

Research Paper

Impact of Counselling on Psychological Well-Being in Adolescents

Prof. Ajay Kumar Chaudhary¹, Bhavna Raj Shekhawat^{2*}

ABSTRACT

This research study investigates the impact of counselling interventions on the psychological well-being of adolescents. With adolescence being a critical developmental stage characterized by numerous challenges and vulnerabilities, understanding the efficacy of counselling in promoting mental health is paramount. The study employed a quantitative measure to comprehensively assess the effects of counselling interventions. A sample of adolescents (N =30) participated in the study, receiving five one hour counselling sessions over a duration of five days. Quantitative data was collected through Psychological Well-being Scale by Devendra S. Sisodia and Pooja Choudhary, evaluates psychological well-being across five dimensions before and after the intervention to measure changes in various dimensions of psychological well-being, including Life satisfaction, Efficiency, Sociability, Mental health, and Interpersonal relations. Findings indicate a significant improvement in adolescents' psychological well-being ($p < 0.01$) following the counselling intervention, with reductions in symptoms of psychological distress and enhancements in self-perception and interpersonal functioning. Quantitative analysis further elucidates the subjective benefits of counselling, highlighting themes of increased self-awareness, improved coping strategies, and strengthened support networks. These findings underscore the positive impact of counselling on adolescent mental health and have implications for the development and implementation of effective interventions tailored to the unique needs of this population.

Keywords: *Counselling, Psychological Well-Being, Adolescents*

The impact of counselling on psychological well-being is profound and multifaceted, encompassing various dimensions of mental health, emotional resilience, and overall quality of life. Counselling provides individuals with a safe, supportive, and non-judgmental space to explore and process their thoughts, feelings, and concerns, thereby facilitating the reduction of psychological distress. Through therapeutic techniques such as active listening, empathy, and validation, counselors create a conducive environment for clients to develop into the root causes of their distress, whether stemming from past trauma, unresolved conflicts, or current life stressors. By addressing these underlying issues, counselling interventions aim to alleviate symptoms of anxiety, depression, and other mental health conditions, fostering a sense of relief and emotional well-being.

¹Head, Department of Psychology, Government Meera Girls' College, Udaipur (Raj.)

²Research Scholar, Department of Psychology, Mohanlal Sukhadia University, Udaipur (Raj.)

*Corresponding Author

Received: December 11, 2024; Revision Received: December 14, 2024; Accepted: December 18, 2024

Impact of Counselling on Psychological Well-Being in Adolescents

Moreover, counselling equips individuals with a diverse range of coping strategies to effectively manage stress, adversity, and interpersonal conflicts in their daily lives. Drawing from evidence-based approaches such as cognitive-behavioural therapy (CBT), mindfulness practices, and relaxation techniques, clients learn to regulate their emotions, challenge negative thought patterns, and cope with difficult situations in a constructive manner. Through skill-building exercises and psychoeducation, individuals acquire practical tools to navigate various challenges, empowering them to respond resiliently to life's inevitable ups and downs. By enhancing coping capacity, counselling not only mitigates the immediate impact of stressors but also cultivates long-term resilience and adaptive functioning.

Furthermore, counselling facilitates profound self-exploration and introspection, leading to increased self-awareness, personal growth, and self-acceptance. Clients embark on a journey of self-discovery, gaining deeper insights into their core beliefs, values, strengths, and vulnerabilities. Through guided reflection and exploration of past experiences, clients develop a greater understanding of themselves and their relational patterns, paving the way for transformative change and healing. By fostering self-compassion and self-empowerment, counselling empowers individuals to embrace their authentic selves, make informed decisions aligned with their values, and pursue meaningful aspirations with confidence and conviction.

In addition to fostering individual growth, counselling interventions play a pivotal role in improving interpersonal relationships and social connections. By addressing communication barriers, relational conflicts, and maladaptive patterns of interaction, counselling helps clients cultivate healthier and more fulfilling relationships with others. Through empathy, active listening, and assertiveness training, individuals learn to communicate their needs, set boundaries, and navigate interpersonal dynamics with empathy and understanding. As a result, clients experience a greater sense of connection, belonging, and support within their social networks, which contributes significantly to their overall well-being and resilience.

Moreover, counselling serves as a crucial preventive and early intervention strategy for mental health issues, offering timely support and psychoeducation to individuals at risk of developing psychological problems. By identifying early warning signs, building resilience, and enhancing coping skills, counselling helps individuals effectively manage stressors and prevent the escalation of mental health concerns. Through community outreach programs, school-based initiatives, and workplace counselling services, counselling reaches individuals across diverse settings, promoting mental health literacy, destigmatizing help-seeking behaviours, and fostering a culture of well-being and support.

In essence, counselling plays a transformative role in promoting psychological well-being by addressing psychological distress, enhancing coping skills, fostering self-awareness and personal growth, improving interpersonal relationships, and providing preventive and early intervention support. By empowering individuals to overcome challenges, embrace their authentic selves, and cultivate meaningful connections with others, counselling facilitates holistic healing and flourishing across the lifespan. As an integral component of comprehensive mental health care, counselling contributes to building resilient individuals, thriving communities, and a more compassionate and inclusive society.

REVIEW OF LITERATURE

Khan et al., (2015) aimed their study to assess the psychological well-being (PWB) of school adolescents and explore its relationship with physical activity (PA) and socio-

Impact of Counselling on Psychological Well-Being in Adolescents

demographic factors. A cross-sectional study involving 345 adolescents (aged 12–18) from five randomly selected schools was conducted. Well-being was measured using a self-administered index, while PA was assessed using a questionnaire. Socio-demographic variables such as age, gender, household income, and parental education were also considered. Results showed that a considerable proportion of adolescents exhibited moderate (43.4%) or low (23.2%) levels of PWB, with no significant difference between genders. Low PWB was associated with depression, but PA levels did not differ significantly across PWB categories. Socio-demographic factors significantly influenced PWB, with females showing lower PWB levels after adjusting for other variables. PWB decreased as covariates increased, and boys had slightly higher PA scores than girls. The findings underscore the importance of addressing PWB levels, particularly among female adolescents in Pakistan, and highlight the need for further research on barriers and social indicators affecting PWB and health implications among adolescents.

Siddique (1984) study investigates the mental health effects of stress among 1,038 adolescents (526 females, 512 males) from a Canadian prairie city. It explores how perceived stress in family, school, and peer-group contexts relates to anxiety, depression and social dysfunction. Additionally, it examines how locus of control (mastery) moderates stress-outcome relationships and sex differences in health perceptions. Results reveal that all three sources of stress impact mental health, with family stress having the strongest negative effect. Locus of control primarily protects against school and peer-related stress. Significant sex differences exist in stress perception and psychological distress levels, with female adolescents showing greater externality. The findings contribute to understanding the relative impact of stress and its sources on adolescent psychosocial development, and to debates in adolescent theory.

Viejo et al., (2018) study aims to develop and validate a Brief Scale of Psychological Well-Being for Adolescents based on Ryff's model. It also analyses the levels of psychological and subjective well-being among 1590 Andalusian adolescents aged 13-19. Confirmatory Factor Analysis confirms the instrument's validity, revealing four factors: self-acceptance, positive interpersonal relationships, autonomy, and life development, with good internal consistency. Descriptive analyses indicate positive well-being scores, with significant sex and age differences. The findings underscore the importance of considering adolescent well-being multi-dimensionally and promoting positive development through a multifactorial perspective.

A research paper written by Khader, Saini and Kaur (2021) provide a literature review about the Psychological Well Being of the adolescents. Individual's psychological health depends on his positive functioning in certain aspects of his life. Individual should have in positive relationship with others; should be dominant over the environment; should accept himself and his past; should has a goal and meaning in his life; should have personal development and the ability to make his own decisions. For this reason, there is a potential tension between psychological well-being, happiness, and development. Psychological well-being takes an important part in personality and development theories both theoretically and practically. Psychological well-being, which guides clinical studies that will help advisors to make their advisees reach their goals, informs about the goals and purposes regarding psychology consulting. Adolescents are at the stage of their life wherein they undergo major psychological stress because of the various biological and personality changes taking place. Adolescents have to make their major career related decisions while struggling with their identity.

Impact of Counselling on Psychological Well-Being in Adolescents

Considering the importance of counselling in improving psychological wellbeing of adolescents following objective was undertaken for the research.

Objective:

The objective of the present research paper is as follows:

- To study the effect of counselling on psychological well-being for adolescents.

Hypothesis:

The hypothesis of the present research paper is as follows:

- There is significant effect of counselling on psychological well-being of adolescents.

METHODOLOGY

Sample:

The sample comprises 30 adolescents selected through convenience sampling from Udaipur, located in Rajasthan.

Tool:

The Psychological Well-being Scale, devised by Sisodia and Choudhary in 2012, evaluates psychological well-being across five dimensions: Life satisfaction, Efficiency, Sociability, Mental health, and Interpersonal relations. Consisting of 50 items, each dimension comprises 10 items, employing a five-point response scale from "strongly agree" to "strongly disagree." Higher scores signify greater psychological well-being. The scale demonstrates strong reliability, with an internal consistency coefficient of 0.90 and a test-retest reliability of 0.87. Moreover, it exhibits high validity.

Procedure:

The Psychological Well-being Scale was administered for pre-testing, followed by post-testing after five counselling sessions. Each counselling session, lasting one hour, amounted to five hours of intervention. One session was conducted each day, resulting in the completion of counselling over the course of five days.

Counselling Schedule

Day 1: Session 1	
Establishing Rapport and building Trust	10 mins
Assessment and Goal Setting	20 mins
Exploration and Insight	30 mins
Day 2: Session II	
Cognitive Behavioural Techniques	60 mins
Day 3: Session III	
Emotional Regulation and Coping Skills	60 mins
Day 4: Session IV	
Interpersonal Skills and Relationship Building	60 mins
Day 5: Session V	
Support and Empowerment	30 mins
Evaluation and Closure	30 mins

Counselling Procedure

Improving psychological well-being through counselling involves a structured process aimed at addressing individual needs, fostering self-awareness, enhancing coping skills, and

Impact of Counselling on Psychological Well-Being in Adolescents

promoting personal growth. Here are the steps involved in counselling for improving psychological well-being:

1. *Rapport and Trust Establishment*: The first step in counselling had been to establish a trusting and supportive relationship between the counsellor and the client. This had involved creating a safe and non-judgmental space where clients had felt comfortable expressing their thoughts, feelings, and concerns. Building rapport had laid the foundation for effective communication and collaboration throughout the counselling process.
2. *Assessment and Goal Setting*: Once rapport had been established, the counsellor had conducted an initial assessment to understand the client's presenting issues, background, strengths, and goals for counselling. This had involved discussing the client's personal history, current challenges, and desired outcomes. Collaboratively, the counsellor and client had set specific, measurable, achievable, relevant, and time-bound (SMART) goals to guide the counselling process and measure progress.
3. *Exploration and Insight*: Counselling had involved exploring the underlying factors contributing to the client's psychological well-being, such as past experiences, core beliefs, and patterns of behaviour. Through guided self-reflection and introspection, clients had gained insight into their thoughts, emotions, and behaviours, identifying areas for growth and change. This process of exploration had fostered self-awareness, empowering clients to make informed decisions and enact positive changes in their lives.
4. *Cognitive-Behavioural Techniques*: Counselling had often utilized cognitive-behavioural techniques to help clients challenge and reframe unhelpful thought patterns and beliefs contributing to psychological distress. Clients had learned cognitive restructuring techniques to replace negative thinking with more balanced and realistic perspectives. Additionally, behavioural interventions, such as exposure therapy and behavioural activation, had been used to help clients overcome avoidance behaviours and develop healthier coping strategies.
5. *Emotional Regulation and Coping Skills*: Counselling had focused on developing effective coping skills to manage stress, regulate emotions, and cope with challenging situations. Clients had learned relaxation techniques, mindfulness practices, and stress management strategies to reduce physiological arousal and promote emotional well-being. By enhancing coping skills, clients had gained greater resilience and confidence in their ability to navigate life's stressors.
6. *Interpersonal Skills and Relationship Building*: Counselling had addressed interpersonal issues and relational dynamics that had impacted psychological well-being. Clients had learned effective communication skills, boundary setting, and conflict resolution strategies to improve relationships with others. Through role-playing exercises and feedback, clients had practiced assertiveness and empathy, fostering healthier and more satisfying interpersonal connections.
7. *Support and Empowerment*: Counselling had provided clients with emotional support, validation, and encouragement throughout their therapeutic journey. The counsellor had served as a compassionate ally, empowering clients to overcome obstacles, build self-esteem, and pursue personal growth. By acknowledging strengths and celebrating progress, counselling had instilled a sense of hope and optimism, promoting resilience and well-being.
8. *Evaluation and Closure*: As counselling had progressed, periodic evaluations had been conducted to assess the client's progress towards their goals and identify any areas needing further exploration or intervention. Once the client had achieved their goals or reached a point of resolution, the counselling process had concluded with a

Impact of Counselling on Psychological Well-Being in Adolescents

collaborative discussion of outcomes and a plan for maintaining progress outside of therapy.

RESULTS AND DISCUSSION

Table 1 Showing Skewness and Kurtosis measures for Pre and Post testing for dimensions of Psychological Well-being

	Pre-test		Post-test	
	Skewness	Kurtosis	Skewness	Kurtosis
Life Satisfaction	0.108	-0.379	0.467	-0.341
Efficiency	0.406	-0.486	0.804	0.141
Sociability	0.025	-0.629	-0.326	-0.328
Mental Health	0.415	-0.394	0.621	-0.706
Interpersonal Relations	-0.079	-0.620	0.201	0.448
Psychological Wellbeing	-0.689	0.721	-0.013	-0.704

Table 1 demonstrates that the skewness and kurtosis measures for both Pre and Post testing across all dimensions of Psychological Well-being are below 1, suggesting a normal distribution of the data. Therefore, the paired 't' test is employed to compare Psychological Well-being measures at pre and post-testing situations of counselling and presented in table 2.

Table 2 Comparison of Psychological Well-being Measures at Pre and Post-testing Situations of Counselling

Psychological Well-being		Mean	N	Std. Deviation	Mean Difference	't'	p value
Life Satisfaction	Pre-test	32.300	30	5.253	2.967	7.589	0.000
	Post-test	35.267	30	3.723			
Efficiency	Pre-test	31.967	30	5.852	3.000	6.747	0.000
	Post-test	34.967	30	4.612			
Sociability	Pre-test	34.067	30	4.586	2.167	8.379	0.000
	Post-test	36.233	30	3.664			
Mental Health	Pre-test	32.500	30	5.970	4.367	7.684	0.000
	Post-test	36.867	30	4.353			
Interpersonal Relations	Pre-test	33.733	30	4.777	2.133	4.571	0.000
	Post-test	35.867	30	3.224			
Total	Pre-test	164.567	30	9.141	14.633	17.377	0.000
	Post-test	179.200	30	6.392			

Table 2 shows that the mean scores for the life satisfaction dimension of psychological well-being were 32.300 at the pre-testing situation and 35.267 at the post-testing situation. The 't' score calculated was 7.589, which was found to be significant at the 0.01 level ($p=0.000$, $p<0.01$). This indicates a significant difference in the life satisfaction dimension of psychological well-being between the pre-testing and post-testing situations. Moreover, the mean scores indicate that life satisfaction increases after counselling sessions for adolescents.

Impact of Counselling on Psychological Well-Being in Adolescents

Table 2 expresses that the mean scores for the efficiency dimension of psychological well-being were 31.967 at the pre-testing situation and 34.967 at the post-testing situation. The 't' score calculated was 6.747, which was found to be significant at the 0.01 level ($p=0.000$, $p<0.01$). This indicates a significant difference in the efficiency dimension of psychological well-being between the pre-testing and post-testing situations. Moreover, the mean scores indicate that efficiency increases after counselling sessions for adolescents.

Table 2 illustrates that the mean scores for the sociability dimension of psychological well-being were 34.067 at the pre-testing situation and 36.233 at the post-testing situation. The 't' score calculated was 8.379, which was found to be significant at the 0.01 level ($p=0.000$, $p<0.01$). This indicates a significant difference in the sociability dimension of psychological well-being between the pre-testing and post-testing situations. Moreover, the mean scores indicate that sociability increases after counselling sessions for adolescents.

Table 2 illustrates that the mean scores for the mental health dimension of psychological well-being were 32.500 at the pre-testing situation and 36.867 at the post-testing situation. The 't' score calculated was 7.684, which was found to be significant at the 0.01 level ($p=0.000$, $p<0.01$). This indicates a significant difference in the mental health dimension of psychological well-being between the pre-testing and post-testing situations. Moreover, the mean scores indicate that mental health improves after counselling sessions for adolescents.

Table 2 illustrates that the mean scores for the interpersonal relations dimension of psychological well-being were 33.733 at the pre-testing situation and 35.867 at the post-testing situation. The 't' score calculated was 4.571, which was found to be significant at the 0.01 level ($p=0.000$, $p<0.01$). This indicates a significant difference in the interpersonal relations dimension of psychological well-being between the pre-testing and post-testing situations. Moreover, the mean scores indicate that interpersonal relation improves after counselling sessions for adolescents.

Table 2 demonstrates that the mean scores for the total psychological well-being were 164.567 at the pre-testing situation and 179.200 at the post-testing situation. The 't' score calculated was 17.377, which was found to be significant at the 0.01 level ($p=0.000$, $p<0.01$). This indicates a significant difference in the interpersonal relations dimension of psychological well-being between the pre-testing and post-testing situations. Moreover, the mean scores indicate that interpersonal relation improves after counselling sessions for adolescents.

Counselling is a dynamic process that engages individuals on multiple levels to foster their psychological well-being. At its core, counselling serves as a sanctuary where individuals can unburden themselves without fear of judgment, providing a vital outlet for emotional expression and validation. This safe environment facilitates deep introspection, allowing individuals to delve into their innermost thoughts and feelings, leading to profound self-discovery and heightened self-awareness.

In addition to promoting emotional exploration, counselling arms individuals with practical tools and coping mechanisms to navigate life's inevitable challenges. Through tailored interventions such as relaxation techniques and cognitive restructuring, individuals acquire the skills necessary to manage stressors effectively and cultivate resilience in the face of adversity. By empowering individuals with agency over their emotional responses,

Impact of Counselling on Psychological Well-Being in Adolescents

counselling fosters a sense of mastery and control, enhancing overall psychological resilience.

Furthermore, counselling serves as a catalyst for personal growth and transformation by facilitating problem-solving and goal-setting. By breaking down complex issues into manageable components, individuals are guided through a process of systematic problem-solving, empowering them to confront and overcome obstacles with confidence and clarity. This structured approach not only resolves immediate concerns but also equips individuals with invaluable problem-solving skills that can be applied across various domains of life.

Moreover, counselling extends its impact beyond the individual to encompass their interpersonal relationships and social interactions. By providing guidance on effective communication, conflict resolution, and boundary-setting, counselling empowers individuals to navigate their social networks with greater ease and confidence. As individuals cultivate healthier relationships and establish firmer boundaries, they experience an enhanced sense of connection and belonging, which contributes significantly to their overall well-being.

Ultimately, counselling serves as a beacon of hope and optimism, illuminating pathways for growth and change in individuals' lives. By fostering a strengths-based perspective and instilling confidence in individuals' capacity for change, counselling inspires a sense of agency and possibility, propelling individuals toward a brighter and more fulfilling future. Through its multifaceted approach, counselling empowers individuals to embrace their inherent resilience, tap into their inner resources, and embark on a journey of self-discovery and transformation.

CONCLUSION

On the basis of the analysis of results the hypothesis “*There is significant effect of counselling on psychological well-being of adolescents*” is **accepted**. Counselling has proven to be a potent catalyst for enhancing psychological well-being by attending to individual needs, nurturing self-awareness, bolstering coping skills, and fostering personal growth and resilience. Within the framework of a collaborative and empowering therapeutic alliance, clients have adeptly navigated life's trials with heightened confidence, resulting in increased efficiency, sociability, improved mental health, heightened life satisfaction, and fortified resilience. This holistic approach has culminated in an overall enhancement of psychological well-being, underscoring the transformative power of counselling in promoting enduring positive change in individuals' lives.

REFERENCES

- Khader A, Saini S, and Kaur K. (2021). A Study of Psychological Well Being of Adolescents. *International Journal of Creative Research Thoughts*. Volume 9, Issue 3, 1463-1466.
- Khan Y, Taghdisi MH, Nourijelyani K. (2015). Psychological Well-Being (PWB) of School Adolescents Aged 12-18 yr, its Correlation with General Levels of Physical Activity (PA) and Socio-Demographic Factors In Gilgit, Pakistan. *Iran J Public Health*. 2015 Jun;44(6):804-13.
- Siddique, C.M., D'Arcy, C. (1984). Adolescence, stress, and psychological well-being. *J Youth Adolescence* 13, 459-473.
- Viejo C, Gómez-López M, Ortega-Ruiz R. (2018). Adolescents' Psychological Well-Being: A Multidimensional Measure. *Int J Environ Res Public Health*. 22;15(10):2325.

Impact of Counselling on Psychological Well-Being in Adolescents

Acknowledgement

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

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Chaudhary, A.K. & Shekhawat, B.R. (2024). Impact of Counselling on Psychological Well-Being in Adolescents. *International Journal of Indian Psychology*, 12(4), 1967-1975. DIP:18.01.189.20241204, DOI:10.25215/1204.189