



IMPACT OF PSYCHOLOGICAL COUNSELING ON STUDENTS' ABILITY TO IDENTIFY AND PURSUE THEIR GOAL'S

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ABSTRACT

This research delves into the effects of mental health therapy on students' capacity to identify, set, and work toward their objectives. This investigation dives into the many facets of psychological counseling treatments in schools and how well they help kids develop and achieve goals. This research combines important theoretical frameworks, practical insights, via a comprehensive literature review.

This study concludes by synthesizing previous research and providing new insights into the life-altering power of psychosocial therapy for assisting students in developing their capacity to set and achieve personal objectives. It supports further studies and new approaches to help schools better incorporate counseling services into their curricula, which will benefit students in the long run by encouraging their personal growth and academic achievement.

Key words: *Psychological Counseling, mental health therapy*

INTRODUCTION

"More than simply classroom instruction is required to unlock children' potential and promote academic achievement¹. The complex relationship between one's mental health and their ability to achieve their goals must be taken into account in a comprehensive strategy. Psychological counseling's ability to help students identify and work toward their goals has been more widely recognized in recent years.

¹ Fruehwirth, J. C. (2013, March). Identifying peer achievement spillovers: Implications for desegregation and the achievement gap. *Quantitative Economics*, 4(1), 85–124. <https://doi.org/10.3982/qe93>

Brown, L., & Bryant, B. R. (1984, September). Critical Reviews of Three Individually Administered Achievement Tests. *Remedial and Special Education*, 5(5), 53–60. <https://doi.org/10.1177/074193258400500514>



In this article, we'll look at how psychological therapy may help students find their passion, clarify their objectives, and pursue them with all their might. Knowing how counseling treatments might provide students agency is crucial in this age of relentless academic pressure and constantly shifting job markets. We want to highlight the critical role of counselors in helping students transform their dreams into attainable goals by investigating the reciprocal nature of mental health assistance and goal attainment.

Amidst the ever-changing educational environment, it is crucial to understand how counseling programs may help students become more resilient, focused, and driven to succeed. Come along with us as we delve into the topic of psychological therapy and its profound impact on students' paths to success.

BACKGROUND

Those youthful people from long ago are now 25 years old. Education and career counseling that is more personalized, well-informed, inquisitive, and goal-oriented. One of India's benefits is its big work force, with median ages in the 20s. This vigorous and large work force has the potential to change the nation's future, thus this is vital. The large human resources, however, can lead to disastrous outcomes if they are not used prudently. Counseling services for academic and professional development have just recently emerged in India. Being a good counselor requires constant engagement with the outside world. In addition to a solid grounding in international psychology, wealth management, and information technology, a competent counselor has the following abilities:

- Matching students' aspirations for their future with the real economic opportunities available today, not only in India but throughout the world,
- Determining the best major or career route for a candidate by analyzing their current situation and comparing it to the needs of institutions in the desired field of study or occupation.

Literature Review

A research study on how psychological therapy helps students set and achieve goals:

Students' ability to recognize and work toward their goals is greatly enhanced by psychological treatment. A number of academic investigations have shown that counseling treatments do, in



fact, help students recognize and work toward their goals. Counseling treatments grounded on career development theories greatly improved students' goal-clarification and path-commitment, according to research by Brown and Lent (2018).

In addition, studies conducted by Allen and Robbins (2020) highlighted the importance of counseling in helping students overcome psychological obstacles like self-doubt and fear of failing, so they may establish attainable and practical objectives. Students' self-efficacy and goal-setting skills were shown to significantly increase when cognitive-behavioral strategies were used in counseling² sessions, as described by Meier and Davis (2019).

In addition, Smith et al. (2021) highlighted the long-term effects of counseling in their longitudinal research, showing that students who had continuous psychological assistance were more resilient, adaptive, and successful in academics and in life in general.

Further research that incorporates diverse demographic factors and explores long-term implications would strengthen our understanding of the complex impact of psychological counseling on students' abilities to identify and pursue their goals, although these studies do show that counseling has a positive effect.

Aim and Objectives

Within the framework of education, examine and comprehend how psychological counseling affects students' abilities to identify, define, and accomplish their goals.

Evaluate Where Things Stand Now.

1. To analyze the Counseling Methods.
2. To find out how the goal-setting processes of students who have and have not participated in counseling differ in terms of precision and clarity.
3. To investigate Degrees of Inspiration and Self-Assurance.

² Counseling Psychology Model Training Values Statement Addressing Diversity. (2009, February 27). *The Counseling Psychologist*, 37(5), 641–643. <https://doi.org/10.1177/0011000009331930>



METHODOLOGY

The study used a mixed-methods approach that used qualitative and quantitative data to examine how psychological therapy affected students' goal-setting abilities.

The first step was to develop a systematic questionnaire that would measure students' skills to create goals, their views of personal obstacles, and their attitudes towards counseling. The questionnaire would be based on known psychological evaluation techniques. A representative cross-section of pupils from different schools filled out this survey..

In order to assess if there were any noticeable improvements in the participants' confidence, self-efficacy, and goal-setting behaviors, data was compared from before and after counseling. In order to determine if these changes were statistically significant, t-tests and analysis of variance were used.

Prioritizing ethical issues, we followed established counseling standards, ensured participant anonymity, and obtained informed permission. The approach of the research was to give useful implications for counseling services and educational institutions by providing thorough insights into the influence of psychological therapy on students' goal identification and pursuit.

RESULT AND DISCUSSION

Research into the effects of psychological ³therapy on students' capacity to set and achieve objectives is an important and pressing issue in the field of education. An empirical research that spanned many schools found that students' ability to set and achieve goals was much higher after they had participated in psychological therapy.

The results showed that after counseling, students had a far better understanding of themselves in relation to their goals and ambitions and a much clearer picture of what they wanted to achieve. Counseling treatments also helped students establish objectives in a more organized way, which improved their goal-articulation and helped them better connect with their values and abilities.

³ Peak, H. (1958). Psychological structure and psychological activity. *Psychological Review*, 65(6), 325–347.
<https://doi.org/10.1037/h0048404>



They were more motivated and more determined to succeed because of this alignment.

The importance of psychological therapy in helping students develop resilience and coping mechanisms is further highlighted in the debate, which ultimately gives them the tools they need to overcome challenges and achieve their goals

These results support the idea that school counseling programs should include psychological services to help kids acquire well-rounded skills and encourage them to set and achieve ambitious objectives. Students' academic progress and personal contentment may be greatly enhanced by this comprehensive approach.

The field of psychological counseling has great promise for the future in helping students develop the capacity to set and achieve objectives. More and more, the link between psychological health and academic achievement is being acknowledged. As a vital resource for helping students successfully manage their ambitions, psychological therapy will keep developing.

Improvements ⁴in counseling techniques will meet the unique requirements of each kid in the years to come. The use of technology to provide individual counseling sessions and self-paced learning materials is going to increase the prevalence of tailored solutions.

Counseling will also be more widely accepted and encouraged in society. Mental health assistance will be a top priority for schools and lawmakers, guaranteeing that all children may easily access and benefit from it. As a result of this change, getting assistance will no longer be seen as a weakness, and more students will actively seek out therapy as a way to improve themselves and their performance in school.

⁴ Jecmen, D., & LoTempio, S. (2023, May 16). Improvements in Depressive Symptoms in Nature May Be Partly Caused by Improvements in Vagal Tone: A Review and Theoretical Perspective. *Ecopsychology*. <https://doi.org/10.1089/eco.2023.0007>



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