
THE NEED OF COUNSELLING & COUNSELLORS IN POST GRADUATE COLLEGES – A CASE STUDY OF MYSORE

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Abstract: Need for counselling in PG setting is overlooked in today's scenario. This research is conducted to check the need of counselling for PG students. This is exploratory research study drew a random sample (N=384) Males (N= 286) Females who were administered a student perception questionnaire on Need of counselling in PG colleges. Where 83.88% are depression and 16.11% of them are not in which 77.46% of them were comfortable expressing their problems to their closed ones and 22.53% were not comfortable. So counselling helps PG students in resolving their adjustments issues and provide intervention to the students, so that their social and emotional problems did not interfere with their academic performances, for the current study.

Keywords: Counselling, Students, Depression.

Introduction: Counselling could be a variety of "Talking therapy" that enables folks to debate their worries, issues or life issues with an expert, in very safe and confidential surroundings. The trained skilled, referred to as counsellor helps the individual uncover and establish the basis cause for his or her misery and conjointly guides them to develop a positive state of mind. Many of us might have found ourselves in the role of a counsellor at times and also many of us might have used counselling and guidance of others in our life. But the actual meaning of counselling, the role of a counsellor and its importance are quite unclear concepts to many of us. When facing a dilemma or some psychological problem, we often tend to socially isolate ourselves from everyone and keep probing our minds to find a solution. But there are times when we are not able to help ourselves and there seems hopelessness in every pursuit we take. This is the situation when problems eat away self conscious that one needs to seek a counsellor and get life back on track. Children, students, adults, and old age people everyone can go to a counsellor for help at any point of time in life. Because the person who seeks advice entrusts the counsellor with all his/her private thoughts, emotions and feelings thus the role of a counsellor becomes very crucial. Many people today are apprehensive about sharing their deep feelings with someone and do not find someone to confide their secrets in, here the role of a counsellor fulfils such demands. A counsellor hears all the problems, thoughts, feelings of his/her subject, finds out his/her solution and do not judge them on any account. This is what makes one feel more comfortable and establishes a relation with the counsellor. College students face variety of challenges distinctive to the present time of life.

In a recent survey by the Yankee faculty substance Association, mentioned during this article, a survey of 75,000 students showed

- 42.4% had bigger than average stress within the past twelve months
- 10.3% according feeling tremendous stress
- 35.3% according feeling thus depressed they might not perform.

Avery *et al*(2014) has studied about A Review of the Role of College Counselling, Coaching, and Mentoring on Students' Postsecondary Outcomes that the students from lower-income families have the greatest need for college counselling, yet have the least access to counsellors. Inadequate school finances, insufficient counsellor training programs, and a lack of clarity about how school counsellors

should allocate their time generate barriers to effective college counselling. Yet, as a result of school budget cuts and new administrative requirements, school counsellors have little time to assist students with college applications, financial aid forms, and college choices. Renuka *et al* (2013) studied about The Effect of Counselling on the Academic Performance of College Students that the adjustment difficulties of college students have been an emerging issue. Many studies have proved that the adjustment difficulties like appetite disturbance, concentration problems and depression are most evident in freshmen. To help college students in resolving their adjustment issues, we made efforts in the form of establishing a counselling system to provide intervention to the students, so that their social and emotional problems did not interfere with their academic performances, for the current study. We chose to examine the relationship between the college counselling experience and the academic performance in a sample of freshmen.

V Thuryrajah *et al* (2002) studied about the Factors Determining the University Counselling Services Effectiveness. Research attempts to study the impact of the counselling services in universities in Melaka. It should be noted that the need for counselling services is important to improve the quality of life of the students. This service has helped students to achieve academic achievement has been confirmed by several studies. Therefore, this research explained the potential of the counselling services to enhance the coping skills, social skills, study skills among students in pursuit of academic achievement and adjustment to campus life. Brunt (2003) studied about The Preparation and Role of College Counsellors that students come to counselling for a variety of reasons. They may be experiencing trouble with their appetite or sleep, adjustment to a new environment, or concentration problems. They may experience mood swings, difficulty with motivation, or trouble interacting appropriately with others; often it is also a time when students may experience difficulties with alcohol or drug abuse. Most counselling services that college students receive are short term in nature. Bauer *et al* (1998) studied about a survey of counselling needs of male and female college students. A survey of student counselling needs, the Survey of Student Needs, was completed by 803 male vs. female students at a medium-sized suburban institution. Results show that approximately half of the sample indicated a moderate, high, or very high need for assistance with managing time effectively, career uncertainty, poor study habits, and test anxiety. From the various studies it is clearly evident that there is a need of counsellor in the colleges.

Methodology: A counsellor hears all the problems, thoughts, feelings of his/her subject, finds out his/her solution and do not judge them on any account. This is what makes one feel more comfortable and establishes a relation with the counsellor. Need of counsellor in Post Graduate colleges in Mysore. Exploratory research design is opted for the study. The universe of the study is Post Graduate Colleges in Mysore city. Convenient sampling method was adopted. The sample size for the study was 670. Data analysis is done through Microsoft excel software and results are discussed.

Table: 1 Number of Male and Female Respondents

Respondents	Number of Respondents	Percentage
Male	384	57.31%
Female	286	42.60%

Table: 1 shows that out of 670 respondents, 57.31% of the respondents were males which consist of 384 people. 42.60% of the respondents were female which consist of 286 people.

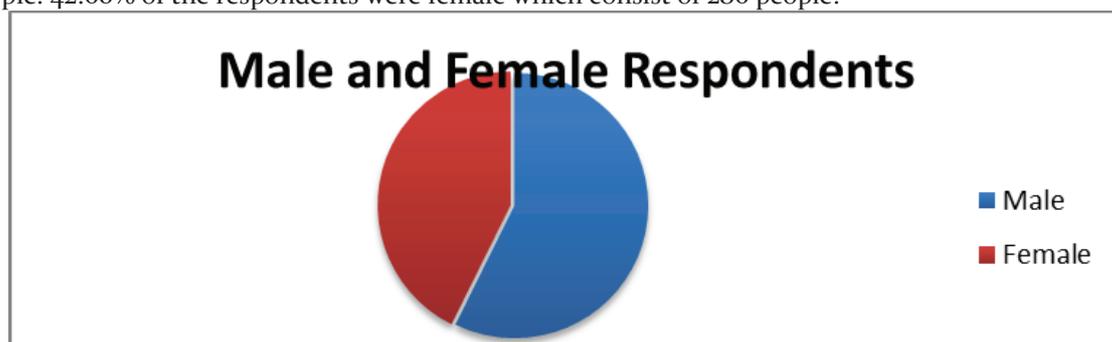


Table: 2 Number of respondents have undergone the symptoms of depression

	Number of respondents	Percentage
Yes	562	83.88%
No	108	16.11%

Table: 2 show that 83.88% of the respondents have gone through depression. And other 16.11% have not gone through depression.

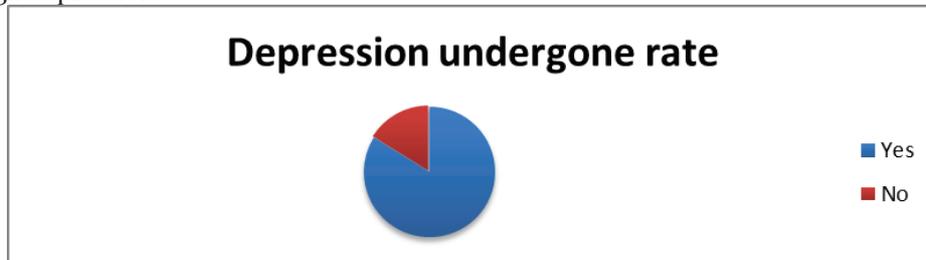


Table 3: If yes, have you ever tried committing suicide?

	Number of respondents	Percentage
Yes	231	41.10%
No	331	58.89%

Table: 3 shows that 41.10% of the respondents have tried to commit suicide and other 58.89% of the respondents have not tried to commit suicide.



Table 4: Have you ever met counsellor earlier?

	Number of respondents	Percentage
Yes	184	27.46%
No	486	72.53%

Table: 4 shows that 27.46% of the respondents have met the counsellor earlier and other 72.53% of the respondents have not met any counsellor.

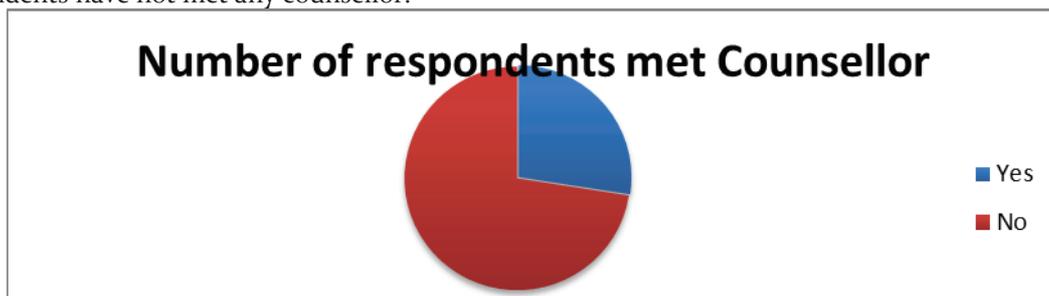


Table: 5 when you are depressed would you like to

	Number of respondents	Percentage
Isolate	211	31.49%
Spend time with your friends	261	38.95%
Family	198	29.55%

Table: 5 show that 31.49% of the respondents get isolated when they are depressed. Other 38.95% of the respondents' spent time with their friends and 29.55% of the respondents spent time with their family.



Table: 6 If isolated would you like to take help of a counselor?

	Number of respondents	Percentage
Yes	183	86.72%
No	28	13.27%

Table: 6 shows that 86.72% of the respondents are ready to take the help of a counselor and other 13.27% are not ready to take the help of the counselor.

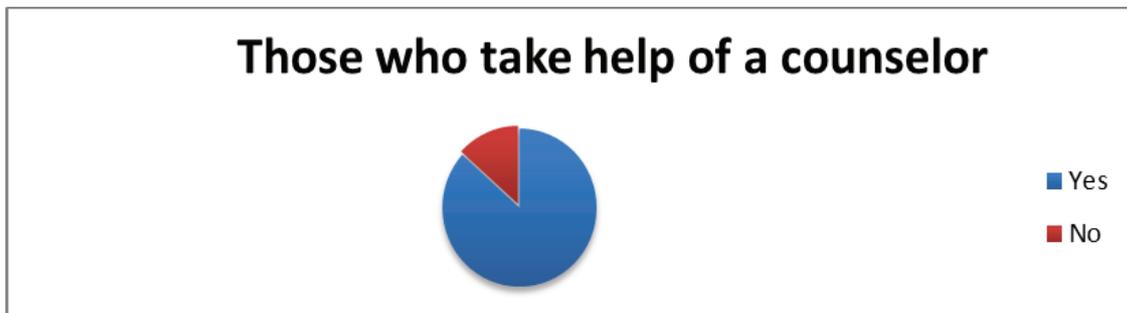
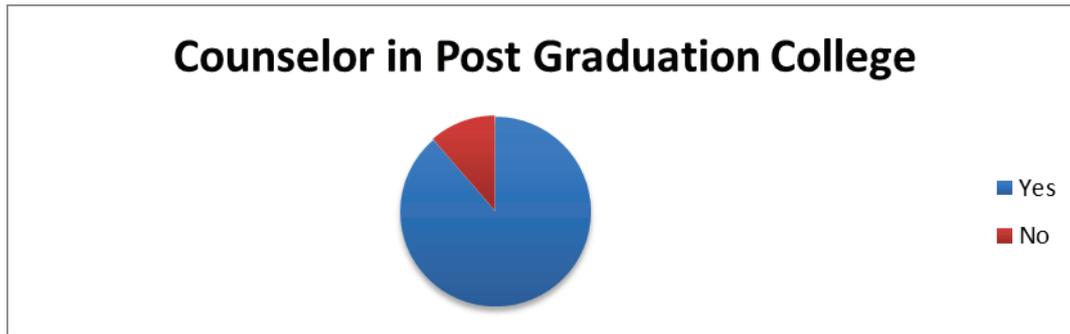


Table: 7 Do you need a counselor in Post Graduation College?

	Number of respondents	Percentage
Yes	594	88.65%
No	76	11.34%

Table: 7 shows that 88.65% of the respondents are said there is in need of counselor in PG colleges. And other 11.34% of the respondents are said no need of counselor in PG settings with the reasons social stigma and ego of the students.



Discussion: 670 students participated in the study and majority of them clearly mentioned that, there is a need of counselor in Post Graduation College.

83.88% of the students have gone through the depression where only 16.11% has not undergone depression. Effective treatments for depression include talk therapy, personalized for the situation or a talk therapy and medication. Early treatment is best.

41.10% of the students have tried committing suicide and 58.89% students have not tried. 27.46% of the students have already met the counselor earlier where 72.53% of them have not met. The role of a social work counselor should have a unique opportunity to intervene the student suicide by ensuring that the PG colleges should have the processes and procedure in place to support these students at every stage in prevention, preparation, intervention and post intervention.

33.49% of the students like to isolate themselves, 38.95% spend time with their friends and 29.55% of them would love to spend their time with family.

86.72% of the students like to take the help of a counselor and 13.27% did not agree to it.

88.6% of the students strongly agreed that there is a need of counselor in PG College, where 11.34% did not. Counseling is a professional relationship that empowers diverse individuals, families and group to accomplish mental health, wellness, education and career goal. There is a need of counselor in PG colleges as these counselors prepare students to face reality, social challenges and help the students to talk to their parents about the thing that they are worried about. V Thuryrajah *et al* (2002) A counsellor hears all the problems, thoughts, feelings of his/her subject, finds out his/her solution and do not judge them on any account. This is what makes one feel more comfortable and establishes a relation with the counsellor.

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