

Psychological Counselling Needs of Higher Secondary School Students of Aizawl City

¹J. Lalhriatpuia, ²Lalchawimawii Ngente, ²Vanlalhluzuala Sailo

¹M.Ed Student, ²Assistant Professor, ²Research Scholar
Institute of Advanced Studies in Education, Aizawl, Mizoram

Abstract

The present study aims to find out the psychological counselling needs of higher secondary students of Aizawl city. The findings of the study indicates that 89(44.5%) of the students had very low level of psychological counselling needs while 10(5%) had very high level of counselling needs. The findings also showed that 58.33% (56) male students have a very low level of psychological counselling needs, which means half of the male students and 31.73% (33) of female students have a very low level of psychological counselling needs. The findings also showed that 46%(46) students from government school have a very low level of psychological counselling needs while 43%(43) private school students have a very low level of psychological counselling needs. The findings also showed that there is a significant difference between male and female students in their psychological counselling needs while there is no significant difference between rural and urban, private and government, arts and science students in their psychological counselling needs.

Keywords- Psychological counselling needs, counselling, higher secondary school, Aizawl city

INTRODUCTION

Psychology is the study of human behaviour, abilities, and thought processes. It also refers to the practical application of the information, which can be utilised to comprehend events, address mental health difficulties, and enhance relationships, work opportunities, and education. People can learn more about how the body and mind interact via the study of psychology. Making decisions and averting difficult circumstances can be made easier with this understanding. It can support good time management, setting and attaining of goals, and daily living. Psychological counselling is defined as counselling or consultation with a licenced clinical psychologist or licenced psychiatrist for the purpose of managing a mental, behavioural, psychiatric, or psychological disorder. It does not include, but is not limited to, anxiety, anorexia, depression, stress, fatigue, or psychiatric side effects of physical illness, cognitive impairment, or sleeping disorders. Student psychological counselling may be advantageous to them. Counselling aids adolescents in coping with many emotional and behavioural issues, just like it does for adults. A psychologist could assist the pupils in developing a better understanding of who they are, in making wiser decisions, and in maintaining emotional equilibrium in their lives.

REVIEW OF RELATED LITERATURE

Saila and Chamundeswari (2013) conducted a study on the “Psychological Counselling needs and Academic achievement of students at the Secondary level” and found that the school psychological counselling needs had significant influence on academic achievement. A significant difference was found between psychological counselling needs and academic achievement of secondary students studying in government, government-aided and private schools. Findings also revealed a significant positive correlation between psychological counselling needs and academic achievement.

Azeez and Sumangla (2015) conducted a study on “Counselling Needs of Higher Secondary School Students of Kerala: An Exploration into the Teacher Perception” and found that the that higher secondary school students have strong counselling needs. The results also show that there is no

significant difference between male and female teacher perception on the counselling needs of higher secondary school students.

Malik and Shaffi (2017) conducted a study on “Psychological counselling needs among Kashmiri adolescents: a reflection from district Kupwara” and found that the adolescents are in high need of psychological counselling. It was also found that there is a significant difference between these two samples, which means that girls are in high need of psychological counselling needs as compared to boys.

Nivedita and Singh (2017) in their study on “Comparative study of the guidance needs of secondary school students” and found that the guidance needs of female secondary school students is more than male secondary school students and There is no significant difference between the guidance needs (physical, social, psychological, educational and vocational) of urban and rural secondary school students.

Uniyal and Khanduri (2019) in their study on “A study of guidance needs of senior secondary students” and found that students have high need of guidance in all five areas i.e., physical, social, psychological, educational and vocational. Male and female students have no significant difference in their guidance needs. Results also showed that government school students need more guidance in physical area as compared to private school students.

RESEARCH QUESTIONS

1. What is the level of psychological counselling needs of higher secondary school students in Aizawl city?
2. Is there any difference in the level of psychological counselling needs between male and female higher secondary school students in Aizawl city?
3. Is there any difference in the level of psychological counselling needs between government and private higher secondary school students in Aizawl city?
4. Is there any difference in the level of psychological counselling needs between higher and secondary school students having rural and urban origins in Aizawl city?
5. Is there any difference in the level of psychological counselling needs between arts and science higher secondary school students in Aizawl city?

OBJECTIVES OF THE STUDY

1. To study the level of psychological counselling needs of higher secondary school students in Aizawl city.
2. To compare the level of psychological counselling needs between male and female higher secondary school students in Aizawl city
3. To compare the level of psychological counselling needs between government and private higher secondary school students in Aizawl city.
4. To compare the level of psychological counselling needs between higher secondary school students having rural and urban origins in Aizawl city.
5. To compare the level of psychological counselling needs between arts and science higher secondary school students in Aizawl city.

NULL HYPOTHESES

For the fulfilment of the objectives, the researcher has proposed the following hypotheses:

1. There is no significant difference in the level of psychological counselling needs between male and female higher secondary school students in Aizawl city.
2. There is no significant difference in the level of psychological counselling needs between government and private higher secondary school students in Aizawl city.
3. There is no significant difference in the level of psychological counselling needs between higher secondary school students from rural and urban origins in Aizawl city.

4. There is no significant difference in the level of psychological counselling needs between arts and science higher secondary school students in Aizawl city.

RATIONALE OF THE STUDY

The aim of the study on the psychological counselling needs of higher secondary school in Aizawl city is to find out to what extent higher secondary school students in Aizawl need counselling. With fast growing pace of the world, a child might feel out of place and unable to cope with the new lifestyle of the fast-transforming world, some people might feel that the world is transforming too fast and this can lead to problems of adjustment. This maladjustment could hinder the learning capabilities of the child. These students are mostly in the age of adolescence, the age of turmoil of complex psychological development and social influences.

Counselling is the process of guidance approach; it occurs at an individual level in which the individual become aware of themselves and understand how their environment is influencing their behaviour. This counselling involves the trained counsellor a student’s aspect of adjustment, development and on decision making needs. The counsellor helps the student overcome their problems and needs, which maybe of educational, vocational, marital, parental and personal needs. The counsellor must be aware of the unique problems of the students and their understanding of counselling process.

The extreme competitive nature of the education system where the students are forced into the action of rote memorization might also take a toll on the mental health of the students, this pressure of competition and the pressure of the parents might push the students to have stress and anxiety, the students from rural areas might feel out of place in the cities and become homesick. Also, some students might also have low self-esteem and un able to make friends, these students might feel aloof from the other classmates, or develop dependency on the gate way drugs like smoking of tobacco. All these students might have a need for counselling to guide them in the right path.

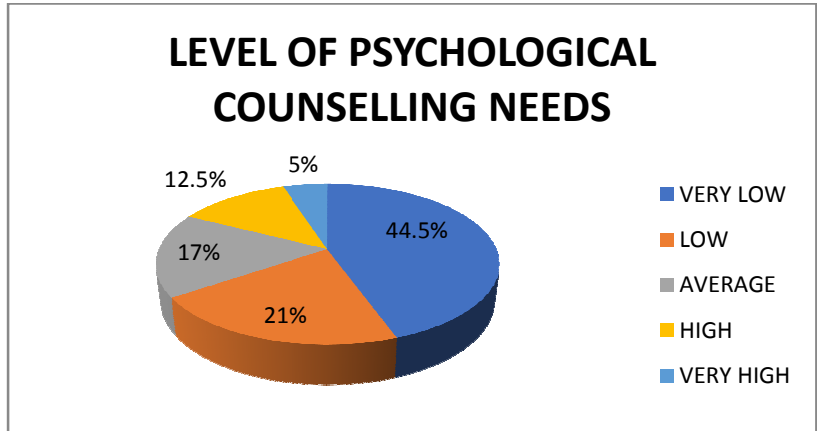
The counselling process can help the students overcome their behavioural problems, school discipline, depression, anxiety, anger, lack of respect for others, social skill problems, relationship problems, family issues, sibling issues, coping with parental conflict, coping with loss, step parent issues, coping illness, lack of ambition, coping skill problems or the general dissatisfaction with life (Denver Teen Counselling,2005). The counselling can help the students more capable in their learning; improve overall mood self-worth and confidence.

FINDINGS

1.Overall Psychological Counselling Needs of the students.

Level of Psychological Counselling Needs	N	Percentage (%)
Very Low	89	44.5
Low	42	21
Average	34	17
High	25	12.5
Very High	10	5

Fig 1: A pie chart showing the level of psychological counselling needs of the students.



The table 1 shows the level of counselling need among the higher secondary school students in the study. 89(44.5%) of the students out of 200 students had very low level of psychological counselling needs. 42(21%) of the students had low level of psychological counselling needs, 34(17%) of the students had average psychological counselling needs, 25(12.5%) of the students had high level of counselling needs and 10(5%) had very high level of counselling needs.

2: To compare the level of psychological counselling needs between male and female higher secondary school students in Aizawl city.

Level of Psychological Counselling Needs	Male	Percentage (%)	Female	Percentage (%)
Very low	56	58.33	33	31.73
Low	15	15.63	27	25.96
Average	12	12.5	22	21.15
High	7	7.29	18	17.31
Very high	6	6.25	4	3.85

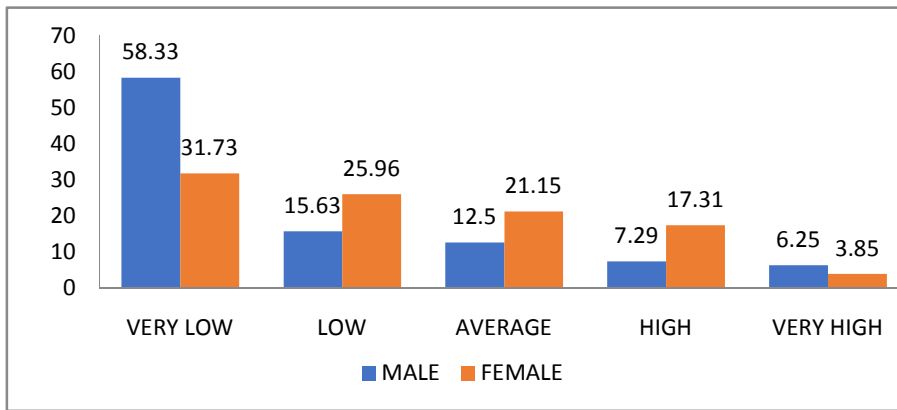
Table 2 shows the level of psychological counselling needs among male and female students.

The table indicates that out of 96 male students, 58.33% (56) students have a very low level of psychological counselling needs, which means half of the male students have very low needs of psychological counselling. 15.63% (15) students have a low counselling needs, 12.5%(12) students have average counselling needs, 7.29%(7) students have high counselling needs and 6.25%(6) students have very high psychological counselling needs.

Table 2also indicates that out of 104 female students, 31.73%(33) students have a very low level of psychological counselling needs, 25.96% (27) students have a low counselling needs, 21.15%(22) students have average counselling needs, 17.31%(18) students have high counselling needs and 3.85%(4) students have very high counselling needs.

Fig.2 Bar diagram showing the level of counselling needs among male and female students.

Figure 2 is a graphical representation of the psychological counselling needs among



male and female students. The y-axis represents the percentage while the x-axis represents the level of psychological counselling need. Among the five levels shown in the x-axis, it can be seen that there is a highest variation in the level ‘Very low’ whereas the students having low, average, high and very high are seen almost having the same in percentage.

3. Comparison on the level of counselling needs between male and female students.

GENDER	MEAN	S.D	t-value	Level of Significance
MALE	70.54	8.05	2.95	Significant
FEMALE	73.64	6.91		

Table 3 shows the comparison on the level psychological counselling needs between male and female students. The calculated t-value is 2.95. The calculated t-value is more than the critical value at the required level of significance. Thus, the null hypothesis, ‘There is no significant difference in the level of psychological counselling needs between male and female students’ is rejected.

4. To compare the level of psychological counselling needs between government and private higher secondary school students in Aizawl city.

Level of Psychological counselling needs	Government		Private	
	N	Percentage (%)	N	Percentage (%)
Very low	46	46.00	43	43.00
Low	19	19.00	23	23.00
Average	19	19.00	15	15.00
High	11	11.00	14	14.00
Very high	5	5.00%	5	5.00

The table indicates that out of 100 government school students, 46%(46) students from government school have a very low level of psychological counselling needs, which means almost half of the government school students have very low needs of psychological counselling. 19% (19) students have a low counselling needs, 19%(19) students again have average counselling needs, 11%(11) students have high counselling needs, 5%(5) students have very high counselling needs.

Table 4 also indicates that out of 100 private school students, 43%(43) students have a very low level of psychological counselling needs which is also almost half of the private school students, 23% (23) students have a low counselling needs, 15%(15) students have average counselling needs, 14%(14) students have high counselling needs and 5%(5) students have very high counselling needs.

Fig.4 Bar diagram showing the level of counselling needs among government and private school students.

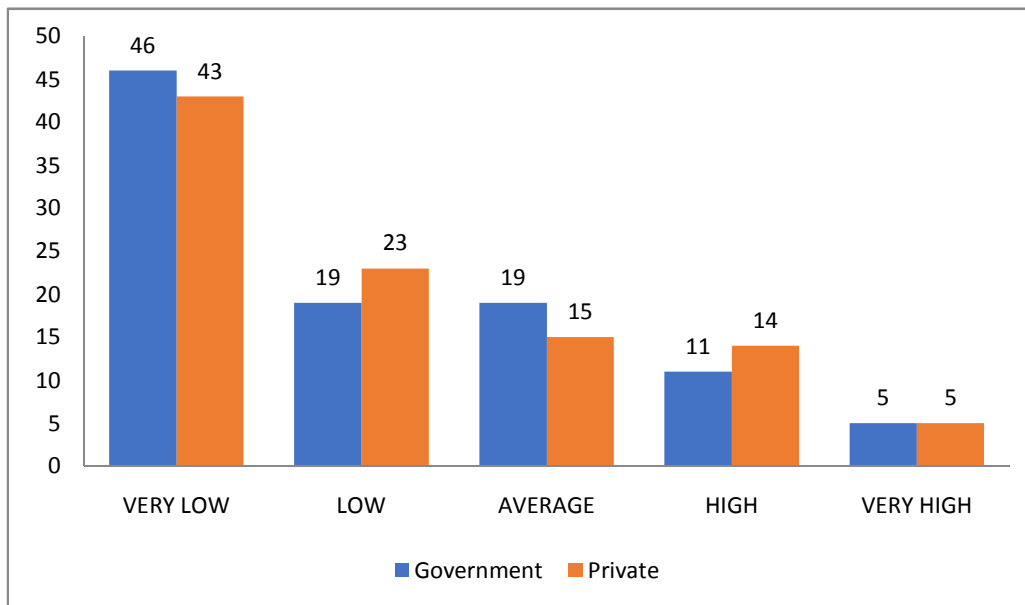


Figure 4 is a graphical representation of the psychological counselling needs among male and female students. The y-axis represents the percentage while the x-axis represents the level of psychological counselling need. Among the five levels shown in the x-axis, it can be seen that there is little to non-variation at all level of very low, low, average, high and very high level.

5. Comparison on the level of psychological counselling needs between government and private school students.

The above table shows the comparison on the level of psychological counselling needs between pr

TYPE OF INSTITUTIONS	MEAN	S.D	t-value	LEVEL OF SIGNIFICANCE
GOVERNMENT	72.22	7.65	0.15	Not Significant
PRIVATE	72.09	7.63		

significant difference in the level of psychological counselling needs between male and female students' is accepted.

6. To compare level of psychological counselling needs between higher secondary school students having rural and urban origins.

Level of Psychological counselling needs	Rural		Urban	
	N	Percentage (%)	N	Percentage (%)
Very low	33	37.50	56	50.00
Low	22	25.00	20	17.86
Average	19	21.59	15	13.39
High	9	10.23	16	14.29
Very high	5	5.68	5	4.46

The above table shows the level of psychological counselling needs among students from rural and urban origin.

The table indicates that out of 88 rural origin students, 37.50% (33) students have a very low level of psychological counselling needs. 25% (22) students have a low counselling needs, 19% (19) students have average counselling needs, 10.23%(9) students have high counselling needs, 5%(5) students have very high counselling needs.

The table also indicates that out of 102 urban origin school students, 50%(56) students have a very low level of psychological counselling needs which is half of the urban origin school students, 17.86% (20) students have low counselling needs, 13.39%(15) students have average counselling needs, 14.29%(16) students have high counselling needs and 4.46%(5) students have very high counselling needs.

Fig.6 Bar diagram showing the level of counselling needs among students from urban and rural origin.

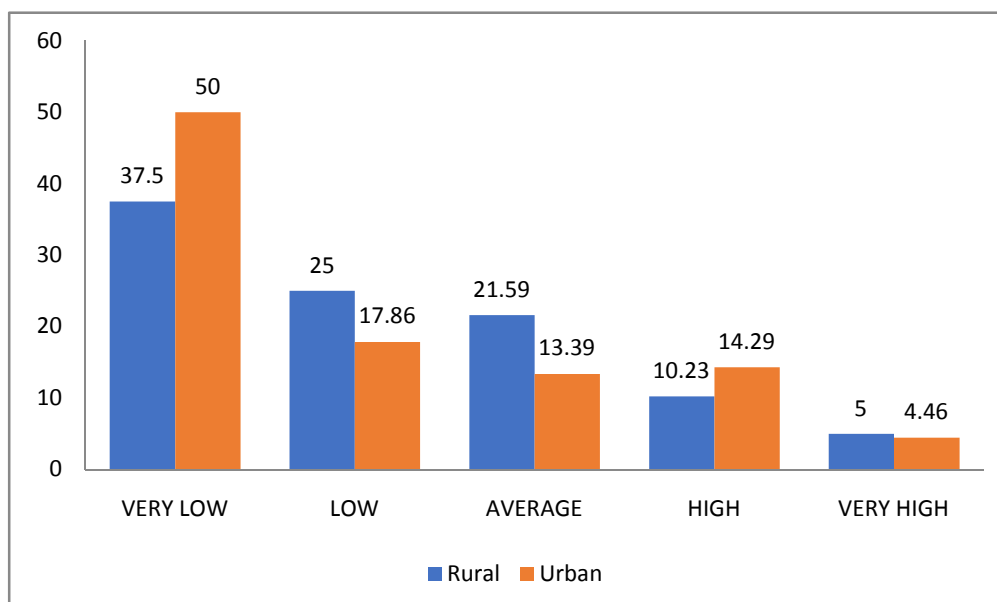


Figure 6 is a graphical representation of the psychological counselling needs among students from urban and rural origin. The y-axis represents the percentage while the x-axis represents the level of psychological counselling need. Among the five levels shown in the x-axis, it can be seen that there is the highest variation in the very low level, there is a small variation at low, average, high and very high level.

7. Comparison on the level of psychological counselling needs between students from urban and rural origin.

Place of Origin	Mean	S.D	t-value	Level of Significance
Rural	73.02	7.24	1.46	Not Significant
Urban	71.47	7.87		

Table 7 shows the comparison on the level of psychological counselling needs between students from rural and urban origin. The calculated t-value is 1.46. The calculated t-value is less than the critical value at the required level of significance. Thus, the null hypothesis, ‘There is no significant difference in the level of psychological counselling needs between students from rural and urban origin’ is accepted.

8. To compare the level of psychological counselling needs between arts and science students.

Level of Psychological counselling needs	Arts		Science	
	N	Percentage (%)	N	Percentage (%)
Very low	39	39.00	50	50.00
Low	19	19.00	23	23.00
Average	24	24.00	10	10.00
High	13	13.00	12	12.00
Very high	5	5.00	5	5.00

Table 8 shows the level of psychological counselling needs among arts and science students.

The table indicates that out of 100 arts students, 39% (39) students have a very low level of psychological counselling needs. 19% (19) students have a low counselling need, 24% (24) students have average counselling needs, 13%(13) students have high counselling needs, 5%(5) students have very high counselling needs.

The table also indicates that out of 100science students, 50%(50) students have a very low level of psychological counselling needs which is half of the urban science students, 23% (23) students have low counselling needs, 10%(10) students have average counselling needs, 12%(12) students have high counselling needs and 5%(5) students have very high counselling needs.

Fig.8 Bar diagram showing the level of counselling needs among arts and students.

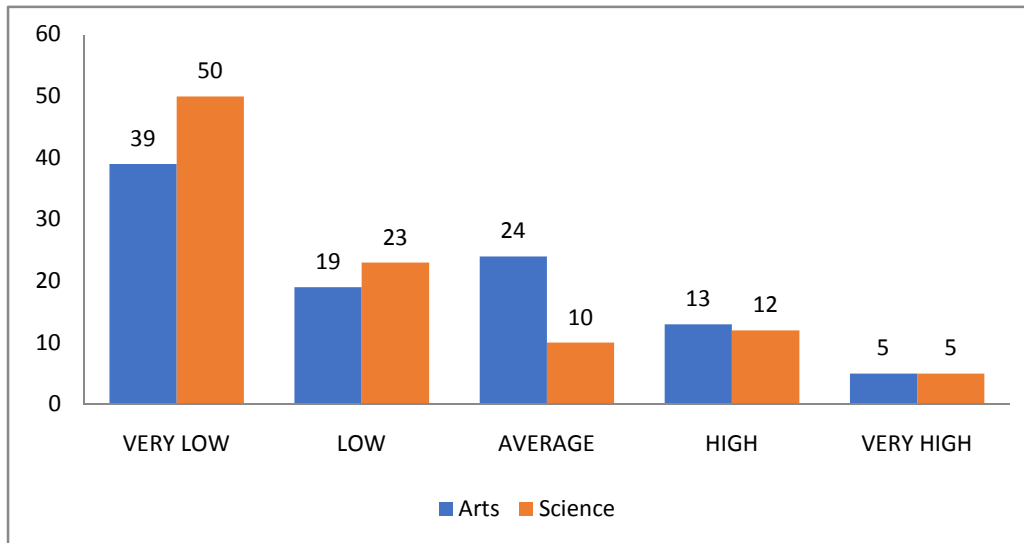


Figure 8 is a graphical representation of the psychological counselling needs among arts and science students. The y-axis represents the percentage while the x-axis represents the level of psychological counselling need. Among the five levels shown in the x-axis, it can be seen that there is the highest variation in the average needs level, next in very low level, there is a small variation at low, high and very high level.

9. Comparison on the level of psychological counselling needs between arts and science students.

Stream of Study	Mean	S.D	t-value	Level of Significance
Arts	72.86	7.11	1.31	Not Significant
Science	71.45	8.07		

The table shows the comparison on the level of psychological counselling needs between arts and students. The calculated t-value is 1.31. The calculated t-value is less than the critical value at the required level of significance. Thus, the null hypothesis, ‘There is no significant difference in the level of psychological counselling needs between arts and science students’ is accepted.

CONCLUSION

The present investigation has revealed that majority of the higher secondary school students in Aizawl have a low level of psychological counselling needs. This could be because students are comforted by the traditions of hospitality in the society, well bound family relationship and the support of fellow Mizo students.

Students share their problems to their peers or to their fellow students who themselves are facing a similar or the same problem, talking to others of our problems comforts our mind. It reduces the level of stress seeing others facing the same problem, we do not feel alone in the world.

However, majority of the students have low level need for psychological counselling, there are some students who have high and very high need for psychological counselling. The school should cater to the needs of these students, they might not be able to share their problems with others who are not trained counsellors. The school in these situations needs to have a trained psychological counsellor to cater to the emotional and mental needs of the students. Many students struggle with several issues such as anxiety, self-esteem issues, trouble with forming friendships etc. Guidance and support are very important to help them overcome these problems. Some students do not even understand what they are going through, they may not even know how to ask for help. Having a counselor at their educational institution will help them a lot in understanding their issues. Moreover, they will learn how to ask for advice and help.

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