

Assessment of the adolescents' perception of status of guidance and counselling being provided to them

Manisha Dhama^{1*}, Seema Sharma²

ABSTRACT

Guidance and counselling means help or advice to deal with the complex problems linked with your work, education, personal relationship and making into easier ones. The aim of counselling is to assist behaviour change, enhance coping skills, promote decision making, improve relationship and to facilitate users' potential. To know adolescents' perception of the status of guidance and counselling being provided to them, purposive cum random sampling technique was used for the selection of 200 students in the age range of 16-18 years of Ludhiana district. The sample was equally distributed over both the gender (100 males and 100 females), locale (100 rural and 100 urban) and gender with in locale (50 rural males, 50 rural females and 50 urban males, 50 urban females). A self structured questionnaire was used to assess information about adolescents' perception of the status of guidance and counselling being provided to them. Data was analyzed using statistical technique like frequency, percentage and Z- test. Majority of rural adolescents perceived the guidance and counselling services to be unsatisfactory, whereas, urban respondents were moderately satisfied with the services. In rural area females perceived to be more unsatisfied with the existing guidance and counselling services as compared to male whereas contrasting result was found in urban area where males were more unsatisfied with the existing guidance and counselling services.

Keywords: *Assessment, Adolescents' Perception, Guidance and Counselling*

Guidance is regarded as conceptualized programme of activities that lead a way to find the problems in today's century where there is of advancement in scientific and technological developments (Okobiah and Okorodudu 2004). Guidance and counselling has become very essential for young children and schools have a colossal role in fetching out the best in children, as at today's time young minds need guidance to refine their personality and also help to attend to the physical, social, psychological, educational and vocational needs of the school students who go a long way to remove obstacle of learning. Counselling lends a hand to cater to their personal needs and assist to evaluate the societal challenges they are facing,

¹Research Scholar, Dept of Human Development and Family Studies, College of Community Science, Punjab Agricultural University, Ludhiana, Punjab, India

²Professor, Dept of Human Development and Family Studies, College of Community Science, Punjab Agricultural University, Ludhiana, Punjab, India

*Responding Author

Received: January 17, 2020; Revision Received: February 7, 2020; Accepted: February 25, 2020

Assessment of the Adolescents' Perception of Status of Guidance And Counselling Being Provided to Them

their abilities and to develop life's goals gradually, which are individually satisfying and socially acceptable (UNESCO 2006).

Guidance and counselling means help or advice to deal with the complex problems linked with your work, education, personal relationship and making into easier ones. The aim of counselling is to assist behaviour change, enhance coping skills, promote decision making, improve relationship and to facilitate users' potential. Guidance and counselling in the modern age have become escalated needs because of multiplicity of problems that the individual faces in important domains of life.

Adolescence is best defined as a critical period in relation to puberty and also considered as revolution of person's life which starts with biological transformation and finished in adjusting with those challenges in the society. Adolescence becomes a challenging as well as a puzzling chapter of lifespan development for those who are facing and also for the parents and adults who are raising and nurturing their children. This period is marked by a variety of physiological, cognitive, emotional and social changes that take place. The propensity of having innovative ideas is more common in adolescence than in childhood because in childhood extent of motion or any action is limited for children. Child has fear of parents or afraid of going far whereas in adolescence they get the opportunity to find out superior freedom. Moreover, there are varied conflicts that adolescents are counter with, for instance making decisions about future adult role, identity formation and separating themselves from caregivers.

Adolescents are at urge to entail a special attention in the country. In today's time teenagers are getting addiction to drugs, getting criminal records, school drop out, delinquency, poor mental health which leads them to attempt suicide, suffer from anxieties and depressions. In spite of increase in literacy rates and better health condition since independence, the inclination of choosing incorrect decision or being confuse is incessantly increasing among children because of lack of guidance services. They used to waste their golden time that they might spend in learning and knowing further constructive activities and also it would deteriorate their self-confidence and motivation to acquire up tasks that have proved to be hard in doing it. They are not mature enough to critically evaluate baffling situation arising due to these changes around them. Many of these problems not only require remedial treatment but also prominently help from guidance and counselling profession to take preventive efforts. Thus, adolescence becomes a challenging as well as a puzzling chapter of lifespan development for those who are facing and also for the parents and adults who are raising and nurturing their children (Lerner *et al* 1998).

Evolution and technology development has given many positive effects for making human life more compatible and filled with great opportunities, but at the same time, it has dispatched into multiple stressors in adolescents' life which had made adolescents to have poor mental health. These stress had lead to mental pollution. To survive best in this period and get direction of fulfilling their potential, adolescents require guidance and honest support.

Objectives

1. To assess the adolescents' perception of status of guidance and counselling being provided to them.
2. To compare the perception of status of guidance and counselling needs of rural and urban adolescents of both gender groups.

REVIEW OF LITERATURE

To study guidance needs of people in secondary and senior secondary schools, Tripathi (1986) conducted a study in 24 schools of Ahmadabad. Sample comprised of 720 people. To collect the data a checklist of 240 items was developed. It comprised of 9 domains i.e Physical needs, social needs, familial needs, sexual needs, personality, educational, financial, future life and religious needs. Result showed that significant relationship was found between grades of people on social, personality, educational, financial, vocational and religious needs. Findings also expressed that females need much more attention than male, low economic status people needed polite treatment from teachers and education of father was highly related with familial, personality, education and financial guidance needs.

A close point was concluded by Boldero and Fallon (1995) that students meet with severity and variety of problems in adolescence and there is always a service gap that exists between students and counselling services. Young people are very reluctant to take help, mainly from formal sources such as counsellors and psychologists.

To study career maturity of secondary students and effect of guidance intervention program in Delhi, Bhatnagar and Gupta (1988) carried out a study which aim to determine whether the involvement in a short term group guidance programme would facilitate students to shift in a optimistic way which is towards their goal and to find out gender difference in the career maturity attitudes of adolescents. 100 students were taken as sample size, where there were 62 boys and 38 girls. For collecting data a inventory was used namely Crite's Career Maturity Inventory. Results showed that short term guidance programmes were helpful to them both the gender expressed more need of guidance intervention.

Kaur (1992) carried out a study among 1334 students, 56 guidance workers, 59 educational administrators and 118 parents in Punjab. Multistage random sampling was done. A self structured questionnaire and checklist was prepared to collect the data. Result showed that in many schools guidance and counselling were not essential attribute. There were no separate financial assistance for guidance and counselling programmes. The barrier which was created while implementing guidance program were schools lack full time counselor, Lack of awareness among parents.

Another research study was conducted by Julien (1999) to know the career guidance among canadian secondary schools' students. Sample size of 399 students were taken. Findings revealed that students who not know where to go for seeking help regarding career planning were 40 percent Students faced major obstacle to career planning, 59.7 percent students resulting it hard to place all the information they wanted to make a career decision, 38.3 percent students said that they are not knowing what courses they should opt to conquer their career goals, to perform further studies financial assistance knowledge was not known to 57 percentage students. Around 76.6 percentage students reported that they made an attempt to get answer their questions. Reseacher also express that the main reason for not understanding the process of decision making was anxiety and depression.

To examine career maturity among school students Dhillon and Kaur (2005) conducted a study on government and public schools. The qualitative and quantitative analysis was done as a result the student studying in private schools have higher career maturity than student who were studying in government funded school. Achievement motivation, self concept and career maturity competence was also high in private school than government school. Results

Assessment of the Adolescents' Perception of Status of Guidance And Counselling Being Provided to Them

showed that females have significant relationship between career maturity attitude and career maturity competence whereas males showed significant relationship between career maturity attitude and external locus of control.

In Southern Alberta, Canada a study was conducted by Witkoet *al* (2005) among 2360 senior high school to inspect the perception about relevance of career planning. To assess the objective Data was collected by using Comprehensive Career Need scale. Results revealed that students assumed career planning as their important part of life. The main sources of career counselling were students' parents. Students studying in grades 10 to 12 pointed that they should be provided with the information regarding their higher grades courses and what courses would be eligible for them to choose their career. Students studying in 12 grade asked for better career counselling, so that they could be choose right decision. This research proved to be worth for better career counselling program

Another research study was conducted by Chireshe (2006) to assess the effectiveness of school guidance and counselling services in Zimbabwean secondary schools. Majority of both counsellors and students viewed counselling as valuable assistance but the guidance and counselling services were greatly negatively affected because of lack of resources and training in guidance and counselling and non-counselling duties performed by school counsellors.

Vogel *et al* (2007) in his studies revealed that students feel uneasy to take counselling. They have shy attitude towards taking additional information regarding counselling process. Social stigma, fear and decreased protherapy social rules related to women and men are the blockade for seeking help from professional counselors. Various information can be designed to escalate public awareness regarding profit of taking professional counselling services and it could prove to be worthy if that information is on anticipated concerns. It was also discussed that public service intervention programme also need open discussion that how counselling works, what is probably expected from clients and also that what kind of behavior they should foresee of counselor, in order to point out anticipated utility.

METHODOLOGY

The sample for the study was drawn randomly from selected rural and urban Government Senior Secondary Schools of Ludhiana district.

Sample

The sample comprised of 200 adolescents in the age range of 16-18 years drawn randomly from Senior Secondary Schools in rural and urban areas of Ludhiana district. The selection was made to have equal number of boys ($n_1=100$) and girls ($n_2=100$) from rural and urban schools.

Criteria of selection

The following criteria of selection were used to select the sample from urban and rural localities:

1. Age range of 16-18 years.
2. Students going to Government Schools.

RESULTS AND DISCUSSION

Locale wise differences in distribution of respondents in perception of guidance and counselling services being provided to them.

Table 1 described locale wise differences in distribution of respondents in perception of guidance and counselling services being provided to them. From overall population a very few proportion of adolescents (11 %) were found satisfied followed by 44 per cent who were moderately satisfied and 45 per cent of the sample population was unsatisfied for the guidance and counselling services being provided to them.

A significant difference was found in both the locale as rural adolescents (55%) were more unsatisfied than urban adolescents (35%) ($Z=2.84$; $p\leq 0.01$). On the other hand urban adolescents (50%) were more than rural adolescents (35%) who were moderately satisfied by the guidance and counselling services with a significant difference ($Z=1.70$; $p\leq 0.01$) whereas less proportion rural (7%) and urban adolescents (15%) were satisfied by the guidance and counselling services.

Thus result could be deducted as, rural population was not satisfied with guidance and services being provided to them than urban population. This may be due to lack of guidance and counselling facilities in rural areas.

Jain (2017) studied perception of people for their guidance and result showed that majority of people were not receiving guidance and counselling services thus they were unsatisfied by the guidance and counselling services provided to them. Therefore, adolescents asked for more assistance for satisfying their guidance and counselling needs.

Table 1: Locale wise differences in distribution of respondents in perception of guidance and counselling services being provided to them.

Perception of guidance and counselling services	Rural (n ₁ = 100)		Urban (n ₂ = 100)		Z value	Overall (n=200)	
	f	%	f	%		f	%
Unsatisfied	55	55.00	35	35.00	2.84***	90	45.00
Moderately satisfied	38	38.00	50	50.00	1.70*	88	44.00
Satisfied	7	7.00	15	15.00	1.80*	22	11.00

* $p\leq 0.10$ *** $p\leq 0.01$

Gender wise differences in distribution of respondents in perception of guidance and counselling services being provided to them.

Data presented in the table 4.4.2 elucidates gender wise differences in distribution of respondents in perception of guidance and counselling being provided to adolescents. The result revealed that equal per cent of males and females (45%) perceived unsatisfaction regarding the availability of guidance and counselling services and 46 per cent females and 42 per cent males felt moderately satisfied, whereas, a very little proportion of sample were perceived to be satisfied (9 per cent females and 13 per cent males) with accessible guidance services.

Thus, it could be concluded from the ongoing analysis that the guidance and counselling services are not appropriate which could resolve adolescents' problems and make them satisfied. Hence, adolescents of both the gender group need better facilities and sources for

Assessment of the Adolescents' Perception of Status of Guidance And Counselling Being Provided to Them

assistance to identify their confusions and solve their problems.

Table 2: Gender wise differences in distribution of respondents in perception of guidance and counselling services being provided to them.(n=200)

Perception of guidance and counselling services	Female (n ₁ = 100)		Male (n ₂ = 100)		Z value
	f	%	f	%	
Unsatisfied	45	45.00	45	45.00	0.00 ^{NS}
Moderately satisfied	46	46.00	42	42.00	0.56 ^{NS}
Satisfied	9	9.00	13	13.00	0.90 ^{NS}

Locale wise gender differences in distribution of respondents in perception of guidance and counselling services being provided to them.

The data in table 3 described that within rural sample a significant gender difference was seen among respondents as more than half of rural females (66 %) perceived guidance and counselling services as unsatisfactory, whereas, comparatively less number of males (44 %) responded “unsatisfied” for guidance and counselling services being provided to them with significant difference (Z=4.38; p≤0.01). 26 per cent of females and 50 per cent of males living in rural area were found moderately satisfied” with a significant difference. (Z=2.47; p≤0.05), whereas , irrespective of gender a very few respondents felt satisfied for the guidance and counselling services being provided to them.

Table 3: Locale wise gender differences in distribution of respondents in perception of guidance and counselling services being provided to them.(n=200)

Perception of guidance and counselling services	Rural (n ₁ = 100)					Urban (n ₂ = 100)				
	Female (n ₃ = 50)		Male (n ₄ = 50)		Z value	Female (n ₅ = 50)		Male (n ₆ = 50)		Z value
	f	%	f	%		f	%	F	%	
Unsatisfied	33	66.00	22	44.00	4.38***	12	24.00	23	46.00	2.30**
Moderately satisfied	13	26.00	25	50.00	2.47**	33	66.00	17	34.00	3.2***
Satisfied	4	8.00	3	6.00	0.39 ^{NS}	5	10.00	10	20.00	1.40 ^{NS}

p≤0.05 *p≤0.01

Similarly in urban sample a significant gender difference was found in the perception of guidance and counselling services being provided to them where males (46 %) were found to be more unsatisfied as compared to females (24%), whereas more females (66%) had perceived to be “moderately satisfied” than males (34%) with significant difference. (Z=3.2 p≤0.05) while less proportion of both males (20%) and females (10%) just like rural sample felt satisfied for the guidance and counselling services being provided to them.

The feeling of dissatisfaction was highly perceived by females than males living in rural area whereas in urban locale males felt more unsatisfied than females which means that in rural areas females need more guidance and counselling services but in urban locale males required more guidance services.

Assessment of the Adolescents' Perception of Status of Guidance And Counselling Being Provided to Them

CONCLUSION

Guidance and counseling of adolescents is the major area of concern. Students who are unsatisfied by the guidance and counseling being provided to them are those who need more facilities regarding guidance and counselling to tackle out their problem. Students tends to be confusive, take wrong decision because they lack an honest support and guidance. They need to be clear about their problems. Hence counselor must be essential in every school who could contribute these young mind to resolve their problem.

Limitations

1. The study was limited to Ludhiana district only.
2. The sample included respondents were only from Government Senior Secondary Schools.
3. The sample was limited to 16-18 years old adolescents.

REFERENCES

- Bhatnagar and Gupta (1988) Career Maturity of Secondary Students: Effects of a Guidance Intervention Programme. *Ind Edu Rev* 23: 4.
- Boldero J and Fallon B (1995) Adolescent help seeking: What do they get help for and from whom? *J Adol* 18: 193-209.
- Chireshe R (2006) An assessment of the effectiveness of school guidance and counselling services in Zimbabwean secondary schools. PhD dissertation, University of South Africa, South Africa.
- Dhillon U and Kaur R (2005) Career Maturity of School Children. *J Ind Acad Appl Psychol* 31: 1-2.
- Jain P (2017) Impact of career guidance and counseling on student's career development. *Int J Res Granthaalayah* 5: 49-52.
- Julien H E (1999) Barriers to adolescents' information seeking for career decision making. *J Amer Soci Inform Sci* 50: 38-48.
- Kaur S (1992) Evaluation of Guidance Services in High/Higher Secondary Schools of Punjab. PhD dissertation. Punjab university, Punjab, India.
- Lerner R M and Spanier G B (1980) A dynamic interactional view of child and family development. *Child Influences Marital Family Interaction: A Life-Span Perspective*. . Academic, New York.
- Okobiah O C and Okorodudu R I (2004) Concepts of guidance and counselling in issues, concepts theories and techniques of guidance and counselling. Pp. 24-54. *Ethiope Publishing Corp*. Benin city.
- Tripathi R (1986) Determination of various guidance needs of the pupils of secondary and higher secondary schools. Ph.D Dissertation, Gujrat University, Gujrat, India.
- UNESCO (2006) Literacy for life EFA. Global Monitoring Report, Paris.
- Vogel D L, Wester S R and Larson L M (2007) Avoidance of Counseling: Psychological Factors that Inhibit Seeking Help. *J Counselling Dev* 85: 410-25.
- Witko K, Bernes K B, Magnusson K and Bardick A D (2005) Senior high school career planning: what students want. *J Edu Enquiry* 6: 34-49.

Acknowledgements

The author appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author declared no conflict of interests.

Assessment of the Adolescents' Perception of Status of Guidance And Counselling Being Provided to Them

How to cite this article: M Dhama & S Sharma (2020). Assessment of the adolescents' perception of status of guidance and counselling being provided to them. *International Journal of Indian Psychology*, 8(1), 247-254. DIP:18.01.029/20200801, DOI:10.25215/0801.029