ABSTRACT

Adolescent Counseling can help individuals with developmental, career, personal adjustment and relationship problems. It can help students alter maladjusted behaviour, gain an insight into the origins and development of emotional difficulties which will help them, to take rational control over feelings and actions. It also assists students to move in the direction of fulfilling their potential or achieve integration of conflicting elements within themselves. A number of psychological techniques are used in the process of counseling which can foster healthy human development by increasing self-awareness and resourcefulness.

The researchers experience in the field of counselling has given a broad spectrum of the various problems faced by adolescents of Goa. These problems include adjusting to peers, school or college, and parental demands, lack of freedom, restriction for social interactions, sense of dressing, lack of trust, lack of quality time from parents to the child, favouritism towards male or female child, constant conflicts, and influence of western culture because of influx of tourists in Goa, which also leads them to get involved in deviant behavioural problems.

All the above facts might influence achievement motivation, self-esteem, emotional maturity, parent-child relationship, and anxiety of Goan adolescents.

The day to day observation about the situation in Goa reveals that, the young generation are often facing many problems due to their exposure to western culture. Therefore there is a felt need to study, to what extent psychological intervention will be helpful for the adolescents to develop healthy personality through favourable perceived parent-child relationship, enhanced self-esteem, achievement motivation, emotional maturity, and manage anxiety. Keeping in view the significance of Psychological interventions in the form of counseling two objectives have been formulated viz (1)To study whether psychological intervention will show a significant improvement in the achievement motivation, self-esteem, emotional maturity, parent-child relationship and reduce high anxiety of Goan adolescents (2) To study empirically the impact of demographic factors such as age, gender, faculty, birth order, early background, type of family, parental education, occupation and income,
Based on these objectives five hypotheses (Ha₁ to Ha₅) have been formulated and tested. First four hypotheses (Ha₁ to Ha₄) focus on finding the significance of difference and are also focusing on studying the impact of counseling intervention with ‘Before and After’ design, as well as control and experimental groups. Ha₅ is meant for testing the significant contribution of demographic factors of adolescents on the variables.

A purposive sample comprising of 300 adolescents in the age range of 17-20 years, consisting of boys and girls studying in under graduate course of Arts, Science and Commerce faculties, were taken for the study from four different colleges of South Goa, such as Carmel College, Chowgule College, M.E.S College, and Rosary College. In order to find out the impact of psychological intervention 300 adolescents having low achievement motivation, self-esteem, emotional maturity, high anxiety and poor-parent child relationship were identified. Further they were randomly assigned to control and experimental group (150 in each group). The experimental group adolescents were given psychological intervention in the form of counseling whereas no intervention was given for control group adolescents. Pre test and post test data was collected from both the groups in order to investigate the impact of psychological counseling.

The tools used for the study are Achievement Motivation Scale by Pratibha Deo and Asha Mohan (1971) DMAMS (Need for Achievement), Self-Esteem Scale by Rosenberg (1960), Emotional Maturity Scale developed by Yashvir Singh and Mahesh Bhargava (1971), Parent-Child Relationship Scale (PCRS) developed by Nalini Rao (1971) and Sinha’s Comprehensive Anxiety Test (1971).

The data completed in every aspect were scrutinized. The obtained data were analyzed by applying Paired ‘t’ test for dependent samples, ‘t’ test for Independent samples and Step-wise Multiple Regression Analysis.
Adolescents of control group did not differ significantly from pre test to post test scores on all variables such as achievement motivation, self-esteem, emotional maturity, anxiety and parent-child relationship. The experimental group adolescents differed significantly very high (p<0.001) from pre test to post test phase on all variable scores such as achievement motivation (t=54.85), self-esteem (t=53.62), emotional maturity (t=29.94), anxiety (t=43.52) and parent-child relationship (p<0.001). Adolescents of both control and experimental groups did not differ significantly from each other in their achievement motivation, self-esteem, emotional maturity, parent-child relationship and anxiety at the pre test phase. The adolescents belonging to control and experimental groups differed significantly very high (p<0.001) from each other in their achievement motivation (t=58.39), self-esteem (t=44.51), emotional maturity (t=30.54), anxiety (t=34.71) and parent-child relationship (p<0.001) at the post test phase.

The results obtained by applying stepwise multiple regression analysis revealed differential impact of some demographic factors out of several demographic factors on each of the dependent variables.

All the above findings endorse strongly the effectiveness of counseling intervention to enhance achievement motivation, self-esteem, emotional maturity, improve parent-child relationship and manage anxiety of Goan adolescents. Thus this study implies the necessity of counseling centers at educational institutions as well as in similar organizations.