



Effectiveness of Counseling in Schools: a study with reference to Emotional Maturity among Adolescents

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ABSTRACT: Children and adolescents are considered as the valuable asset of any country. Such an emphasis is obviously based on the immense potentials of the youth persons to contribute intellectually, politically and economically to the society. They need to be well adjusted to their physical, intellectual, emotional, social and spiritual competences need to be properly developed. This is achieved through family, school community and society.

Among all these agencies, the school system and the teachers play a vital role in molding healthy personalities. If a favorable environment is produced in schools, it would go a long way in promoting the mental health of children and adolescents, preventing several emotional problems, and offering timely intervention for their psychological problems through appropriate psycho social care by school counselors.

The study is a modest attempt to examine the effectiveness of counseling services offered to the students and the difference it creates in certain domains of their personality. The research design is descriptive in nature and the sampling technique adopted for the study is stratified random sampling. From the findings it was concluded that, even though the emotional maturity level increases after a good counseling, it was observed that the results among adolescent boys showed a sheer decline in emotional maturity after their counseling. This shows some revamp in counseling models as such.

Keywords: School Counseling, Effectiveness, Counselor, Adolescence, Emotional Maturity.

1. INTRODUCTION

The school plays an important role in enhancing educational competence as well promoting psycho-social development of children and adolescents. School counseling is a process of giving professional psychological helps to mainly children and it also includes parents, teachers if necessary, School counseling helps the students to resolve emotional, social and behavioral problems and help them to develop a sense of direction. Effective counseling programmes are important to the school climate and a crucial element in improving student achievement.

Our children now a day are living in a society, which is going through a transition phase. There are conflicts everywhere - conventional methods of study are under scrutiny, subject choices are manifold, job option are numerous, parental expectations are surmounting media imposes new conflicts in front of every in terms of personal dos and don'ts.

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No doubt school going children at one or the other phases have always been facing one or more of these conflicts but it's the extent and severity of these conflicts which is more today. Secondly, it is the increasing death of emotional support in family due to so called generation gap – non understanding parents, due to lack qualitative and quantitative time spent with parents, both parents working.

In this present scenario it becomes imperative for school; to take extra care of student's behavioral, cognitive and emotional needs all stages. After all, it is the spread of education and only literacy, which is the aim of the school. Education at all stages involves overall personality development – academic, emotional, moral, mental and physical.

Adolescence is a period of formative and dynamic transition, when young people take on new roles, responsibilities, and identities. It is a period of life full of basic Changes and young people attempt to autonomy from their parents. Adolescence also marks cultural transitions through traditions. At the same time, for many it is transition to work. During this period, health behaviors that will last long into adulthood can be strongly influenced as during adolescence values are firm and vocational skills are developed. Adolescence is not just about physical growth but also about emotional maturity and mental development. Becoming aware and obtaining scientific knowledge about growing up empowers adolescents to grow up as healthy and responsible adults

2. Rationale of the Study

Schools are one important place where children have contact with their peers, form friendship and participate in social group with other children. As Children grow from infancy through adolescence, peers are increasingly important in their lives. Their interactions become more complex with age. In adolescence relationship affect whole personality. Adolescence is a very critical period in the life of a child. If he is not helped, he may develop some complexes and may become a psychological case. Adolescent children have emotional problems, social problems and identity crisis etc. Professional school counselors at high school provide emotional and academic support and guidance to children.

A counselor in the school helps students to help themselves in all domains of their life academic, emotional, personality development, interpersonal relationships, choice of subject and career.

The study was expected to help the parents, teachers, and administrators of the school to provide such an environment where they feed and can take a decision by themselves and where they can live emotionally stable, and which is best suited to good adjustment so that their potentialities can be used to the maximum as to promote their personality.

In Kerala, School Counseling is an emerging profession and a lot social workers are employed in this field. Effectiveness of counseling among adolescent students is another area of concern. So this comparative study on the effectiveness of school counseling among adolescent students is relevant to the present scenario in Kerala.

3. General Objective

The overall objective of the present study is to assess the effectiveness of school counseling among adolescents in their emotional maturity through a comparative analysis.

4. Specific Objectives

The following specific objectives have been framed for the present study.

1. To compare the emotional maturity of students who received counseling and not, using a valid standardized tool.
2. To compare the boys and girls who are subjected to counseling in terms of their emotional maturity.
3. To compare the emotional maturity of students based on their demographic variables like age, religion, family structure, number of siblings, area of residence and economic status.
4. To compare the whole sample based on the five sub variables like
 - Sub variable a- Emotional instability
 - Sub variable b- Emotional regression
 - Sub variable c - Social maladjustment
 - Sub scale d - Personality disintegration
 - Sub scale e - Lack of independence

5. Methodology

The present investigation was carried out to compare the level of emotional maturity among 1) girls who have availed counseling, 2) girls who have not availed counseling 3) boys who have availed counseling 4) boys who have not availed counseling and thereby to test whether the established form of counseling is effective in terms of enhancing the emotional maturity of individual who are high school students.

Boys and girls in the age range of 15-18 (N = 25) each who availed counseling were compared with boys and girls who did not avail counseling through and institutional mechanism (N = 25 each) using the emotional maturity scale which is developed and standardized by National Psychological Corporation. A comprehensive schedule covering almost all the personal data of the subject was also used as a tool.

The available data were analyzed using statistical technique namely one way analysis of variance, Duncan's Multiple Range Test and the t - Test.

6. Results and Discussion

6.1. Socio-Demographic Profile of the respondents

Major characteristics with respect to socio- demographic aspects of the are briefly described below,

- It is found that the average age of the subjects studied is 17 years.
- It is found that 65 percent of the respondents belong to Christian religion
- It is found that 88 percent of the respondents are hailing from nuclear families.
- It is observed that 48 percent of the respondents have single sibling and vast majority of the respondents are single children.
- It is clear that 50 percent of the respondent's parents are employed in private sector.
- It is observed that 37 percent of the respondents parents have and income of Rs. 5001-Rs 10000 per men sum
- It is found that 57 percent of the respondents are from rural area.

Table 1: Data and results of one way ANOVA: Comparison of all sample on the basis of emotional maturity

| Group | Sum of Squares | | df | Means of squares | | F Value |
|--------------------|----------------|---------------|------|------------------|---------------|---------|
| | Between Groups | Within Groups | | Between Groups | Within groups | |
| Emotional Maturity | 3911.76 | 37524.88 | 3,96 | 1303.92 | 390.88 | 3.336 |

Table 1 shows that availability of counseling has a significance on adolescents emotional maturity ($F= 3.336, p>0.023$). In order to identify the groups, which showed significant difference, Duncan's Multiple Range test was conducted; the results are presented in the table 1.

Table 2: Data and results of Duncan's Multiple Range Test: Comparison of all four categories based on emotional maturity

| Group | N | Mean Value | Subset for Alpha= 0.05 | | | |
|-------|----|------------|------------------------|-----|-----|-----|
| | | | Emotional Maturity | | | |
| | | | 1 | 2 | 3 | 4 |
| 1 | 25 | 93.76 | () | | * | |
| 2 | 25 | 88.6 | | () | * | |
| 3 | 25 | 105.64 | | | () | * |
| 4 | 25 | 98.24 | | | | () |

* Denotes pairs of groups which have significant difference.

A glance at table 2 reveals that category 3 i.e.; counseling received boys differs significantly with the three other categories with respect to emotional maturity. Since this category showed the highest mean value (105.64), it is found that they possess lesser emotional maturity than the other categories. Results also reveal that there exists no significant difference on emotional maturity among the other categories of subjects: it is thus evident to state that boys who availed counseling are relatively emotionally immature than those who did not and also differ from girls who availed counseling. Depending on the results, it has to be stated that the counseling process is imparting a negative effect on boys in terms of their emotional maturity.

6.2 Restatement of Hypotheses and Test of Tenability

The hypotheses formulated for the investigation have been tested on the basis of the result and the discussion details are furnished below.

Hypothesis 1: There will be significant difference between students who received counseling and who have not, in terms of their emotional maturity.

One way Analysis of variances was used to test the tenability of this hypothesis. It is resulted in finding significant difference among different categories with respect to variable emotional maturity. ($F = 3.336$, $p > 0.023$, $df = 3,96$). Hence Hypothesis 1 is accepted. So Duncan's Multiple Range test conducted and result shows that counseling availed boys (group three) have less emotional maturity compared to boys and girls who haven't availed counseling and girls who availed counseling.

Hypothesis 2: There will be significant difference on the basis of sex among students who received counseling in terms of their emotional maturity.

For tenability test of this Hypothesis, t – Test has been employed and found that it is not statistically significant. Hypothesis 2, therefore, is rejected

Hypothesis 3: There will be significant difference on adolescent's emotional maturity on the variable of their age.

One way Analysis of variances was used to test the tenability of this Hypothesis.

It resulted in finding no statistically significant difference and, therefore, Hypothesis 3 is rejected.

Hypothesis 4: There will be significant difference on emotional maturity of the subjected based on their religion.

One way analysis of variance technique was used to test the tenability of this Hypothesis. It resulted in finding no statistically significant difference. Thus Hypothesis 4 is rejected.

Hypothesis 5: There will be significant difference on the variable emotional maturity between students of nuclear family and joint family.

This hypothesis was tested using t – Test and found no significant difference between the two independent variables. Hence Hypothesis 5 is rejected.

Hypothesis 6: There will be significant difference on emotional maturity among adolescents based on the number of siblings they have.

One way analysis of variances was used to test the tenability of this Hypothesis. It resulted in finding no statistically significant difference and thus Hypothesis 6 is rejected.

Hypothesis 7: There will be significant difference on emotional maturity based on their area of residence.

One way analysis of variances was used to test the tenability of this Hypothesis. It resulted in finding no statistically significant difference and thus Hypothesis 7 is rejected.

Hypothesis 8: There will be significant difference on adolescent's emotional maturity on the variable of their economic status.

One way analysis of variances was used to test the tenability of this Hypothesis. It resulted in finding no statistically significant difference. Hence Hypothesis 8 is rejected.

Hypothesis 9: There will be significant difference on whole sample based on the variable emotional instability (sub scale a)

One way analysis of variances was used to test the tenability of this Hypothesis. It resulted in finding no statistically significant difference and thus Hypothesis 9 is rejected.

Hypothesis 10: There will be significant difference on whole sample based on the variable emotional regression (sub scale b)

One way analysis of variances was used to test the tenability of this Hypothesis. It resulted in finding significant difference among different categories with respect to variable emotional regression. ($F = 3.156, P > 0.028, df = 3, 96$). Hence Hypothesis 10 is accepted. So Duncan's Multiple Range test conducted and result shows that counseling availed boys and girls who haven't availed counseling and girls who availed counseling.

Hypothesis 11: There will be significant difference on whole sample based on the variable Social maladjustment (sub scale c)

Analysis of variances was used to test tenability of this hypothesis. It is resulted in finding highly significant difference among different categories with respect to variable social maladjustment. ($F = 4.342, P > 0.006, df = 3, 96$). Hence Hypothesis 11 is accepted. So Duncan's Multiple Range test conducted and result shows that counseling availed boys (group three) have less emotional maturity compared to boys and girls who haven't availed counseling and girls who availed counseling.

Hypothesis 12: There will be significant difference on whole sample based on the variable personality disintegration (sub scale d)

One way analysis of variances was used to test the tenability of this Hypothesis. It resulted in finding no statistically significant difference and thus Hypothesis 12 is rejected.

Hypothesis 13: There will be significant difference on whole sample based on the variable lack of independence (sub scale e)

One way analysis of variances was used to test the tenability of this Hypothesis. It resulted in finding no statistically significant difference. Hence Hypothesis 13 is rejected.

7. Suggestions

Based on the analysis of the results of the present study researcher would like to put forth the following suggestions.

More result oriented counselors shall be appointed by the school authorities

Counseling interventions can be offered more rigorously so as to impart a lasting effect on the emotional make up of the students and also make them emotionally mature in tune with their age as well as social circumstances.

Regular follow up to measure the effectiveness of counseling is needed to effect modification (if required) and also to tackle the adolescent mental health problems, reported from time to time.

Introduce supportive programmes like character education (Paul 2016) in addition to counseling.

8. Conclusion

In the present circumstances, youth as well as children are facing difficulties in life. These difficulties are giving rise to many psychological problems such as anxiety, tension, and frustration and emotional upsets in day life. So, the study of emotional life is now emerging as a descriptive science, comparable with anatomy. It deals with interplay of forces with intensities and quantities. Emotional maturity is not only the effective determinant of personality pattern, but it also helps to control the growth of adolescents' development.

This research tried to analyze the effectiveness of counseling in terms of their emotional maturity. Based on the findings arrived at through the present study, it can be rightly conclude that the

contemporary mode of counseling support offered to the students are not pertinent enough to make any substantive improvement in their personality domains such as emotional maturity. Hence it needs to be revamped. There are other different dimensions related to the effectiveness of counseling and there is a scope for further research studies.

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