PREFACE

Counselling Psychology is both an art and a science. A 'science' because of its underlying principles and knowledge base and an 'art' because of its blend of counsellor's personality, techniques and skill. Counsellors often look anxiously for the techniques or approaches to enable them work effectively. More experienced Counsellors use different skills at different times, according to what seems to be most helpful. With the founding of the American group Psychotherapy Association, followed by a results of small group research which generated new insights into group processes, therefore group counselling has become a legitimate approach to dealing with the various objectives and goals of counselling. Hence group counseling can be used to help motivate low-performing students and improve their grades.

The researcher feels its necessity to work upon the area which has not been attempted by Psychologists particularly in Meghalaya. The Educationist have contributed much to study low-achievement elements but have never tried to improve their motivation level with the help of group Counselling. This particular study is an attempt in the similar direction and certainly it will lead to produce some
meaningful generalization which may be helpful in creating constructive change and development for the low-performing students or for the low-achievers.

Adolescent is a period of stress and strain which needs proper guidance and training. So lack of motivation is a significant factor in low achievement, however there are many reasons for their lack of motivation to do well. They may be depressed, they may not have the information they need to be motivated to do well or they may have family based values or beliefs about schoolings, or may be poor peer relationship and lack the social skills etc. This investigation aims to obtain those relevant information which may provide certain facts to the planning members.

One of the basic aims of this Research work is to study the effects of group counselling on the achievement motivation level of the high school low achievers. The interest lies in assessing their motivation level, their socio-economic status, and put them into experimental and control group to see whether the group counselling programme has any effect on the experimental group or not.
During the various stages of research planning, data collection, analysis and documentation inspiration and support were provided by my husband and my own self-determination.

I express my indebtedness and gratitude to Dr. Rita Rani Talukdar, Senior Lecturer, Department of Psychology, Gauhati University, who not only guided me through out the period of my research with her deep knowledge and insight and practical experiences but also inspired confidence and patience. She has also remained a perennial source of affection and inspiration, her encouragement throughout the progress of this investigation is highly valuable.

I am grateful; to Professor Goel, Department of Adult and Continuing Education NEHU for his inspiration and help which he provided time to time with his wide knowledge and experience.

I am thankful to ICSSR, NEHU Campus, for awarding me Contingency grant in completing my work.

I am grateful to the State Central Library, Shillong and NEHU Library, and Sacred Heart Theological College library Mawali Shillong for allowing me to consult their library and collected the information.
The Researcher extends her heartiest gratitude to all the Principles/Headmaster/Headmistress, and the teaching staff members of all twelve schools in the rural and urban areas of Jaintia hills and Khasi hills district of Meghalaya for their co-operation during data collection and group Counselling sessions.

I am very very much indebted to my husband Dr. L.B. Ghosh for his inspiration and constant encouragement without which it would had been quite a difficult task to accomplish.

I am thankful to Manash Kumar who typed the manuscript in a skilled way.

Lastly but not the least I express my deep feeling of gratitude to the Head of the Psychology Department, Gauhati University. Dr.(Mrs) Indranee Phookan Borooah for accepting me to do my research work from the department.

Nidawan Pynhunlangki Pakma.