CHAPTER - VI

CONCLUSION AND SUGGESTIONS
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The final chapter of the study is to provide a brief summary of the findings and suggestions. The results of the present study are provided in nutshell so as to pinpoint the major issues and concerns. Problems do not confine only to the variables identified and the study conducted hitherto, but with the available methodology, techniques and tools, the present study has been conducted with all other limitations. The findings mentioned in this chapter and suggestions provided are well within the framework of objectives and hypothesis of the study.

The present research study is the pioneer attempt in Bangalore city to analyse the contemporary challenges of counselling centres on youth. The goal of counselling enhance self-esteem, motivation, social relationship and to diminish inferiority complex, to improve the negativity, guilt feeling and aggressive behaviour and loneliness. While both boys and girls appear to have similar problems, therefore, almost an equal numbers of both boys and girls have been included in the present study.

Counselling is an agent of social control, and it is as old as the society itself. In everyday life counselling goes on at many levels; in a family set up as parents counsel their children, doctors counsel patients, in court lawyers counsel the clients and at educational institutions teachers counsel their students. In other words, no limits are there to the problems neither, and hence counselling could be offered to the type of persons who could render the help. Professional counselling, in its form, is a recent development. Colleges, universities and industries in business establishments are becoming increasingly interested in counselling and its potentiality for improving interpersonal relationships.
The contemporary societies have put lots of pressure on youths to perform well. The phrase ‘Competitiveness’ have got attached to the every aspect of the modern society. So, in this tough situation, to perform well is also an enormous task for youths. The youths stress and pressure from society along with individual’s desire to perform well makes him difficult to cope up with the present scenario. All these factors sum up to create an environment full of tension, anxiety, fear and stress around the youths.

The modernization has led to an intimate interaction between society and state. The state is frequently playing a vital role in shaping social institutions like family, marriage, kinship, religion and caste. Individuals in a present democratic set-up are required to perform the role of responsible citizens. People are assumed to have comprehensive identities and prospects of the social, economic and political life of the nation. A country's development and progress confines on the extent of its citizens, the youths in general and the college students in particular, recognise themselves with its programs, policies and problems.

Youth, in fact become a decisive life phase where the main choices and decisions determining the rest of the life course, are made and main social competence and qualifications are acquired but individualization and autonomy also characterize modern urban youth by specific peer-fashioned youth cultures and lifestyles that exercise and often stronger influence on young people's attitude choices and behaviour than family and other institutional contexts.

Changing social circumstances have transformed the pattern of earlier relationships and brought about new relationships. Young people are absorbing new ideas, values, beliefs and codes through the connected world, mass media and new information technologies; but they are also growing up with the traditional cultural values of their societies. Youths today live in far more complicated times than people in past generations. They determine their lives by unpredictable transitions and dominance of individualism and cultural materialism. It influences their lives by the discontinuity of connections to society, as youths see one another in terms of competitiveness rather than connectedness with each other.
The increasing rate of youth’s involvement in crimes, substance abuse, suicides, and violence symbolises the distributed structure of the youth who are struggling hard out of stress.

This is a Paradoxical stage when society allows them to invent their own dreams, but, at the same time, reminds them that ultimately they have to enter the adult world, learn its technicalities and fulfil the roles demanded of them. This is a stage at which the individual's personality acquires the basic psychological mechanism of self-regulation and self-control when his self-identity becomes crystallised. It is also the juncture at which the young are confronted with some models of the major roles they are supposed to emulate in the adult life and with the major symbols and values of their culture and community. Moreover, in this phase the problem of the linkage of the personal temporal transition toward something new, something basically different from the past. The youth problem is multidimensional and complex. With youths being the future torch bearers of the country, as a consequence of westernisation and globalisation, our country is undergoing bewildering metamorphosis. The traditional ties and value systems are undergoing changes, and the youths are the most affected ones.

The alarming complexity of contemporary society poses a multiplicity of complicated problems leading to frustration, conflicts, unhealthy rivalry, etc. that leads to value crisis and severe maladjustment among the youths. In such a complex society, the individual has to face many hurdles and problems in life for a healthier adjustment in a social structure. Information Technology and Globalisation processes have significantly changed the way people live and work. Thus the youths encounter problems and situations in all walks and stages of life. The youths are not grown-up enough to critically evaluate bewildering situations that they face continuously. They need someone to assist and help in the solution of problems and thus to avoid tensions and conflicts. The need for counselling in contemporary society has increased because of the variety of problems that the individuals have to face in the various domains of their life. In the context of the changing socio-cultural scenario, the range of counselling has been increasing at
an unexpected speed. In these circumstances, it is essential to help and guide the youth to worthwhile channels through the counselling services. The contemporary society has not only imposed challenges on youths, but on the other hand, it also has imposed challenges to the counsellors and the counselling centres.

The counselling needs of the youths were examined as reflected through their problems in psychological and social areas, hence the description of these needs in terms of Psycho-Social problems. These were studied in relation to personal and family background variables. However, the present study tries to understand the contemporary challenges of counselling centres on youths from a sociological perspective.

**SUMMARY AND FINDINGS**

Chapter 1 of the thesis deals with a general introduction to contemporary society, counselling and youths. Youth related problems and how counselling can help to overcome these problems have been highlighted, and these were some of the basis for the present study. It was quite necessary for the researcher to define few of the significant terms that frequently occur in the present study. A detailed discussion of the conceptual framework such as Concept of Counselling, Major Areas of Counselling, Steps in the counselling process, Statistical facts on Youths worldwide and India, Concept of youth, Youth and counselling, Need of Counselling among youths has been discussed.

It is learnt from the existing literature that the studies on youth in India have focused on the emerging trends among them, few of the studies such as (Desai, B. G. (1967) “The Emerging Youth”; Karanth (1981) “Rural Youth: A Sociological Study of a Karnataka Village”; Lakshminarayana (1985) "college youths”; Uplaonkar (1988) “Social Background and Occupational Aspirations of College Students”; Indra Deva (1992) “Youth in Third-World Countries: The Perspective of Change”; Wakefield and Rice (2008) "The Impact of Cyber-Communication on Today’s Youth") are undertaken to evaluate the achievement, motivation, value-orientation, behaviour pattern, occupational aspiration and
career choices among youths. The studies found that the role of youth differ from
time to time and also depended upon the background from which they come.

Studies related to counselling and youth counselling have generally
focused on counselling as a profession, practical guidance and training, individual
family and group counselling, counselling theory, counselling therapy, adolescent
counselling and care, counselling skills, etc. such as (Nair et al. (2012) "A
Primary Care Approach to Adolescent Care and Counselling Services"; Sodhi and
Kakkar (2014) "Youth and Counselling in India"; Mbera (2013) "importance of
counselling for the education of girls in secondary schools"; Olando, Otenyo and
Odera (2014) "effectiveness of guidance and counselling services on adolescent
self-concept in schools"; Murthy and Gayathri (2009) "Experiences of Youth
counselling centre established in the Department of Population Studies and Social
Work at Sri Venkateswar University, Tirupati"; Okola (2005) "factors hindering
effective provision of educational counselling services in Trans-Nzoia District"
(2005) "Introduction to Counselling and Guidance"; Murphy (2004) "Brief
Solution-Focused Counselling with Young People and School Problems"). Thus it
was clear from the existing literature that no significant research on
“contemporary challenges of counselling centres on youth” has been undertaken
particularly. Hence this chapter provided the base for further study in this area.

In chapter two the purpose and framework of the study, which deals with
the research methodology. The theories such as Anthony Giddens Modernity,
Ulrich Beck Risk Society, Erickson's Identity Theory, Neo-Marxist Theory of
Youth, Youth as Cultural Agents, Youth as a Socially Deviant Group, and David
McClelland’s – Socio-Psychological theories are used in the context of the study.

The present research study aimed to:

1. To evaluate the role and challenges of counselling centres in
   contemporary society.
2. To evaluate the dependence of youths upon counselling centres.
3. To study the Socio-Economic conditions of the youths who have undergone counselling.

4. To analyse the youths attachment towards social institution and assess their contemporary aspects.

5. To understand the nature of Socio-Psychological prospects of youths.

6. To examine the changing factors of attitudes, aspirations and performances of youth after being associated with counselling centres.

7. To evaluate the youth's level of satisfaction on counselling centres.

In order to analyse the data objectively and scientifically, the following few hypotheses were framed.

1. Counselling is not embedded in the culture of contemporary society.

2. Advertisements are the major source of awareness on counselling centres in the contemporary society.

3. Social and personal causes are the only reasons that encourage and motivate youths towards counselling.

4. Counselling has positive impact on the youths in facing their challenges and problems.

The present research study is descriptive and exploratory in nature which aimed to find the facts regarding the role of counselling centres in contemporary society and its impact on the youths. The universe for the present study is Bangalore Urban District, and the population are the counselling centres and the youths who are tied up with counselling centres.

In the purview of the above discussion the researcher first listed out the number of counselling centres registered in Bangalore city. Further at the second stage, the researcher sought to find the list of youths who were attaining counselling through these centres. The researcher found that a total of 124 counselling centres were registered in Bangalore city.

Out of these 124 counselling centres the researcher selected 41 counselling centres, from the five zones of Bangalore city that is 9 from North, 8 from East, 9
from Central, 7 from West, and 8 centres from South zone (that is approximately 33.0 percent of counselling centres) were selected through systematic stratified sampling method based on four criteria’s such as (a) counselling centres area of specialisation (b) pattern of ownership (c) institutional based centres and (d) independent counselling centres.

Further, in the second stage, the researcher selected ten youths each from the selected 41 counselling centres through simple random sampling method, respectively based on the criteria such as students, employed youths and unemployed youths. The researcher took serious care of selecting youths equally based on gender as one of the important social variables. Therefore, it leads to finding, 410 youths who fulfilled the required sample size for the present study.

The chapter three of the present research study is the summation of counselling as a profession which aimed to give a detailed overlook on the history of the counselling, manifestation of counselling, the role of counsellor and the inter-linkages of youths towards counselling centres and their challenges are discussed.

A detailed account of the profile of the heads of counselling centres, administrative and functionality of counselling centres, services and therapies offered in counselling centres, evaluation on a number of cases attended and opinion of counsellors, as well as the major challenges faced by the counselling centres, are qualitatively and quantitatively analysed.

**MAJOR FINDINGS**

**Profile of the selected counselling centres in Bangalore city**

The counselling centres are set up to provide guidance or help a person to resolve his social or personal problems. It is over a quarter century ago the counselling centres were established and are still being run all across the country today.
The selected counselling centres in Bangalore city were headed almost equally by both female and male counsellors. Wherein the majority of 53.7 percent were female and male were 46.3 percent. This exhibits that almost both the genders were sharing the profession of counselling and not much part of gender bias are found in this field.

It is found that majority of 53.6 percent of the counsellors belonged to the age group of 41 to 50 years who owned the counselling centres in Bangalore city. The least 4.9 percent belonged to the age group of 60 and above.

In the purview of educational background, the researcher found that all heads of the counsellors were specialised in counselling profession among them the majority of 34.1 percent of the counsellors had attained M.Sc. in Psychology and doctoral degree in Psychology. Those counsellors who had attained MD in psychological medicine were least in number.

It was found that majority of 63.3 percent of the counselling centres were established in the year 2001 onwards. Only two of the counselling centres were very old which were established during 1961 to 1980 period.

In the perspective of counselling centres tie up with other institution and organisations, the majority of 34.1 percent of the counselling centres were tied-up with Universities and colleges, few other counselling centres were tied up with Non-governmental organisations, government organisations, MNC’s and District health care centres. Thus, it was clear from the findings that the counselling centres are playing a vital role in society.

It is found that maximum 40.0 percent of the counselling centres advertised through the internet in the form of blogs and pop-ups in websites. Whereas, few others used print media as one of the means for advertisements, particularly through classified ads in newspapers and weekly magazines. The rest advertised their counselling services through television and radio respectively. It is clear from the overall findings that in the present fast-paced society the individuals are more attached towards Internet services.
which are easily accessible through laptops and Smartphone’s which helps them to know about the availability of various services in different areas.

- The aspect of funding sources of the counselling centres where the majority of 31.7 percent were funded through the private funding agencies and few centres were self-funded. Only 9.8 percent of the counselling centres were funded through foreign bodies.

- With regard to counsellors working presently in the counselling centres majority of 31.7 percent of the centres had two counsellors the least 12.2 percent of the centres had only one counsellor. The researcher also found that other than these counsellors, few of the counselling centres had visiting counsellors and specialised psychologists who used to come as per their requirements.

- The majority of 46.3 percent of the counsellors were available regularly at the counselling centres, and these counsellors were on a permanent basis with consolidated salary. Besides, 34.2 and 19.5 percent of the counsellors visited weekly twice and once in a week respectively to the counselling centres based on the appointments they had with the clients were salaried according to the number of sittings/sessions.

- With regard to primary areas of the counselling centres, majority of 46.3 percent of the counselling centres specially dealt in with the personal problems and 29.3 percent of the counsellors stated that most of the cases they had dealt were regarding social problems, and rest of 24.4 percent of the counsellors revealed that they were handling especially with the cases related to family problems. These were the main three areas that were handled by the counselling centres.

- In perspective of the area of specialisation of the counselling centres. The majority of 21.1 percent of the counselling centres were specialised in providing assistance regarding issues pertaining to Depression / Stress / Anxiety. Least 6.8 and 5.8 percent of the counselling centres stated their specialisations were on Career / Learning and Spiritual respectively.
• With regard to therapy, it was found that 28.9 percent of the counselling centres have accessed the cognitive behavioural therapy (CBT). Lastly, 16.2 percent of the counselling centres accessed the family therapy at the counselling centres to solve the different problems which the clients were suffering from.

• Overall findings related to counselling sessions, it can be stated that in most cases the simple problems were solved in a short span of time and in single sitting itself. Whereas the complex cases took more time and in few instances, the time was not a constraint and also went on for more than two to three sittings.

• An aspect of the duration of counselling session’s majority of 39.0 percent of the counsellors opined that most of the session lasted for one hour, further 22.0 percent of the counsellors stated that the duration depends on the severity of the client and their cases. Moreover, 14.6 percent of the counsellors stated that they need more than one hour to handle. Lastly, 9.8 percent of the counsellors opined that usually, they took thirty minutes of duration.

• It was found that in the span of 6 months in the year 2015 majority of 41.5 percent had more than 150 clients who visited their counselling centres. The least 14.6 percent of the counsellors stated that around 50 clients had made visits to their counselling centres.

• The group wise representation of cases in the counselling centres based on six months report of 2015 shows that 61.0 and 90.2 percent of counselling centres had more cases registered with regards to teenagers and adults. Thus from the overall findings, it can be depicted that majority of the counselling centres sees an increasing trend among the adults and teenagers dependency towards counselling centres.

• The client-wise representation of the cases in counselling centres represents that 90.2 percent of the counselling centres had more cases with regard to students. Thus from the overall findings, it is justifiable that the student's dominance was higher in counselling centres.
The thrust areas of youth counselling were more towards psychological issues that constituted 33.6 percent. The least association of youth was to get solutions on academic related issues which constitute 16.8 percent. Thus from the overall facts gathered, it is evident that the youths faced a multiplicity of problems and difficulties.

The dimensions of the success rate of counselling centres, the majority of 46.3 percent of them opines that they were able to solve 61 to 70 percent of the problems of the clients. Whereas, only 4.9 percent of the counsellor stated that they were able to solve above 80 percent of the cases.

The importance of counselling, the majority of 17.1 percent of the counsellors, opined that counselling inspires and motivates individuals in their success. Counselling helps in reducing social disorganisations was opined by only 7.9 percent of the counsellors. Thus, from the overall findings, it was clear that the counsellors had their own approaches on the importance of counselling in contemporary society.

About the contemporary challenges of counselling centres, the majority of 23.3 percent of the counsellors were facing problem regarding client’s cooperation, and issues of trustworthiness towards the counsellors, 19.4 percent of the counsellors were of the opinion that they had high competition with other counselling centres. Meanwhile, 8.7 percent of the counselling centres had problems related to the license, though they had got registered under certain acts this was because new regulations were enacted by government time to time wherein they failed to fulfil it, and few others lacked modern amenities.

The findings related to challenges faced by counsellors in handling youth related cases. The majority of 23.6 percent of the counsellors revealed that most of the youths, as well as their parents, urged for maintaining the high confidentiality of the nature of the problem the youth faced. Meanwhile, 10.3 percent of the counsellors revealed that in few of the cases where the parental involvement was high in such cases the counsellors were pressurised by parents for quick and alternative solutions for the problems.
Thus, from the overall findings, it is clear that counselling youths particularly is one of the greatest tasks for the counsellor’s wherein they have to maintain greater responsibility towards both youths as well as parents.

**Socio-Economic Profile of the Youths**

Personal profile and respondents' family profile throws light on socioeconomic conditions of a group or society, which is one of the most significant aspects of sociological studies. It provides the proper perspective of social origin and economic status of the respondents.

- The gender distribution of youth’s shows that majority of 51.0 percent of them were female, whereas, 49.0 percent of respondents were male. It is justifiable from the above findings that counselling is not associated with being male or female, but it is the choice of the individuals who think that they really need external and systematic solutions to overcome their challenges. About age majority of 46.3 percent of the respondents were in the age group of 21 to 25 years, and the only 2.4 percent of the respondents were above 30 years of age. The mean age of the respondents is 22.10 and $SD = 3.608$. It is evident from the findings that among youths those in the age group of 21 to 25 years were in the majority that was availing counselling services from the counselling centres. Particularly this is the exact age where youths start showing their maturity and are at the threshold of building a relationship with the outer world, focused towards academic excellence and career perspective. This is the age where they give more preference to secondary group relationship, and their attitude, behaviour and way of life gets moulded.

- The majority of 91.0 percent of the youths were unmarried, and only 9.0 percent of the respondents were married. This clearly indicates that during the period of education the respondents have not shown an inclination for early marriage as they had higher aims and aspiration and they wished to become economically independent. The religious composition of the
respondents, it exhibited that the majority of 80.7 percent of the respondents were Hindus, and only 2.0 percent of the respondents belonged to other religion which included Sikhs and Jains. With regard to caste majority of 53.2 percent of the respondents belonged to the other backwards classes (OBC), which includes (Category-1, 2A, 2B, 3A & 3B) these categories comes from the Karnataka state government reservation policy.

- The data on place of birth and present living status clearly indicates that 62.7 percent of the respondents who were born in urban places and were presently living in the same place of birth itself. Besides, 16.3 percent of the respondents who were born in rural areas were settled in the rural area itself, but their dependency was high towards urban areas to fulfil their educational and employment requirements, and the respondents had a day to day links with cities as they were the regular visitors to cities. The overall findings justify that those respondents who were born and brought up in an urban area and presently living in urban areas were much associated with counselling centres.

- It is evident that majority of 52.4 percent of the respondents were undergraduates, wherein they were from different disciplines. Moreover, 1.0 percent of the respondent’s education level was secondary school level respectively. It was found that majority of them had under graduation, but they did not have jobs as well as were in dilemma of choosing their career. Thus, it was also one of the strong reasons wherein the youths were getting more attracted towards counselling centres. With regard to an education institution, the majority of 61.7 percent of the respondents had attained or attaining education from a private institution. The majority of the respondents had education through private education institutes and majority were from science discipline, and their inclination was high towards counselling centres, wherein high family pressure, the academic pressure was seen among them.
The data reflects that 61.7 percent of the youths were associated with counselling centres that belonged to the Nuclear family in the majority; this helped in tracing the socialisation and the nature of family where they were born and brought up. It was found that the traditional joint family system in India had undergone several changes. In most places, the nuclear family system was more in practice. With regard to a total number of members of the family, it showed that majority of 79.8 percent of the respondent’s families had one to five members and 2.2 percent of respondents belong to families with above ten members. It is found that in modern era nuclear families are increasing and are getting divided as small families within the urban setting.

The majority of 53.7 percent of respondents have only one earning member in their family wherein fathers or sibling were working, and their mothers were homemakers, while 18.5 percent of respondents have more than two earning members in their family. In this modernization and globalisation era is found that earning money is an inevitable job as it makes people work with no gender bias and the representations of women in the job market and it shows the lower rate compared to the men folk.

The majority of the respondents belonged to a high-income group which constitutes 43.4 percent of the sample size. Whereas, 15.9 percent of the respondents were of low-income group. The mean of the monthly income is Rs. 35052.44 and the SD are 43557.45 approx. It is significant from the data that majority of the respondents belonged to High-income group. Thus, it can be implicit that those who are economically wealthier were more frequent to counselling and guidance because money is not a constraint for such individuals and families.

The youths present position depicts that majority of 64.6 percent of them were students pursuing their education in different colleges at Bangalore city itself, and 19.0 percent were employed in private companies, 9.3 percent were self-employed had established their own business, and only 9.3 percent respondents were unemployed were in search of jobs. Students
more easily get distracted due to peer pressure, new relationships and open environment that lays the foundation for them to explore themselves, and sometimes it results in positive or negative consequences. They get deviated towards new role, impression forming, college lifestyle, partying, get together, trips, bad habits, changes in attitudes and behaviours, etc. these factors also can lead them to find additional support in forms of counselling or guidance.

- The majority of 65.1 percent of the respondents were dependent on parent’s income for their expenditure. On the other hand, 26.1 percent of the respondents were independent and had a source of income through jobs, and few of them were working as part-time after their classes or during free time at call centres, BPO’s, Tele calling services, customer service representative, delivery boys and in promotional activities. The respondents who were employed also revealed that they were able to earn income ranging from Rs. 8000 to 25000 monthly.

**Youths and Social Institutions**

The family plays a very important role in the rearing and the socialisation of the youth. The majority of young people live in their parental homes until they get married.

- Youths contentment with family depicts that majority of 76.8 percent of them were unhappy with their family wherein; the respondents opined that they faced a lot of family disorganisation wherein the parents quarrelled and were not much attached towards them, many times hot arguments used to take place between the youths and parents. Whereas 8.5 percent of the respondent’s opinion was seldom which indicates that neither they were happy nor unhappy, everything depended on the situation, in times they maintained an intimate relationship, and in sometimes no one cared or bothered. Finally, it can be summarised that family problems had disturbed
the minds of youth which was also one of the cause due to which they were attaining counselling.

- With regard to youths attachment towards parents, it is seen that majority of the youth were attached with either of their parents; the findings depict that majority 44.3 percent of the respondents were more attached towards the mother. Further the respondents revealed that their dependency was high towards mother in terms of sharing personal matters, along with this the respondents helped their mothers in their household works, on the other hand, their attitude was very negative towards father as in few cases the father was very alcoholic, very less interactive, always scolding mother and siblings, etc. Moreover, 23.2 percent of the respondents revealed that they have an equal attachment with both mothers as well as a father. About the present living status of living 54.6 percent of the respondents was living with their parents wherein the respondents commuted from their home itself. Besides, 11.7 and 6.9 percent of the respondents were presently living in hostels and accommodated at paying guests.

- Parent’s motivational aspiration towards youths: in this regard majority 68.5 percent of the respondents opined that their parent's guidance was occasional, wherein the respondents revealed that in important matters of their life the guidance provided by the parents had helped them. With regard to parent’s expectation level majority of 61.7 percent of the respondents revealed that their parent’s expectations were moderate, wherein the parents had given them some degree of freedom in education, jobs and selecting life partners, on the other hand, 7.1 percent of them opined that their parents did not expect much from them. About the monitoring process of parents on youths activity majority, 46.8 percent of the respondents revealed that their parent's monitoring was not much frequent. The respondents revealed that whenever they went home late, it was questioned by the parents. They also had to seek permission with parents to attend parties with friends and outstation trips. The involvement of parents in Decision-making majority of 49.0 percent of the respondents
revealed that their parents never involved in respondent's decision-making the entire freedom resided in the hands of the respondents, and few opined that the parents never bothered. Moreover, 11.2 percent of the respondents stated that in every matter of their life the parents always made the decision, such as opting course, selection of a college, deciding occupation and even in the selection of life partners.

- Youths participation in recreational activities with the family members shows that majority 64.4 percent participation was occasional if it was felt very important then only they participated. Whereas, 13.9 percent of the respondents revealed that they never participate in families recreational activities, but these respondents participation was noticed more along with their peer groups, and few lacked interest in recreational activities.

- With regard to youth’s roles and responsibilities in the family, nearly 41.3 percent of them shared household work such as housekeeping, doing errands for parents, helping in the kitchen. Whereas, 16.1 percent of the respondents claimed that they did not handle any responsibilities wherein a majority of them belonged to the posh family background and never felt the necessity of doing any work.

- With regard to people who have influenced the respondents in their lives. It shows that majority of 41.5 percent of the respondents were influenced by their parents in life. Whereas their teacher influenced 23.6 percent of the respondents, thus, it shows that the youth keeps strong bondage with the teachers.

- Family reputation in the society, wherein a majority of 59.3 percent of the respondents opined that they had an average reputation in the society, besides 1.9 percent of the respondent opined they had a low reputation in the society. The reputation states the coordination with other people and the way they reach in society with all social and economic aspects together. The majority of the respondents had an average reputation in society.
Education is one of the major indicators of welfare, prosperity and security of people in any society. Education is a process of which individuals are equipped with the skills of everyday life. More than a mere system of imparting and acquiring knowledge, education is regarded as an effort to diffuse the cultural means of the group to its younger members.

- Youths views on the importance of education in contemporary society show difference in opinion, for the majority of the respondents being educated helps in building their future and getting a job, education help in individual growth. The respondents revealed that it not only helps in building future or getting job, but it helps individual become responsible citizen, education brings awareness among the masses and helps to know their rights and privileges, education increases the level of confidence of the individuals, which has become one of the important source to tackle, and overcome hurdles in individual’s lives, due to education they have become self-dependent. Moreover, can take a major decision in their lives and handle any situations. Thus from the overall findings, it can be justified that among youths, Education is seen as the main leverage to a better future and overcome challenges. Hence these were the main areas the youth expressed what education is for them in contemporary society.

- With regard to the satisfaction of youth on the present education system, it shows that majority of 47.8 percent of the respondents were moderately satisfied with the present educational opportunities. Some of them opined that the educational opportunities are available, but along with it there is high competition among the contenders. Whereas, 9.0 percent of the respondents were not satisfied with the educational opportunities and were of the opinion that there are many hurdles getting the preferred education in a city like Bangalore.

Religion is a primary concern of humanity. Religion is perennial interests of man which is permanent and pervasive. Religion as a social institution is
universal. It is seen in all the communities, past and present. Religious practices and beliefs are, however, far from being uniform.

- Youth’s faith system and beliefs towards religion show that majority of 35.6 percent of the respondents reveals that religion inculcates social virtues. They were of the opinion that it inculcates in speaking truth, being honesty, non-violence, service, love, teaches discipline, etc. Besides, 25.4 percent of the respondents revealed that religion provides mental peace and also helps in meditating in the name of God. Moreover, 22.7 and 16.3 percent of the respondents reveals that it promotes social solidarity and it is also an agent of socialisation and social control respectively.

- Youths religious observances shows that majority of 42.7 percent of the respondents were religiously inclined more during festivals and other religious related activities at home. Moreover, 10.0 percent of the respondents were not much inclined towards religious observations, but they accompanied their family members during the pilgrimage. On the other hand, 22.9 percent of the respondents were not observing any kind of religious observations. The reason being they were not much religiously orthodox as well few said they had time constraints to participate in religious activity.

To maintain social integration political system plays a dominant role. It is linked to legal, economic, cultural and other social systems of the country. The political system adapts and changes the elements of social and religious systems which are necessary for achieving collective goals.

- The majority of the youths had an average response of 43.9 percent stating that present political system is neither good nor bad. About 23.2 percent responded that the system is sick and are not in favour of the people in certain issues related to the welfare of society they only aim for self-development rather than nation’s development.
• Awareness is the prerequisite for availing the schemes meant for the welfare of youths. Many schemes do not reach the target group because of the unawareness of the schemes initiated by the government and other institutional agencies. It was observed that majority of 33.9 percent of the respondents were aware of scholarship schemes which are specially introduced by the state and central government. Besides, 16.6 and 13.7 percent of the respondents were aware of ‘Yuva’ loan programs and skill-development programs respectively. Moreover, 12.4 percent of the youths did not have any awareness of youth schemes and programs.

**Contemporary Aspects of Youths**

Lifestyle refers to the patterns of social relationships, the consumption of materials goods and the culture that may vary across social groups. Studies on the lifestyle of the youth are mostly framed in the perspective of culture and the youth style of life viewed as a subculture. Quite often youth subcultures are viewed as a kind of resistance to the dominant culture as for instance the hippies and British punks of the United States and the United Kingdom. These two examples show the deviancy of youth subculture from the mainstream culture.

• About material possession of youths, it is clearly indicative that 83.3 percent of them had smartphones, 32.1 percent of them had tabs, and I-pods, 67.4 percent of the respondents, had laptops. Moreover, 73.2 and 19.9 percent of the respondents possessed vehicles such as bikes and cars respectively. From the overall findings, it can be justified that majority of the youths were materialistic, either it was to attract themselves, or this have been the basic necessity to fulfil their needs. It is evident from the findings that majority 83.3 percent of the respondents possessed smartphones. In this regard the respondents revealed that their frequency on the use of smartphones was very high, few responded that it was difficult for them to kill time if they do not have Smartphones in their hands. The primary use was to chat with friends on ‘WhatsApp’ and
‘Facebook’. The next immediate use was to watch online movies, online shopping’s, listen to music and taking photographs. This indicates that the youths in the present context are more inclined towards smartphones.

- Youths primary areas of interest shows that majority 23.4 percent of them are interested in watching television and listening music regularly and 18.0 percent of the respondent’s shows interest in chatting with friends and playing online games. Whereas, 17.1 percent of the respondents had an interest in sports and adventurous activities like trekking, riding. Few of them opined that they were also good in sports and represented their school as well as colleges. Besides, 14.6 and 13.7 percent of the respondent’s primary areas of interest was socialising with peer groups and watching movies and shopping respectively. Lastly, 13.2 percent of the respondent’s area of interest was reading. Overall the findings are concurrent to the lifestyle in the contemporary society.

- The different types of media accessible to the respondents. It can be described that majority 92.2 percent of the respondents had easy access to the internet. Whereas, 77.6 percent of them had access to television. The overall findings justify that in the contemporary society majority of the youths were inclined towards the internet than other types of media.

- About youth’s views on media majority, 25.1 percent of the respondents stated that media helps in keeping peoples connected and communicate. Whereas 20.2 and 10.3 percent of the respondents opined that information’s are available at fingertips and media also helps them in learning respectively. Few of the respondents opened up saying that media helps them fulfil their academic needs too.

- Only 35.4 percent of the youths were associated with clubs and organisations, among which 7.6 percent of them were members of youth clubs, whereas, 13.2 percent were members of sports club and about 14.6 percent of them were associated with cultural organisations. These respondents revealed that they had participated in youth festivals. On the other hand majority of 64.6 percent of the respondents were not associated
with any type of youth clubs or organisations, these students did not show any interest in any other activities, but few were doing well at their studies.

- About changing trends in youth culture, the respondents opined that there are changes in values and beliefs in youth lifestyle their tendency towards moral values and philosophical beliefs are changing very rapidly. They see changes in family structure and marriage, wherein the respondents are of the opinion that western lifestyle have impacted on these social institutions, and a high number of youths are trending towards living relationships due to which the entire family structure is noticing tremendous changes, and also changes in type of marriage such as exogamy can be seen more among youths. High cultural integration such as an increase in women workforce, late marriage issues, etc., on the one hand and on the other hand acculturation is increasing, hippie and punk style of western culture have influenced a lot upon the Indian youths. Few others opined that they see changes in social relationships basically from family it is shifting towards peer-group relations and society becoming more materialistic respectively in terms of the assets they possess.

**Socio-Psychological Prospects of youths**

It is typical for teenagers and youth to encounter various types of emotional discomfort as they grow and mature. For example, it is natural for children to feel anxiety about school, or young people to undergo short periods of depression that are transient in nature. When symptoms persist, it may be the time to seek professional assistance. In the early adulthood an individual notice physically, mentally, and emotionally changes and growth. It is understood that young adults can be moody, cranky, and angst-ridden. That is just a part of growing up. In this context youths, socio-psychological prospects were analysed which included: Social activities of youths, Social relationships of youths, Youths Self-assessment, Depression among youths and Delirium among youths.
• About **social activities** of the youths, it was found that going for parties and get together with their peer groups were seen high among them. Next major activities were going for tours and weekly outings, whereas attending classes and lectures was at the bottom activities. Smoking habits were seen high among the youths when compared to alcohol consumption and taking drugs. From the overall findings, it is evident that these social activities are common among the youths in contemporary society, but it depends on the preferences that youth show towards such activities. Sometimes such activities can impact them positively to establish strong bonding with the external world, and on the other hand it also can impact them negatively resulting in peer pressure, deviance and delinquency to much extent, and at the extreme stages it may result in the youths for the need of external support in the form of counselling or guidance.

• When the **social relationship** regarded aspects are traced off the youth, their relationship with peer groups was noted to be very high. The relationship with siblings, relatives, teachers and faculty were at the normal stage. However, their relationship with the work group is found to be at the least. Youths peers can be part of the most meaningful social relationships in a youth's life. Often offering more to their development than parents do. Healthy peer relationships help youths gain two of their most crucial tasks: increasing freedom from their parents and improving their personal connections. As such, intimate peer relationships are a common part of adolescence. Indeed, the absence of an active peer group can produce concern about the full and healthy development among youth. Young people's peer groups tend to suffer dramatic changes. Adolescents manage to spend major time among their peers and have limited adult guidance. Adolescents’ interactions also shift during this period as well. They favour to talk regarding class and their career with their parents, and on the other hand, they enjoy speaking about sex and other interpersonal bonds with their companions. Individual look to join peer groups who accept them, even if the group is involved in negative activities.
• **Self-assessment** is the method of looking at oneself to assess features that are essential to one's identification which prominently occurs in social-psychology. It was evident from the scorings obtained in this regard that youths get distracted very easily in the given environment. The youths often have a tendency to question themselves that whether they are successful in their life which was found to be next major area. To some extent, the youths revealed that they were able to solve problems by self. Finally, the majority of the youths opined that they never blamed themselves for the changes taking in their lives.

• The statistical results on depression among youth’s shows that majority of the youths had high anxiety about their better future in perspectives of academic results and finding good jobs. Most often the youths also felt that they are helpless in few situations. Getting irritated, uneven mood swings were often found in the youths. Guilty feeling and feeling ashamed was sometimes noticed among the youths. Positive psychological health is associated with a higher possibility of completing school, higher levels of self-confidence, positive social relations, and increased flexibility in youth and young adults. Adolescence is a period of experimentation and self-discovery. It is not different for youth to demonstrate sentiments such as irritability, moodiness, and impulsiveness, or to depend on drugs and alcohol. They often have to bargain with multiple worries and social pressures, which may influence their sense of identity and self-esteem.

• **Delirium** is a phase of mental confusion that develops quickly and usually fluctuates in intensity. It is an overwhelming circumstance and can turn the life completely upside down. Lack of concentration was noticed among 38.5 percent regularly, and 57.3 percent never suffered from a lack of concentration. About Dependency on drugs, only 11.0 percent of the respondents were dependent on drugs regularly, and maximum 81.7 percent of respondents did not have a dependency on drugs. Restlessness was found in Majority of 71.0 percent of the respondents regularly. On sleeplessness related problems, 71.2 percent of respondents regularly suffer
from the same, and almost 13.9 percent of them suffer from sleep related issues rarely. About *Avoidance behaviour*, it is found that 64.2 percent and 16.3 percent respondents have suffered from avoidance behaviour regularly and rarely respectively. Finally, about *Absenteeism*, 11.5 percent of respondents suffered from absenteeism regularly, and only 18.8 percent rarely suffered from absenteeism. Overall it can be justified that those individuals who are emotionally disturbed due to a family problem, personal problems and peer pressure can lead them to the state of confusion and can result into Insomnia, excessive sleeping, fatigue, aches, pains, digestive problems or reduced energy.

**Youth Assessment on Counselling**

Counselling has been part and parcel of human life since times immemorial. Counselling was practised in families, kinship, groups, schools, colleges, institution levels, etc. counselling in families was in simple from relating to domestic matters, employment and counselling of youngsters by elders, etc. in a modern context, this is becoming an important field. In the contemporary society the number of counselling centres has tremendously increased, a large area of specialisations are emerging, as well as youths association with counselling centres are rapidly increasing either with the independent or institution attached counselling centres.

- About Youth’s views on Counselling, for majority 60.5 percent of the respondents, the counselling was *talking care*. The reason provided by them was that it is a place where the individuals are given full freedom to speak out their thoughts. For few others, it is a place where the professional counsellor carefully attends their thoughts by listening to the client. For 32.4 percent of the respondents counselling for them was finding *solutions and treatment* of their problems. The majority of the respondent stated that they found solutions regarding the academic and career-based challenges through proper assistance. Whereas few others it was a place where their
personal problems were treated. About 21.0 percent of the respondents stated that counselling includes *psychiatric therapy*. The respondents opined that psychiatric therapies are the support for analysing and providing solutions to psychological problems of individuals. Moreover, 27.1 percent of the respondents stated that counselling includes a *rehabilitative process* to overcome the individual's issues related to any form of addictions.

- The major reasons as to why the youths visit counselling centres show that majority of 38.8 percent of the respondent's visits to counselling centres were to solve their personal causes which included love failures, negative critics, unwanted pregnancy, peer adjustment, gossip/bullying, isolation or shyness. Whereas 31.0 percent of the respondent's visits to counselling centres were due to family and social causes which include academic challenges, addiction, unemployment, family conflict and violence, divorced parents, abuse, cultural barriers, etc. On the other hand, the other causes included psychological causes wherein 23.6 percent of the respondents had negative thoughts, anxiety, depression, loneliness, attitude, attention problems, conduct and behaviour problem, stress, emotion, eating disorders, self-esteem, etc., moreover in the economic causes 6.6 percent of the respondents replied of having status problems, money management confusion, which had resulted in lesser participation with their peer groups.

- The number of sessions involved in the counselling process depends on the severity, but the average is 2-5 (5-10 in serious cases) sessions. It was evident from the findings of the present study that majority 52.9 percent of the respondents attended two to four counselling sessions. Whereas, 8.8 and 1.7 percent of the respondents took eight to ten sessions and more than ten sessions respectively. It is evident from the outcomes that the long sessions included various types of therapies. Thus, further, it can be concluded that the number of sessions was based on the severity of the problems. Overall the respondents revealed that their problems were solved at a high priority.
Youths face many problems in the contemporary society related to their attitudes, behaviours and decision-making process which are based on their socio, economic and familial patterns too. In this regard the researcher found that youths after being associated with counselling centres have seen changes in their attitudes and behaviours, which shows that majority 68.8 percent of the respondents reveals that they have seen changes in their attitude such as, they see changes in their manners, disposition, feeling, etc. About behaviour, 56.3 percent of the respondents reveal that they have seen behavioural changes in themselves after getting associated with counselling centres. Respondents believe that their views towards friends, parents and community have changed. About decision-making criteria, the responses made by the respondents were not much favourable among which only 48.2 percent stated that they had seen changes in their decision-making pattern. Further, it was noted that those respondents who did not notice any changes still faced fear, hesitation, absenteeism, ethical problems in them and for this, the counsellor had recommended them to attain few more counselling session.

Response regarding the changes in youth’s aspiration on education, occupation and better life after obtaining counselling it shows that majority of 58.3 percent of the respondents reveals that their aspirations towards education have increased and changed after attaining counselling. Whereas, about occupational aspiration 72.3 percent of them revealed that they had noticed changes and 81.6 percent of the respondents are seeking better life after attaining the counselling sessions. It was quite remarkable to note that majority of the youths had seen changes in their aspiration after attaining counselling. Each of these decisions is shaped by all youth’s personalities and interests, but people are also motivated by family, peers, schools, teachers, and the societies in which the youth live. Thus education, career and a better life are interlinked with each other and have their own importance, and the role played by counselling centres in improving the aspiration of individuals in this regard are very appreciable.
Online counselling offers an option to the traditional face to face therapy. It can be a useful option for many people who need counselling. In this regard, it shows that 47.8 percent of the respondents gave a positive opinion on online counselling among them majority 22.9 percent of the respondents opined that it is easily accessible and is very convenient. On the other hand, 52.2 percent of the respondents gave negative response towards online counselling, among which majority 15.3 percent of the respondents stated that online counselling Lacks Confidentiality and credibility, few respondents expressed that the nature of the internet does not allow for adequate security and privacy for counselling people.

The Level of Satisfaction of the Youths with Counselling centres

Client satisfaction has been found to be an important indicator of quality. Numerous studies can be found on counselling services, but there is virtually no research on the satisfaction of counselling centres, the findings in this regard were taken from the youths to assess about their counselling centres which show:

- The majority of 63.2 percent of the youths were extremely satisfied with the physical location and working hours of the counselling centres. Whereas, 16.3 percent of the respondents were not at all satisfied neither with the physical location nor with the timings of the counselling centres. The overall results suggest that the counselling centres are located in convenient places and their working hours were suitable to the respondents who visit them.

- Counselling is an accepting, trusting and safe relationship, where clients discuss openly what worries and upset them. About privacy and confidentiality related to personal information and cases, the majority of 79.7 percent of the respondents were extremely satisfied. Besides, 3.2 percent were not at all satisfied. On both these dimensions, the respondents showed a very high level of satisfaction.
• The majority of 53.7 percent of the respondents were extremely satisfied with the *promptness of the counsellor's response* towards them; few other stated they were satisfied with the scheduling the appointment as greater freedom was given to the clients. Whereas 8.8 percent of the respondents opined they were not happy with the availability of the counsellors when required as many of the counsellors were a part-timer.

• Few of the early studies have pointed that the clients faced a problem with understanding the concepts and therapy that were used by the counsellors which lead to a state of confusion to clients. In this regard, it shows that 61.7 percent of the respondents were extremely satisfied with the proficiency, knowledge and capability of the counsellors. Whereas 5.9 percent of the respondents were not all satisfied with the *expertise of counsellors* as few of them were new to the field of counselling and always failed to elaborate and brief the concepts and therapy.

• About the *Counsellor’s behaviour*, the majority of 68.5 percent of the respondents stated that the counsellors were very friendly in nature at counselling centres. Moreover, 12.0 percent of the respondent's responses state that counsellors are ignorant as they are not open minded. They stay to remain unfamiliar with the respondents. Overall it can be stated that the majority of counsellors kept attempting to understand the respondent’s level and they kept solving the problems of the respondents respectively.

• The role played by counsellors to help people to explore feelings and emotions is highly appreciable. In this regard, the majority 42.7 percent of the respondents opined that the *approach of the counsellors* was very active in solving their problems, whereas, 36.4 percent of them responded that the counsellors approach in hearing and solving the problems were moderately active. The rest 11.4 and 9.5 percent of the respondents opined that the counsellor’s approaches were less active and active only in some issues respectively. Thus from overall findings, it is indicative that counsellors are *very efficient in their approach* towards clients.
The results regarding *Overall Outcome of counselling services* shows that the majority of 60.5 percent of the youth’s life was somewhat better after attaining counselling services. The respondents revealed that they were noticing slow changes in their life such as attitude, taking life positively, academic and career choice, indulging in solving family problems, etc. whereas 24.6 percent of the respondents opined that their life stayed the same and was in confusion state and could not decide completely. Moreover, 14.9 percent of the respondents stated that their life had become worse after attaining counselling as they could not focus on one particular thing and they noticed a fluctuation in their thinking and attitudes.

In the majority of the cases, the youths were very much satisfied with overall services provided by the counselling centres, Majority of 65.6 percent of the respondents opined that they would suggest other members, friends and relatives about the counselling centres. Besides, 34.4 percent of the respondents did not suggest others about the counselling centres, the reason being counselling is a long process, and one has to be patience visiting a number of sessions, and few did not want to reveal that they have undergone counselling services.

**Findings related to hypotheses**

The objectives of the present study and the analysis of the findings of the studies reviewed in the earlier chapter have led to generating the following set of hypotheses.

*H1. Counselling is not embedded in the culture of contemporary society.*

The data analysis and the chi-square test applied reveals that counselling is embedded in the culture of contemporary society. Hence, the hypothesis stands disproved according to the data analysis.

*H2. Advertisements are the major source of awareness on counselling centres in the contemporary society.*
The data analysis clearly states that advertisements are the major sources of awareness on counselling centres in the contemporary society. Hence, the hypothesis stands proved according to the data analysis results.

**H3. Social and personal causes are the only reasons that encourage and motivate youths towards counselling.**

The data analysis and the chi-square findings clearly indicate that the social and personal causes are the only reasons that encourage and motivate youths towards counselling centres. Hence, the hypothesis stands proved according to the findings.

**H4. Counselling has positive impact on the youths in facing their challenges and problems.**

The data analysis and the chi-square findings clearly amplify that the counselling has had a positive impact on the youths in facing and overcoming their challenges and problems. Hence the hypothesis stands proved according to the data analysis.

**GENERAL DISCUSSIONS**

Youth period, of stress and strain, need to be given due importance, at this stage, they are prone to encounter social-psycho problems which are likely to affect their physical and mental health, and emotional home and social adjustment. Organised programmes of counselling, particularly so in the area of personal counselling need to be incorporated in the educational plans and policies; this area has so far been quite neglected in the general educational curricular scheme of instruction. Counselling strategies could adopt approaches that are gender and culture sensitive, based on observed differences in stressors and coping strategies. The counselling programmes to reduce academic stress must give predominance to academic stressors arising from non-school sources, such as the parents, family, and peers, rather than school representatives such as teachers.
The highly chaotic, dynamic and competitive world makes counselling more vital than ever before. Families are the basic cell of the society. They can be a source of assistance, reassurance and love, but sometimes connections within families are put under stress, and family members feel lonely or ignored.

Counselling is for everyone. The service is meant for all “normal”, developing children and adults, younger adult’s old peoples. Counselling ventures should, therefore, be ignoble on the need and complete development of every individual. It is the duty of all person in a framework to identify the requirements of people so that counselling activities can be planned to meet such needs. Counselling must be performed in a way that assures human dignity and value. The full and sufficient development of the people must be given preference. It should be observed as inspiring people to achieve maximum satisfaction, to realise their potentials and to be aware of self.

Counselling is a subsequent, constant and developmental means, which starts from birth and continues to death. This means that guidance and counselling operated from the preschool into primary, and secondary to the tertiary schools. It is not a once-and-for-all situation, but a means which is an essential part of the whole educational programme throughout the academic life of a person. There is an intimate relationship between counselling activities and the Instructional process, each contributing to the other. Counselling can help make the instructional activities to be more relevant and meaningful to the needs of students, while the instructional activities can contribute to giving necessary information and directives to a student in planning their life goals.

The objectives of counselling should be based on clients’ needs and not on the needs of the counsellors. In seeking such needs of the client, and the counsellors must present a positive image to attract customers towards counselling centres.
SUGGESTIONS

The need for seeking and receiving counsel has been one of the basic urges of humanity. This need tends to assume much larger proportions in a techno-industrial age. In a science-based world, the methods of identifying needs and assisting the individual to optionally meet them also to require a scientific approach the comparatively recent discipline of counselling aims providing each with such scientific assistance. The ultimate progress, welfare and happiness of any country depend on the optional contribution made by each individual to the nation’s developmental process. It consequently becomes all the more imperative that individual be assisted to understand himself in a manner, to optimally use his potentialities and make maximum contributions to the entire country’s development, this fact further emphasises the need for scientific counselling. Taking into the consideration of the research findings, inputs from the counsellors and the beneficiaries and with the relevance of available literature the study have made few suggestions for the betterment of tackling the youth’s problems as they are the future of the country and their development is the need of this hour.

- As it was found from the study that most of the counselling centres were self-financed. Thus, in this perspective there is a need for more funds from the government to maintain the counselling centres.
- There should be a timely release of fund by the sanctioning authority to the counselling centre. Lack of timely release of funds affects the work and progress of counselling centres as the counsellor’s salaries and other contingency expenditures are totally based on the fund to be released without which they could not perform their services smoothly and sincerely. It is therefore recommended for the timely release of fund for the effective functioning of the counselling centres and to bring up modern therapeutical tools required by the counselling centres.
- The counselling centres should be made mandatory for all schools and college.
There is a need to strengthen and increase the participation of the non-governmental organisation which could take up the counselling centres.

The number of existing counselling centres was not sufficient enough to deal with the youths related problems. The study strongly recommends establishing more counselling centres. There should be more counselling centres in Bangalore city people in different areas did not know where the counselling centres are and what is the need for it.

To know about the counselling centres, there should be awareness programs and activities so that people should have the idea and knowledge of counselling centres and the need for it. For the awareness of common people media like radio, television film show, newspaper, and bulletin could play a great role, and various awareness programs in localities should be made. The study, therefore, suggests for giving more awareness programs to the existence and role of the counselling centres.

There must be no gap in communication between the counsellors and client thus; a consistency has to be maintained by the counselling centres in approaching the clients at regular intervals.

Incentives should be given to the counsellors who worked whole-heartedly for the purpose of solving the problems. A number of permanent counsellors to be appointed by the counselling centres due to which their availability will be consistent in the centres.

Youth need to be provided proper opportunities for the expression of their pent-up emotions so that they are in a position to cope up with their problems effectively.

Youth’s educational and vocational counselling and personal counselling facilities are essential.

Parents, Teachers and Community, in general, need to be aware of the interests and needs of the youths while assigning them duties and responsibilities and building up expectations from them.

For making them economically dependent and self-confident, the curricula should be so framed that the young people learn and earn simultaneously.
Family, parents, schools, teachers and the community in large need to be empathic towards the major needs and concerns of the young people to be able to act as good counsellors to then.

A Psychologist/Counsellor can be appointed in the institutions to facilitate the guidance to the youths.

Further, a strong need for a counselling centre for youths to solve their problems in view of the positive results to obtained on the outcome of counselling.

The social institutions such as family, educational institutions, religion and political system have to play a greater role in moulding the youths as most of the youths attachment to these social institutions are declining as found in the present study. More preferences to explore themselves, and also should help them to boost their moral values and to teach them societal, ethical values.

The ministry of the youth affairs should be tied up with every individual college, and the youths should be compulsorily made to get memberships in theses organisation that will help youths in overall development.