementary Table 1). The respondents were instructed for specific administration of the questionnaire filling as follows: (a) the test contains some statements about the respondents, the five alternative choices and to read each statement carefully and mark the appropriate point, (b) none of the answers are right or wrong and not meant to judge the respondent as their names will be kept confidential, (c) the answers will be compared for understanding the persons need of stress relief, (d) students can take their time in reading and understanding each statement and question (usually in 30 minutes), (e) all the statements should be responded to and none should be left unanswered and (f) the instructions were read out loud to the respondents in advance.

The area of the study: The test/study was conducted in Adipur and Bhuj, Gujarat. The sample of the present study included 60 adolescents/students belong to different age groups and different curriculum. It has 13 boys and 107 girls. The sample was randomly selected from the university undergraduate students. The students were randomly selected and were given questionnaire and consent forms. Respondents were instructed to respond to the questions without consulting each other. Statistical analysis The results were analyzed by t-test, ANOVA, correlation and regression statistics.

RESULTS AND DISCUSSIONS:-

The career selection dilemma faced by students soon after their 12th stems from the societal pressures. These selections decide an individual's life goals and have far-reaching impacts on their future in terms of status, security, lifestyle, income and satisfaction from job. Thus a wrong decision can lead to unhappy adults and ultimate failure in earning potential livelihood (Ramakrishnan & Jalajakumari, 2013). The pressure and nervousness of the new course selected can impart stresses on the adolescents starting with their graduation. This group of students focused in the present study to understand the possible shift in psychological needs in students from an earlier stage of the graduate studies. Counselling and guidance is necessary for all students, which helps to students to imbibe effective study habits (Osa-Edoh & Alutu, 2012). Good guidance and counselling service help to grow effective study habit in school. Students who get proper guidance develop in curricular and co-curricular activities (Ogbodo, 2011). The five-point scale proposed by Chauhan and Arora (2009) helps in assessing the need for psychological counselling among adolescent children. The items can be responded to by choosing from options: always, often, sometimes, rarely and never. The minimum score on the scale is 25, and the maximum rating is 125. The PCNS results showing up to 71 are considered very low in need for 20 percentile Psychological counselling while 72-75 results are considered 21-40 percentile with low and 76-79 as 41-60 percentile with the average need for psychological counselling. The results showing 80-83 that is high need and results of 84-125 are considered 81 and above are considered a very high need for psychological counselling. The scale is suitable for both individual and group administration. Psychological problems are still considered a social stigma and are never revealed even for help. This tool can thus be an essential instrument to identify, to study the problem areas of psychological counselling needs of adolescents and further plan support and psychological counselling for them. The scale is a resource to explore, research or survey the adolescent population and to prepare and plan future interventions for them. It can be useful for psychologist's counsellors, an educationist in their specific areas of work, to understand adolescents

and also plan social or family level programmers to enhance adolescent development. The Sampling The total sample size is 120, from BMIT, BOTAT, and B.Sc (Paramedical Sciences and Biological science) studying in the district of Anand, among them 29 are 17 years old, and 91 are 18 years old. The female score is higher to compare the number of males. In this 17- year-old female score is 86.2069, male is 13.7931 and 18-year old female is 90.10989, male is 9.89011. Statistically, a significant difference has been observed between this age group with reference to Psychological Counselling Needs Scale. It has been consistently seen that among the bachelor's degree in biological sciences, especially in BSc and Paramedical sciences, the percentage of females is significantly larger than males throughout India. The descriptive statistics of 120 respondents show the mean value of 64.74167, while 62.7 and 64.411 for 17 and 18 years old respondents, respectively. Furthermore, hence, considering the mean and median ranges in 64 (very low need for psychological counselling), it can be concluded that majority of the sample participants in the study do not need psychological counselling. The standard deviation of the PCNS values were 11.78055, 11.522 and 11.853 for all, 17 and 18-year-old respondents, respectively. The sample data consists of a wide range of results from Psychological needs scale values from 120 students tested. The data had a standard error of 1.07 and a standard deviation of ± 11.8 that shows data reliability and consistency among the results obtained. The t-test values showed significance among the values of PCNS obtained. The ANOVA results of the 17 and 18-year-old students show significant values ($p=0.000272$ and $p=0.000000000000247$, respectively). Thus, shows the variables seen among the student as significant and consistent. As shown in, the 120 respondent student population includes semester I students from B.Sc. Biology, Paramedical Sciences (BOTAT and BMIT), B.Sc. (Microbiology), B.Sc. (Biotechnology), B.Sc. (Biochemistry) and semester II of B.Sc. Biology with 20 respondents from each field.

1: The PCNS results. Histogram representing (a) B.Sc. semester I , (b) B.Sc. semester 2, (c) Paramedical Sciences (BOTAT and BMIT) semester 1, (d) B.Sc. (Microbiology) Semester 1, (e) B.Sc. (Biotechnology) semester 1 and (f) B.Sc. (Biochemistry) semester 1. Male respondents are denoted by 'o'. During the start of their graduation studies, the adolescent students are faced with an atmosphere of higher pressure leading to behavioural issues, anxiety, stress and depression. Thus it becomes imperative to study this group of students and confer them if needed with psychological counselling (Sati & Vig, 2016). Adolescents and university students need emotional support. Of course, university students get a lot of training and services, but counselling is still deficient. There is a lot of examples that emotionally vulnerable students achieve better academic goals (Storrie, Ahern, & Tuckett, 2010). Among the students of the first semester of BSc Biology, no male participants were involved, and most of the students showed very low need for psychological counselling. Only 5% of students also exhibited very high need for counselling. While the students of second semester of BSc Biology respondents consisted of no males and maximum number of students exhibiting above the 20 percentiles need for psychological counselling. The PCNS results here showed 20% - low, 10% - average, 5% -high and 10% very high need of counselling among the respondents. The students of paramedical sciences consisted of 25% of male students and 15% - low, 10% - average, 15% - high and 5% - very high PCNS results. Among these paramedical students, the students of BOTAT were more stressed than the students of BMIT and thus collectively are more in need of psychological counselling. Two males of BMIT and BOTAT showed high and very high PCNS values respectively. The BSc first semester students of Microbiology section showed a significantly high number of students with very low need of psychological counselling needs (90%) while 5% showed - low and 5% - very high values. Among both males and females here, the contrast of values in the psychological need scale showed either very high or low and very low values. The students of the first semester of

BSc from Biotechnology section and consisted exclusively of female respondents of 17 and 18-year-old age. They exhibited 65% - very low, 10% - low, 15% - average, 5% - high and 5% - very high value PCNS results. The BSc first semester students of Biochemistry respondents consisted of more than 50% (11/20) and highest total male students involved among the 120 students. Their PCNS results showed 10% - low, 10% - high and 5% - very high values for the psychological counselling needs. The statistical results of the six classes of students studied show significant differences. The students of Microbiology showed the lowest and students of Biotechnology showed the highest need in PCNS. Only B.Sc. semester 1 (biology) and B.Sc. semester one biotechnology showed positive skewness and Kurtosis. B. Sc. semester one biology showed 4.3% confidence while all the other academic classes showed around 5.1 to 6.1 range of confidence level. Overall, the results show that most of the segment of student population taken had around 5% showing high need for psychological counselling. Although many of the batches showed other values in the scale, significant students showed a very low need for psychological counselling. The remarkable finding is the increase in the psychological need scale among the students as their age increased from 17 to 18. Thus, age is a prominent factor for the student to attain stress levels in college life requiring psychological counselling. Analyzing the results, we got indicated- age-related change in psychological needs among the early stages of college life. We re-distributed the data on the basis of age and further analyzed statistically for their importance. Career counselling programs focus on students' awareness of the importance of active involvement in choosing a career and developing professional competencies (Crişan, Pavelea, & Ghimbuţ, 2015). In their secondary school level, students face tough competition to secure better marks in their exams to be able to choose better future vocational option resulting bright future career. These stresses may have an adverse effect on the students' mental health and may result in frustration their late adolescence and early adulthood having the capability to last for a lifetime (Chaudhari, 2015). The repercussions of psychological maladjustment problems can be various and long-term resulting in a stage of total turmoil leading to the individual facing problems of adjustments, anger management, depression, anxiety, addictive substance abuse habits and many more (Sati & Vig, 2016). Chouhan and Josh (Vijyalaxmi Chouhan & Josh, 2014), while using the PCNS to study the counselling needs of the students, reported the gender of the student (male/female) did not significantly differ the results. Sati and Vig (2016) used PCNS and reported the regular counselling needs of females more than males in late adolescent students. In the late adolescent stage, the protective parental care seems distant, and relationship bonds with friends grow strong and attain higher importance in the stage of life as it creates opportunities to open up to the outside world without the parental supervision (Sati & Vig, 2016). This shift of surroundings to college life compounded with age can make a late adolescent student vulnerable for stress leading to an urgent need of psychological counselling. The stress of career among the late adolescents shows that there is a significant relationship between the career they chose to undertake and the guidance available to them. Thus there is a need for personal guidance and counselling of students for their choice of career with respect to their capabilities. These counselling sessions show that the development of students' mental health is paramount than management of leisure time. The devastating effects of failing mental health among even a fraction of the total student population shows the counselling option is less harmful role between a student's mental health and their career guidance. PCNS analysis. (a) 17 year old, (b) 18 year old, (c) 17 year old males, (d) 17 year old females, (e) 18 year old males and (f) 18 year old females. The is the score of 17 years old students of Paramedical and Biological stream, among 29 students, 6.90% of students need the service of counselling. The chart is the 17 years male students, 50% students need counselling and guidance service often, and the represents female students' score here only 12% of female students need guidance. As per this data, male students need this service

more and often to compare to female students. The is the score of 18 years students, among 91 students 5.49% of students high of this guidance and 7.69% of students counselling service immediately. The Pie chart represents 18 years male students, only 11.11% of students need guidance and counselling and the represents female students only 4.88% are in high need of psychological counselling and 8.54% students need counselling services. Among this age group female students are in high need of this service. Statistical analysis Regression statistics help in understanding the relationships between a dependent and an independent variable and can be used for predicting capabilities. The regression line, also known as the least-squares line is the expected value of the dependent variable for all values of the independent variables. The regression line fit plots best suits the data on a scatterplot. The slope of the regression line (b) is as the rise divided by the run. They intercept (a) is the point on the y-axis where the regression equation. This intercept is called as constant, and the slope is known as a coefficient. The regression studies of the data were carried out by using the PCNS data. The data of 17year old students were analyzed against the 18year old students of biology.

Regression studies. Regression statistics of (a) line fit plot, (b) normal probability plot and (c) residual plots Due to the developmental changes within them, the adolescents face problems related to it at varying paces individually. These problems include the increase in the need for independence, the rapid evolution of sexuality, the pressure of future employment and education, changing dynamics within family life due to their age, social and peer pressures, legal responsibility and ethics development, a healthy identity, consolidation of advancement in cognitive abilities and psychological adjustments (Sati & Vig, 2016). The guidance could bring more awareness and encouragement, skills, benefits, exploratory career behaviours, decision-making skills and the importance of help-seeking from professional. The counselling services will help to not only academic life, will support to build good relationship with family and society (Balin & Hirschi, 2010). During the start of their graduate studies, the adolescent students are faced with an atmosphere of higher pressure leading to behavioural issues, anxiety, stress and depression. Thus it becomes imperative to study this group of students and confer them if needed with psychological counselling (Sati & Vig, 2016). Many young students do not like to seek counselling because stigma involves in getting psychological support. This attitude should be changed, and students should come to know about the services, which could involve open seminars, training programs, and related to activities. These will help to come out of the wrong belief and misconceptions (Giovazolias, Leontopoulou, & Triliva, 2010). In developing countries, career counselling services and guidance is in the early stages. Though there polices and rules related to counselling, almost no attention has been paid to building the capacity has been paid to building the capacity of the people (Kumar, 2013). The Guidance and counselling that is needed in young adolescents can assist them to overcome challenges which may be personal, emotional, social, career or academic experienced at home and school (Lal, 2018). The complex helping process of counselling established by a counsellor helps in establishing a trusting, and confidential relationship focused on problem-solving, decision making and personal discoveries related to academics and mental health (Vasanthaxmi, 2015). The R square values were 0.977233 (Standard error of 10.0138). From, it is evident that the predicted values of data for 17-year-old students showed increment with respect to the probability plot output and showed a maximum of standard residues in -3 to 1.54. The percentile of student giving 30 in PCNS showed lowest while the highest was considered for PCNS values of 82 having 98.28 percentile. As given in the residual plots of regression statistics show the values of PCNS data residues clustering at their respective points. Residual plot patterns are random, and thus the plots indicate the predicted values are unbiased. The regression plot given in shows a normal pattern in the plot, and thus the data values hold true to their regression studies when studied as regression percentile

values. The normal distribution curve drawn with the linear regression curve helps to understand the predictability of the values. The plot suggests that the data appear to not follow a normal distribution as predicted from a psychological distribution curve. As given in, the regression prediction for PCNS data of 17 year old respondents. The predicted and response of the PCNS results were shown in The two sets of values show a good match with each other showing good prediction. The rank correlation results show that 17 years old students need less counselling and guidance to compare to 18 years, old students. Only 2 students are in the range of 80%- 100%, 7 students come in the per cent of 50%-70%, then 11 students are in the percentage of 10%-49%. The rank correlation of 18 years old students show that 22 students are in the range of 80%-100%, 14 students are in the range of 60%-80%, then 14 students in the rank range of 50%-60%. 40 students come in the rank range of 10%-49%. In a study conducted in Tamil Nadu, almost 33.02% of the responding students reported the assistance need they faced in the previous six months with regards to various mental disturbances due to the problems they faced. The significant problems being responsible for this were- friends (22.75%), finances (21.65%), family (19.42%), love life (17.75%) were shown to be obstructing the focus of the student from studies (Sati & Vig, 2016). The guidance has direct effects on the vocational career decision by the student. The personal guidance for students helps the students to choose their career with respect to their abilities. The increased need for psychological counselling among the students tested shows the need for Indian University students, especially when they are just through adolescence. The need for student's guidance and the problems they face, which can reduce the difficulty level and result in a change in the mental health of students after proper counselling. They are showing a negative relationship between the problems faced by students and guidance counselling. The problems faced by an adolescent and its solving abilities need to be inculcated among the students by proper guidance and counselling. This will increase the mental health of the students and reduce the difficulty level showing significant difference before and after counselling. Here the results also show the dilemma and possible effects on the mental health of the student due to the career choice as late adolescent decisions. Hence this shows an urgent need for personal guidance to the students, especially in higher academic fields. The need for psychological counselling was seen among many of the late adolescent students of Charotar region. The career choice already made needs continuous counselling and maintain the student's mental health. Thus, the guidance and counselling play a significantly important role in a student's life. **CONCLUSION** The students of six different streams of biology that we analyzed initially gave clear and consistent results that the need for psychological counselling is random in the population. But the results were significantly specific when ages were compared among the student population. Consistent with the student population in many of the colleges of Gujarat, it mainly consisted of females (89.2%), and only 10.8% of the population was males. Thus, among the 17 and 18-year-old students, 13.8% and 9.9% male students respectively. The increase in PCNS can be due to career option pressures. The late adolescence and the confusion of career choice have increased the pressure on mental health. This period of student life is critical, and from this study, it is evident that there is a need for psychological counselling of the students shifting from adolescence to stressful college life. For the mental health of these students, it is recommended that there should be constant guidance and psychological counselling.

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