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## REVIEW ARTICLE

### NEED OF COUNSELLING BY COLLEGE LECTURERS FOR GIRL STUDENTS AFTER ADMISSION IN COLLEGES

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#### ABSTRACT

Fast Life and Competition to stand to the expectation of Parents are making Student Life Complicated Day by Day. While entering into College from School is the stage of Adolescence. It is the period in which several hormonal changes takes place in girls, a change from Childhood to Adulthood. As a teacher in college aims to develop students with skills, good manners and knowledge in their life. This study aimed to determine the problems the students encounter while entering in College. The research used an Observational Research method to know the problems the girl students face while entering in college and Experimental method to know about the Percentage of Awareness in them. Results of the Observation method showed that the problems faced were pressure from parents, Irritation during hormonal changes, race to become popular in College. The result obtained from Experimental method was that the awareness percentage was 40 to 50%.

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#### INTRODUCTION

Great number of research shows that there is urgent need of Counselling of College girls for total development of students to face challenges, to help students in their period of turmoil & Confusion to make up for deficiencies of home. According to Wiley and Andrew Counselling involves two individuals one seeking help and other professional trained person helped to solve problems to orient and direct him towards goals. Adolescence is a crucial period in the development of personal identity. The researcher observes that Adol is the span of years during which boys and girls move from childhood to adulthood mentally, emotionally, socially and physically. Based on the results of College girls assessment in Gosavi Polytechnic College, there is urgent need of counselling in girls as majority of students lack sense of direction, sense of fulfilment. Counselling facilities is the only answer to help and guide the girls to worthwhile channels and help them to realise the goals of optimum Academic, Personal & Social development. It is in light that the researcher decided to conduct a study based on the need of counselling by lecturers for College girls after admission in colleges and to know the percentage of awareness in them.

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#### Framework

This study is anchored in theory of Carl Rogers. In his theory he offers the method of series of direct contact with the individual who aims to offer him assistance in changing the attitudes & behaviour. This study is delimited on knowing the problems of girls while entering college and the need for counselling girls to tackle their problems as their awareness percentage is low.

#### Statement of problem

The researcher sought to answer the following questions:-

- 1) What are the Problems girls faces while entering College?
- 2) Is there any change in behaviour after counselling?
- 3) Is there any Significant Difference?
- 4) Based on findings, what may be suggested?

#### Hypothesis

There is no significant difference between behaviour performance of Control Group and Experimental Group.

#### Methodology

The researcher used observation method to know the problems of girls while entering College. Then the researcher used

Experimental Approach in which Experimental and Control Group would be part of study. The Control Group was left as it and Experimental group was exposed to Counselling techniques.

**Respondents**

The researcher collected all the girl students in a Class and consolidated their grades and grouped them heterogeneously to make sure that all sections are equally divided. As a part of study, the researcher used Control Group & Experimental Group.

**Respondents of Study**

Group	No. of girls	Academic Performance
Control	10	60 To 75%
Experimental	11	

As shown above, girl students are equally distributed in groups.

**Apparatus**

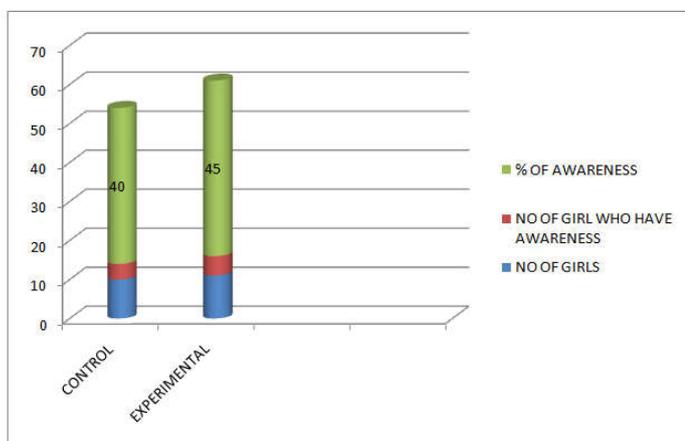
The researcher first observed the behaviour of girls through observation method by asking questions about their problems. Then the research was started with the Experimental Group to counselling. After exposure there was positivity in their attitude & behaviour. In terms of assessment questionnaire was prepared how to tackle the problems.

**Data Analysis**

The data gathered through test were classified, organised, tallied and tabulated.

**RESULTS AND DISCUSSION**

The researcher used the Observational type of research using Experimental & Control Group. The problems faced by students were Irritation during hormonal changes, pressure from parents to stand in this Competitive world, race to become popular in College. The Experimental group was exposed then to Counselling & Questionnaires were distributed among both the groups to see the awareness in girls how to tackle the problems.



Findings reveal that on administration of pre--test, the Control Group had 40% of Awareness & Experimental group had 45% of Awareness. Based on the results of pre- test, there is no much difference between two groups which made them

qualified for Experimental research in which Experimental Group is exposed to Counselling.

**Result of Pre-test**

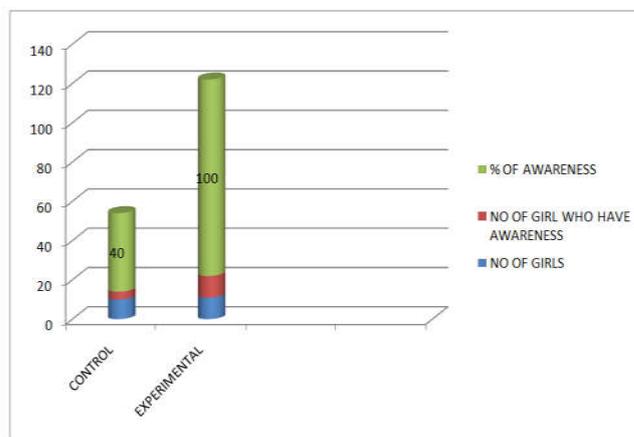
Group	No. of girls	No of girls Aware	% of Awareness
Control	10	04	40
Experimental	11	05	45

**a. Analysis chart of Pre-test Result**

**Results of Post-test**

Group	No. of girls	No of awareness	% of Awareness
Control	10	04	40%
Experimental	11	11	100%

It is glared from the table that in terms of % Awareness, Control group has 40%, while Experimental Group gathered 100%. It shows that the Awareness rate is increased after Counselling in Experimental Group which is reflected in their post-test.



**b. Analysis chart of Post-test Result**

**Conclusion and Recommendation**

The researcher used Observation method to know the problems the girls face after taking Admission in College. Then the researcher used Experimental method to know the Change in behaviour after Counselling. Findings reveal that after Counselling, there was behaviour Changes in College girls, the Percentage Awareness of Experimental group is higher compared with Control Group.

**Based on Findings Following Recommendations Are Formulated**

- 1) Counselling Techniques should be used to teach students how to tackle their Problems.
- 2) Awareness of Counselling methods should be known to College Lecturers.
- 3) Learning and Teaching Process should be done in a friendly manner so that girl students feel comfortable to share their problems to College Lecturers without hesitation.
- 4) Further research for this study should be conducted.

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