

Relationship Between Counselling Services And The Psychosocial Development Of Students

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ABSTRACT

The path of psychosocial development, which includes emotional, psychological, and social maturation, is essential to the human experience. Counseling services are more important in today's times of fast cultural change. The investigation was conducted using a survey format. Thirty-two high school students were selected at random from schools with established Guidance and Counseling programs. The coefficient of dependability obtained using the split-half approach was 0.78. The t-test was used to examine the results. Relational counseling helps people connect with one another and work through their communication problems, resulting in stronger links between them. Counseling has a beneficial effect on self-worth and confidence, two cornerstones of healthy psychological and social growth.

Keywords: Psychosocial Development, Services, Mental Health, Relationships, Emotional.

I. INTRODUCTION

Throughout their lives, people go through a process known as psychosocial development, which involves their emotional, psychological, and social maturation. It plays a key role in the development of an individual's character, interpersonal connections, and quality of life. Effective psychosocial development is more important than ever in today's world of fast shifting social norms, swiftly developing technologies, and rising stresses. Counseling services, which take a holistic approach to dealing with people's mental and emotional health, are crucial to this growth. Researchers, professionals, and people who want to improve their emotional quotient, coping skills, and mental health have all paid close attention to how counseling services affect psychosocial development throughout the years.

According to Erik Erikson, there are eight distinct phases in a person's psychosocial development, each with its own set of difficulties and turning points. Among them are infancy, toddlerhood, preschool, elementary, middle, high school, college, and retirement. How people handle the psychological and social challenges they confront at each of these phases has far-reaching effects on their health and happiness as adults. One such psychological difficulty is the struggle between individuality and societal roles that many adolescents face. Teenagers often doubt their identities, their goals, and their place in the world. If they are able to work through this challenge, it will contribute to their healthy psychological and social growth. But if they don't, they risk living a life of perpetual muddle and interpersonal strife.

Individual treatment, group therapy, and even school counseling all play important roles in assisting people in overcoming these psychological obstacles. They make it possible for people to talk about their problems without fear of judgment or criticism, allowing them to find solutions to their issues. Adolescents who are struggling with their sense of self might benefit from the guidance of a trained counselor who can assist them in defining and defining their values, interests, and life objectives. Counseling services, then, serve as a guiding light for people as they navigate the choppy waters of psychosocial growth.

Beyond overcoming developmental crises, counseling services have a wide-ranging influence on individuals' psychological growth. The development of emotional intelligence, the strengthening of resilience, and the resolution of any mental health concerns that could get in the way of growth are all part of this. The capacity to identify, comprehend, and control one's own and other people's emotions is what is meant by "emotional intelligence," which is often recognized as a fundamental skill in the development of one's psychosocial capacities. It's crucial to one's social life, ability to resolve conflicts, and emotional health. By offering a secure environment in which to process and share one's emotions, counseling services help people grow and improve their emotional quotient.

Even in the field of mental health, the effects of counseling services on clients' psychosocial growth are palpable. Depression, anxiety, and post-traumatic stress disorder are just a few examples of the psychological disorders that may severely restrict a person's ability to go forward in their psychosocial development. Individuals with these disorders generally struggle to overcome developmental crises and form healthy relationships due to the accompanying emotional turbulence, interpersonal problems, and low self-esteem.

Counseling services have a greater effect on individuals' psychosocial growth when applied within the setting of their interpersonal connections. Family, sexual, and social relationships, as well as friendships, all contribute significantly to a person's psychological and emotional development. Psychological and social health are inextricably intertwined, and it is impossible to achieve one without the other. However, strained or dysfunctional relationships may impede development and contribute to ongoing struggles at various points in one's life. Both self-esteem and self-efficacy, two essential tenets of wholesome psychological and social growth, are positively affected by receiving therapy. A person's self-efficacy is their confidence in their own abilities to complete tasks and deal with obstacles, while their self-esteem is their sense of worth and importance to themselves. Both of these ideas are intrinsically linked to a person's psychological and social growth.

II. REVIEW OF LITERATURE

Ethiraj, Sambandam (2022) Children's mental health is crucial to their overall health and development. All kids nowadays spend more time in school than they do in any other kind of organized group setting. Therefore, schools play a crucial role in preparing children for future success in school, job, and society in areas such as emotional regulation, behavioral expectations, academic achievement, and cognitive growth. Mental health has a ripple effect on all these other domains. Both parents and educators feel intense pressure to help their children succeed academically and compete in the global marketplace. Students at this school have a hard time adjusting to the rigorous curriculum, which has led to a high prevalence of mental health issues among the student body. Better mental health may be achieved by increasing access to mental health rehabilitation services in educational settings and by addressing the aforementioned obstacles. The purpose of this research was to examine the effects of mental health rehabilitation services on 60 high school students and compare them to a similar group of students who did not participate in the study. The strengths and challenges inventory is used to evaluate development. The differences between the groups were determined using mean, standard deviation, and t-test statistics. The mental health treatments lasted for a total of six sessions. We did both pre- and post-testing. Emotional issues, conduct issues, hyperactivity, peer issues, pro-social behavior, and overall score all demonstrated substantial improvement in the experimental group compared to the control group. The results are broken out in depth.

Rossano Wells (2021) This article presents the results of a research conducted at the Open and Distance Learning (ODL) University of South Africa (Unisa) to assess the significance and

usefulness of its technologically-based counseling services. In the context of academic admissions and assistance, career uncertainty, financial and psychological issues, the survey zeroed in on how students in the Gauteng regional center felt about the services they had received. Thirty students filled out a survey measuring customer satisfaction. Activity theory, a philosophical and cross-disciplinary framework for understanding human actions as growth processes with both individual and societal levels interrelated concurrently, served as the study's theoretical basis. To learn more about how people felt about and responded to e-counseling, a mixed-methods strategy was used. The SPSS statistical package was used to examine the quantitative data. The questionnaire's open-ended replies were analyzed qualitatively with the use of the Atlas.ti software. E-counseling has been praised for its several advantages, including its availability, portability, and effectiveness. Based on the findings, it seems that e-counseling is a valuable supplement to more conventional forms of practice rather than a replacement for them, especially when it comes to more severe emotional and psychological issues. The findings of this research have significant repercussions for the quality of student counseling provided by Open and Distance Learning (ODL) institutions, notably in the areas of educating online ethical imperatives and quality assurance.

Tabassum Fatima & Kashifa Khan. (2020) Despite the fact that adolescence is a pivotal time in which the life course may be significantly altered, counselling services for mental health, anxiety, and wellbeing are in short supply. Subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational reliance, and adolescent self-actualization are increasingly recognized as being vital to overall health. The requirements of teenagers, especially in India, remain substantially unfulfilled despite growing awareness of the mental health, anxiety, and other psycho-social difficulties they confront. Adolescents' psychological well-being, academic anxiety, and other psycho-social factors may all benefit from counseling services, which in turn can help them finish school and go on to careers in a wide variety of disciplines. A secure and better learning environment at school is a priority for everyone, and counseling services may help make that a reality. In light of this, the current study aimed to assess the effect of counselling services on teenagers' mental health and academic anxiety by reviewing the literature on the topic. The effects of counseling on students' mental health and academic performance are highlighted, along with some recommendations for further study.

Otieno, James & Simiyu, Catherine (2020) This research looked at how universities in Tanzania may improve their advice and counselling services to reduce student mental health issues. The research method was qualitative. Participants were chosen

using a multi-staged, purposeful sampling strategy. Eighteen students, nine from each institution, were sampled on the willingness basis for group discussion across the faculties; two universities, two counselors, and two Deans of Students were purposefully picked. Focus group discussions and an interview schedule were used to gather information. Inter-rater reliability tests determined whether or not the instruments were useful for answering the study topic (content validity). Multiple sources of information were used to guarantee accuracy. There was a thematic breakdown of the data. According to the results, peer counseling programs at Tanzanian institutions are not formally constituted. It's also possible to draw the conclusion that colleges' guidance and counseling departments were underfunded, and that students were unaware of the programs' existence and potential advantages. The counselors lacked formal education and experience in the field of therapy. According to the findings, universities may improve their advice and counseling programs by hiring trained professionals and providing sufficient funding. New students should be given information about campus resources for assistance and counseling as part of their orientation sessions.

Lia Mareza. (2019) This research aims to shed light on the psychological and societal factors that contribute to the advancement of science and technology by emphasizing the significance of establishing counseling for children with special needs who are experiencing difficulties with hearing. In order to help students grow and develop in all areas—from their personalities and social skills (through daily activity) to their potentials and the realization of those potentials—guidance and counseling services have become an absolute must in the field of education. Descriptive qualitative research is utilized to describe how school counseling is really implemented via participant observation, interviews, and written records. Due to factors ranging from psychological or emotional instability to the impact of bullying or social pressure, to the ability of children with special needs to keep up with as a form of interaction from cyberspace or the use of advanced technology, the results of this study indicate that counseling becomes a primary need for children with special needs. Research on children with special needs may benefit from the discovery of potential and skill and the pursuit of solutions to difficulties by beginning with counseling, as this study suggests.

Elsadig Ahmed and Robert Nathan. (2019) The intellectual and personal growth of pupils are greatly impacted by counselling interventions in schools. Students seem to benefit immediately from individual and small group counseling, classroom guidance, and consulting activities. The purpose of this work was to investigate the effectiveness of university counseling services in Melaka state, Malaysia. The study surveyed 564

undergraduates from across four Melaka institutions. Results indicated that public universities had much higher ratings across the board for all research factors assessed (awareness, resources, counselor, management policy, and counselling efficacy). There was a significant difference in how well public and private colleges were assessed on the research factors of awareness, resources, counselor, management policy, and the efficacy of counselling. It's probable that this is because unlike private institutions, public ones are required under Act 580 of the Counselling Act to employ counselors, but private ones are not. The commercial sector may be less willing to invest in the kids' well-being since hiring a counselor is an extra expense.

Ahmed, Elsadig (2017) The purpose of this investigation is to examine the results of university counseling services in Melaka. It's worth stressing how crucial counseling services are to enhancing kids' well-being. Multiple studies have shown that using this service increases pupils' chances of academic success. Therefore, this study highlighted how counselling services might help students improve their ability to cope, socialize, and study while they strive for academic success and get acclimated to campus life. The sample size for this study was 564 students from four different institutions in Melaka, Malaysia. Researchers had to follow the counselor's code of ethics, since counselling is very confidential and the students receiving services cannot be identified. The findings of the research demonstrated the significant influence school counseling interventions may have on students' academic and personal growth. Students seem to benefit more from classroom guidance and consulting activities, as well as individual and small group counseling. Most of a school counselor's time should be spent on these types of interventions.

Valeria Biasi et al., (2016) The paper analyzes the results of a counseling program designed to improve students' academic performance. There were a total of 66 students in the experimental group who had previously had counselling therapy, and 44 students in the wait-list comparison group. Achenbach and Rescorla's 2003 manual for the ASEBA's adult forms and profiles, titled the Adult Self Report (ASR), contains this information. Lambert and Hill's Outcome Questionnaire 45 (OQ-45) [1994. Burlington, VT: Research Center for Children, Youth, & Families, University of Vermont] and the Young Children's Well-Being Index [1992. Evaluating the results and methods of psychotherapy. Handbook of psychotherapy and behavior modification, edited by A. E. Bergin and S. L. Garfield, pages 72–113.] [New York: John Wiley] were used both before and after sessions of therapy. After receiving therapy, both internalizing and externalizing issues on the ASR clinical measures, as well as distress symptoms and relationship difficulties on the OQ-45, decreased significantly. Students in

the counseling group made much more academic advancement than those in the control group.

Hajloo, Nader (2011) The impact of counseling services on the mental health of adolescents is the focus of this study. The statistical population was comprised of high school students in Ardabil State, Iran, and the research methodology was an experiment. Quota sampling was used to pick 1594 adolescents from this group. Data was collected using the GHQ, Rogers' Self-Concept, and a set of brief researcher questions. Analysis of variance, multiple regression, χ^2 , t , r , r_s , and eta tests applied to the data. The effects of counselling services on adolescents' mental health varied across different measures, and the data revealed that girls' mental health was more often addressed than males'. Based on the results of this study, educational institutions would do well to take into account the credentials and experience of prospective counselors.

III. RESEARCH METHODOLOGY

The study relied on survey research for its findings. Thirty-one high school students were selected at random for this study's sample. The survey's official title was "The Role of Counseling Services in the Personal and Social Growth of Adolescents." Two halves (A and B) made up the instrument. Section A asked for demographic information about respondents, whereas Section B had 10 questions on how Counseling services affected the emotional and social growth of adolescents. The scale used in the Instrument ranges from 5 (strongly agree) to 1 (strongly disagree) on the popular 5-point Likert scale. A split-half reliability pilot study was conducted with adolescents to test the validity of the measure. T-test was used to analyze the study's data.

IV. DATA ANALYSIS AND INTERPRETATION

When it comes to adolescents' psychological and social growth, female respondents scored higher on average than their male counterparts (see Table 1).

Table 1: Descriptive analysis of male and female student respondents with regard to student' psycho-social development

Variable	Mean	S.D.
Male	37.19	7.880
Female	39.63	6.431

In terms of students' psychosocial development, Table 2 shows that fourteen-year-olds have the lowest mean and thirteen-

year-olds have the greatest mean, relative to other age groups.

Table 2: Description analysis of the various age groups of student respondents and psychosocial development

Variable	Mean
Age 12	37.71
Age 13	40.79
Age 14	34.55
Age 15	38.11
Age 16	39.98
Age 17	40.42
Age 18	39.90

Impact of Counseling Services on Teenagers' psychosocial development with regards to teenagers' sex

According to Table 3, the p value was 0.0220, which is much lower than the 0.05 cutoff. At a 95% confidence level, the t-value of -2.29 is bigger than the t-tabulated value of 2.601. As a result, the adolescents' psychological and social growth varied greatly depending on their sex. Male participants averaged higher than their female counterparts. The findings suggested that counseling services aided in the psychological and social development of adolescents of both sexes.

Table 3: t-test for student respondents' sex distribution and psycho-social development

Variable	Mean	SD	t- Value	P
Female	37.18	7.881	-2.29	0.0220
Male	39.67	6.432		

V. CONCLUSION

Counseling services have a clear and far-reaching effect on people's psychological and social growth. Counseling services serve as lighting beacons, illuminating the route towards healthy emotional, psychological, and social development in the context of the ever-changing landscape of human life, where obstacles and crises are an inevitable part of the trip. The foundation of healthy psychosocial development is access to counseling services, which boosts personal development,

interpersonal dynamics, emotional intelligence, coping skills, mental health, and self-esteem. Counseling services have a substantial effect on the multifaceted path of human development, helping people to grow and change in ways that are positive and productive. Counseling services are as important as ever in influencing people's psychological development as they attempt to negotiate the complexity of contemporary life.

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