

## Need of Counselor for the Assessment of Psychological Problems of the Students' at University Level

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### Abstract

The aim of the present study is to investigate the need of counselor for the assessment of the psychological problems of students at university level. The study was descriptive in nature. The population of the study was all the public-sector universities of Rawalpindi and Islamabad. The study was delimited to undergraduate students and faculty of social science. The total 343 students from Rawalpindi and Islamabad universities were selected through stratified random sampling technique. One self-developed questionnaire were constructed which include four areas, i.e. educational, vocational, social, personal problems of the students. The data was collected through questionnaire they were tested and validated before a well- designed test and interview is conducted on Head of Department(HOD). The collected data were analyzed with the help of SPSS were interpreted through frequency, mean, standard deviation and chi- square. The finding revealed that students have counseling needs in all area of life. The results of this study show that students face more problem related to vocational and educational process at university stage. So, they need counseling more in vocational and educational areas. Students need a professional counsellor's guidance to develop their career. Student services should be available on campus to help them develop self-awareness (personal interests, skills, potentials, weaknesses) and assess occupational opportunities such as, employment trends, expected competencies in the field, requirements for employment and job descriptions related to the area.

**Keywords:** need of counselor, psychological problems, university students

### Introduction

University studies is very important time in students' life in terms of career and future prospects. Many young students are moving to a different city for the first time and many other going to university because of family responsibilities. Due to these factors, students often face challenges like stress, academic performance and relationship. So these problem need to be sorted out as it can help in emotional growth & personality of a student.

In order to deal with student problems, Counseling plays a major role. Counseling staff should be skilled and can help students with a wide range of issues they have to deal with during university years. Depression, career interests, academic concerns & many other types of problems are very critical and main goal is to effectively contribute towards well-being of students.

During university life of students, students face pressures and challenges that can affect physical, emotional and social problems. These problems contribute towards vulnerability of students for developing psychological problems

During the last century, university counseling centers have revealed a change within the requirements of students looking for counseling facilities from diverse sort of growth problems to serious psychological issues (Gallagher, Gill, & Sysko, 2000; Pledge, Lapan, Heppner, & Roehlke, 1998; O'Malley, Wheeler, Murphey, & O'Connell, 1990; Robbins, May, & Corazzini, 1985; Stone & Archer, 1990). The researchers (e.g. Offer & Spiro, 1987; Rimmer, Halikas, & Shuckit, 1982) explored that one third of the university students had a diagnosable psychological problem and one fourth of entering college students are disturbed and in need of mental health care.

Counselling is a goal-oriented and learning base procedure, that transpires mostly in an concerted and collaborated affiliation, with the goal of plateful and serving ones learn supplementary approximately the personality of individual, and to practice thoughtful to empower the individual to developed an operative and active person of society. Through counselling procedure, the guider and helper describe and supervised maintenance or apprehension towards the individual with a problematic and simplifies the ones personal development and transports for the change having knowledge about own self.

Exceptional encounters faced by most of the graduate's pupils. Become the causes of this problem are demographic and community variations in current eras, graduate pupils are facing several matrimonial and financial tasks inflowing graduate institute than did the past students. Additionally, graduate school characterizes a parting by the prescribed construction of undergraduate studies. In contrast to the experience of undergraduates, graduate students generally operate in a setting through no proper supervision and guidance necessitating substantial self-motivation in configuring advancement with the help of graduate agendas and policies.

Graduate students are particularly defenseless to compressions associated to directing investigation and instruction, reproducing, and discovery service, in accumulation to pressure from the often-ambiguous prospects of guiders. Numerous educations of graduate pupil rational fitness have initiated that fiscal anxiety was a foremost cause for attaining counseling. Graduate pupils had positively and significantly greater frequency of opinions and feelings on leaving their educations than both students of medical field and inhabitants or residents found by the researcher. (Toews *et al.*). Unprocessed psychological fitness difficulties are noteworthy sponsors to graduate pupil failure dropout

Ethnic and cultural variances too occur in the performance of intellectual and mental fitness difficulties and in the consumption of psychological well-being facilities. Social and social aspects, as well as monetary circumstances, are pointedly connected to psychological healthiness dissimilarities. In overall population, there appears to be equivalent demand for psychological fitness amenity part but significantly different patterns of access to and utilization of mental health services.

In addition to demographic factors, social and professional support may play an important role in the development of mental health problems and in the utilization of services. The purpose of this study was to investigate the influence of guidance and counselling services.

The counsellor is a professionally skilled instructor and therapist who should be working in the university. The role of the counsellor revolved around employing new skills to aid the client/learner through the "dark entangled forest" (unknown) of his/her personality and society. University can provision in terms of providing counselling or inferring it in a broad way, by participating it into the code of the university, and offer individual or group counselling. Lang (1993) agrees that for university, efficiency in counselling based on counselling can defined through its unlimited wisdom and assimilate into entire tactic or approach. Whether correlated cluster or separate, the counselling method and procedure must be held and tackle thoughtfully and unnoticeably. Counselling goals by authorizing the separate. The educator-counsellor entails specialized exercise, drill, to finish this mission fruitfully. Castillo (1978) recognized that someone who expectations a youngster to established should first get knowledge to know and admit him for he is. Otherwise accomplishment will elude even his/her best matters. Makewa (2008) accepts that it is important to comprehend the youth's world as a counsellor. The counsellor is then able to guide them better when they recognize them and that boys and girls are easier to build than it is to mend men and woman.

A counsellor should have an absorption and consuming desire to release distress and support people lead more satisfying lives. The counsellor must go beyond mere interest in the subject and prepare him or herself with the related information.

## **OBJECTIVE OF COUNSELLOR**

Counseling should not be carried out by everybody but should be taken up by professionally qualified persons. The principal that counselling services should be provided by trained people must be strictly followed. If dealt with by others, the chance of harming the consciousness of affected persons will be more than one of helping them. A counselor should follow strictly his objectives. According to Thompson (2003, p.84) the objectives of the counsellor:

- To establish a efficient guidance and counselling program
- To assist students to explore their potentials, aptitudes, skills and achievements to help them understand themselves better, thus, developing positive self-concept towards their life.
- To teach in students, qualities like initiatives and drive which would ultimately lead to self-exploration.
- To develop an alertness on the relation between the world of work and learning the importance of educational accomplishment to career opportunities.
- To assist students in leading career research several fields to set their career options.
- To provide information to students concerning career options, course selection, scholarships and selection procedure.
- To create awareness on the role and accountability of young people in the nation building.

The counsellor mainly focuses on professional skills. The counsellor is a person who is trained in distinct and group interaction as well as system dynamics. The counsellor uses his information which is based on learning and experience. We can also say that counsellor collaborates with his students. This teamwork is in real sense a team effort in which individuals move towards the same goal.

## **Counselling Skills**

Several skills need to be carried into a one-to-one counselling session. These include:

1. attitudinal skills;
2. listening skills;
3. verbal communication skills; and
4. giving leads.

### **1. Attitudes**

There is nothing which has a greater impact on the result of a counselling session than the helper's attitude. Attitudes can be positive or sensitive. Attitudes are included in this part on skills because good attitudes can be abstract. Moreover, they can be practiced. They include the following:

- a) respect
- b) guidance
- c) total positive regard
- d) empathy
- e) self-disclosure
- f) confrontation

### **2. Listening**

Effective listening is more complex than it seems, since it involves a teacher's own level of self-awareness, as well as his/her awareness of the spoken and implicit cues of the other person. Furthermore, a teacher needs to be able to respond to the student in such a way that he/she feels tacit. Being a good listener involves receiving and sending appropriate messages. In counselling this is important, because it means meeting the needs of the students.

Listening to students is not just receiving what they say, but also receiving how they say it. Sometimes how they communicate is much skimpier than what they actually say, which may be more concealing than revealing.

Listening skills are base of all human communication, whether the purpose is for getting information, conducting detailed interviews, or offering easy aid. The important and crucial aspect of counselling is attending and joining.

### **3. Verbal Communication**

The usage and practice of arguments in counselling considered a ability that needs to drill and experience for specialization. Oral communiqué and interaction considering original in particular or content phase. If unsuitable terminology is used, rapport or considerate can be jammed. After this happens, poor interaction can be encountered. Joint or communal arguments can be misinterpreted because of plentiful senses they had. Appearance of any mutual terms of English in a floor-length vocabulary, and one can invent or get diverse explanations of that term. Thus, the prospect for mis interaction considered huge and great

Moreover, the exact segment of unwritten announcement and interaction, emotional phase also exist here. It denotes to additional features intricate in spoken connections, for example capacity, the intellectual superiority, and further unwritten indications. Depiction a pupil proverb, 'although irritated, don't want to go, or while impassively outdoor absent by you, or although crying. While the disagreements remain as it is, the communication transported is dissimilar in diverse circumstances. Role as assistant, we necessity be refined to together the precise or emotive and sensitive stages of unwritten statement and interaction.

To adding more between two universal segments, here are five additional stages of statement. Each of these levels is valued in different contexts. The five levels of announcement interaction are:

- a) cliches;
- b) facts;
- c) beliefs;
- d) emotions; and
- e) intimacy.

### **4. Leads**

Leads can be defined as reports that counsellors used to communicate with clients. Leads have been classified into groups of different approaches, i.e.:

#### **a) Content restatement**

Efforts to convey message by recapping or restating the message.

#### **b) Questioning**

Pursues additional evidence information and inquires to the individual counselled to describe a opinion.

#### **c) Reflection of Feeling**

Considerate by the user's opinion and collaborating that thoughtful and considering.

#### **d) Reassurance**

Assists as a recompense and prize or strengthening mediator or manager. Its frequently used to funding to user's investigation of philosophies or spirits and emotions or trial their modes of behavior.

*e) Interpretation*

Explains meaning behind the user's statements.

**Problems of Students**

The time students spend in university is a pleasant experience for them, but they also face several problems in university while completing their education. The condition of every student is different from other, but some common challenges and issues have been faced by every student face during university life.

**1. Adjustment to New Life**

Whether you are a pupil drill and experiencing the campuses of higher level institutions atmosphere at first period or profitable back to higher academia lifetime subsequently outlay the holiday at home-based, there can be a badly-behaved in regulating.

University is harder in initial year after it arises to modification toward life of higher level institution campus than individual should be considering oneself in distress due to in what way diverse possessions can be associated with institution or seminary. Furthermore, its looks vital to don't obtain in irritation ended receiving all correct and accurate. individual have some time for his or himself, and suppose to become a slight confused, then permanently remain guaranteed that ultimately you would like and favor the life and journey of educational institution.

**2. Lack of Knowledge About the College Experience**

Those Maternities and personal siblings who went academy or institution consume additional knowledge and divisions about that institution and involvements for divide to others and families. However countless belongings might take transformed subsequently they stayed in institute, major procedure of exit house f is for the sake of another person consider similar. To the initial group university pupils, that substantial is merely unobtainable.

The passion to appear institution after neither parental consumes finished and completed thus is distant fewer as fine. Four times as many initial-groups and cohort pupils would exit from institution associated their aristocrats through even only mother or may be father who can followed and persuade for higher level studies.

**3. Test Anxiety**

Test nervousness consider a situation approximately in which pupils can stunned and control by a short time period, tolerance, and fortitude. Majority of pupil's occurrence a slight uneasiness previously a exam and its feel strong toward doing it. A tiny strain stimulates individuals to satisfactorily formulate or ready for assessment exam and quiz. Several pupils who converted emotionally uncomforted in exams and incapable to accomplish on their well and greatest after pupils grow for an exam. These pupils face hurdles regarding exam pressure.

**4. Pressure of Studies**

Majority of pupils are compensating their instructive incidentals themselves thus the burden on them in order to obtain high grades. Although its unpaying them, there immovable enormous public and instructive significances or influences of prospering during studies. Pupils must suppose the educations to be considerable hard, at the mean situation, would attention additional on seeking or, attaining rather than obtaining higher GPA.

**5. Time Management**

From trying to study to living alone and doing the required tasks, to maintaining a social life, to possibly working some sort of a job to help with expenditures, students don't have the time to manage and think about their time. They sleep in uneven patterns and do everything at the last minute. university is educationally thought-provoking. For many students, university subjects need more exertion than higher classes did. Most of the students have a complete fifteen credit hour semester, however others challenge to comprehensive in up to 18 before smooth 21 praises.in this situation, it appearances intolerable to remain at highest of it completely.

**6. Guilt**

Its difficult job or task for a new pupil to leave his or her family for the sake of institution and education., but for initial cohort pupils, wistfulness and isolation are frequently mingled with blame. Particularly for pupils from migratory relations who are occasionally the solitary English orator in their domestic, around could be disturbing and problematic sensation that they have unrestrained their relations and family.

In perspective of those students who left the home for studies, searching other relationships in institutions of education or college is an imperative and significant fragment of intercourse into educational life.

University students frequently want guidance on how to cope up with this type of pressure, and mostly they decided that what should they leaver or whom. Pupils occasionally have to acquire what should be the best way to keep distance from their fellows and friends. As they want remain in particular associations as they were previously, or before going in institution.

**7. Money**

Universities fees alarmingly increasing at high rates. In addition, expenditure of food, transport, and course books, and you have a university student's worst nightmare. Students drop out of from university every year because it is difficult for them to control their expenses. Others are forced to alter full academic schedules with

full time jobs to make ends meet. It is tough time for students to complete their studies debt-free.

#### **8. Support from family**

Because of no of provision from relationships and fellows at home may be become cause of pupil's loneliness and when there is no the encouragement they may require breaking the sequence. To be fair, student are not attending the school or college who can't recognize the densities or tension and doubts this type of pupils are fronting and may be they don't know the accurate terms and arguments keep them on track and fixated.

#### **9. Fitting in on campus**

In what way greetings to initial and fresh pupils and what type of the facilities are available for th keeping focused and involved, is considered major factor of any educational institution. Its considered very significant and crucial fresh comers who might be live far away from their family and relations for first time in lives. Before the selection process of attended the school or college students must visit the university for overall analysis of environment and campus life.

#### **10. Finding New Friend**

someway tough to generate networks or become friends at new society or place, but existence of obligation nit available to suitable with new individuals who consume dissimilar welfares and benefits for making the new groups, buddies, followers and companions in institutions.

Noble pressure is another common student problem. Friends will either make you or totally break you. In university, there is a lot of time to spend time with friends. Immoral friends will soon influence one to adopt their ill behaviors and ruins one's character. It's therefore very common for individuals to lose their individuality while in campus as a result of negative peer pressure. Hence one must be very careful regarding this point.

#### **11. Choosing Your Preferred Major**

When it's time to select your major, you will understand that a lot of pressure is attached to this choice. Most of this pressure is due to future career as well as the money that will be earned in your workplace depends mainly on this decision. However, as much as this is a stage that most students have to pass through, you should instead focus on getting life skills and gaining knowledge.

#### **12. Homesickness**

As it is the first time for most students to be away from their homes, getting homesick can be one of the toughest blows that you have to deal with. However, with the modern forms of communication, a substantial number of students that feel homesick can keep in touch with their loved ones via the internet.

#### **13. Depression**

Depression is more common problem among university students. In university, no one seems to care of the trials you are facing all they assume is for you to deliver in your capacity. As for your parents back at home, they expect you to live within the funds they avail and as well deliver good grades and eventually graduate with first class honors. For the lecturers in class, they expect you to attend all lectures, submit all assignments, sit and pass all exams excellently. Friends also expect one attend all their parties and events. You also need your own quiet time too. This may prove quite a challenge and trying to fulfill them may be quite depressing.

### **Purpose of the study**

The research paper examines to assess the need of the counselor for psychological counselling of the students.

### **Material and Methods**

#### **Population**

The population of the study was all the public-sector universities of Rawalpindi and Islamabad.

#### **Delimitation**

The study was delimited to only:

1. The Public universities of Islamabad and Rawalpindi.
2. Only undergraduate students will be selected.
3. All students from the department of social sciences

#### **Sampling and Sampling Technique**

Best and Khan (2006), shows that the perfect sample is large enough to aid as best representative of the population related to which the researcher wants to clarify the results. In order to get maximum presentation of public sector universities: Arid Agriculture University of Rawalpindi, Quaid-e-Azam University Islamabad, International Islamic University Islamabad, National University of Modern Language Islamabad were randomly selected from discipline of social sciences and students of BS level. The sample of the research was 130 students from Numl University, 20 students from Arid University Rawalpindi, 43 students from Quaid-e-Azam university Islamabad, and 150 students from International Islamic University Islamabad were selected from target population. According to the nature of the study, stratified random sampling technique was used to collect the data. From target population faculty of social sciences selected and from this common departments from each sampled university was selected and students of BS level.

### Research Instruments

As the research was descriptive in nature that's why questionnaires was used to gather information from students. Additional data concerning current status of universities of Pakistan were gathered from HEC website. Questionnaire were designed while keeping in view the research objectives of the study. The instruments were divided into broad categories i.e., educational, vocational, social, personal. Questionnaire were designed by using five-point Likert scale i.e., Strongly Agree, Agree, Un-Decided, Disagree, Strongly Disagree and were scored as 5, 4, 3, 2, and 1 respectively. The questionnaire for students contained 31 items.

### Pilot Testing

For determining the reliability of the research instrument, a pilot study was carried out. the reliability of the instrument refers to the consistency of the result. The aim of this pilot study was to check the understanding of questions by the respondent. The consultation of the experts was taken into consideration, before finalizing the questionnaire. The questionnaire was conducted on 35 students of two universities i.e. Federal Urdu University of Arts, Science & Technology Islamabad and Fatima Jinnah Women University Rawalpindi.

The researcher visited the respondents and conducted questionnaire and asked respondent to have their opinion. Instrument's reliability was being checked by using alpha chronic reliability. The reliability was measured .764 which show that the tool used in this research is valid and reliable.

### Reliability Statistics

Cronbach's Alpha	N of Items
.764	31

### Data Collection and Analysis

In order to have data from the respondent through instrument, the researcher went to the sample universities from where samples were taken and directed the questionnaire to students. They were thoroughly briefed about the procedure of filling the questionnaire. After collection of data, the data was organized, quantified, analyzed and tabulated through statistical packages for the social sciences (SPSS) using descriptive statistical analysis were include: (Mean, Standard Deviation and Chi- square).

### Result

Study was descriptive in nature, the study examines the need of counselor for the assessment of the psychological problem of students at university level in Rawalpindi, Islamabad public universities. After collection of data, the data was analyzed by using chi square.

**Table: 1**

H<sub>0</sub>: The favoritism of teachers and the confidence of students to talk with teachers are independent

H<sub>1</sub>: The favoritism of teachers and the confidence of students to talk with teachers are dependent

Statement	Frequency					value	P-value
	S. D	D	N	A	S. A		
I often suffer from favoritism of teachers in class.	18.6	20.1	18.9	25	17.4		
Vs It is difficult for me to get enough confidence to talk with teachers.	20.1	18.3	18.9	26.2	16.6	45.880a	0.000

Table 5 Show that  $P < 0.05$  so H<sub>0</sub> is reject. It means that favoritism and confidence of students are associated with each other. This statement means when teachers show their favor to specific student, in the meantime other students are neglect by teacher and they feel hesitation to communicate with teacher and lose their confidence.

**Table 2**

H<sub>0</sub>: stress of overloaded work and counselor help to organize study schedule are independent

H<sub>1</sub>: stress of overloaded work and counselor help to organize study schedule are dependent

Statement	Frequency					value	P-value	df
	S. D	D	N	A	S. A			
Due to stress of overloaded work, it is difficult for me perform well in class.	14.2	20.6	24.7	24.7	15.7			
Vs I need a counselor to help me to organize my study schedule.	10.2	21.2	18.3	34	16.3	43.155a	0.000	16

$P < 0.05$  so H<sub>0</sub> is reject. It means that stress of overloaded work and need of counselor help to organize study schedule are associated with each other. This statement shows that due to stress of overloaded work students feel difficulty to perform well in studies for this purpose they need counselor help to organize study schedule.

**Table 3**

H<sub>0</sub>: counselling to fulfill the expectation of parents and improve academic performance are independent  
 H<sub>1</sub>: counselling to fulfill the expectation of parents and improve academic performance are dependent

Statement	Frequency					Value	P-value	df
	S. D	D	N	A	S. A			
I need counselling to fulfill the expectation of parents regarding my studies.	12.8	12.5	14	30.8	29.2	25.560a	0.04	16
Vs I need counselling from experts to improve my academic performance.	12.5	21.5	20.1	29.9	16			

P < 0.05 so H<sub>0</sub> is reject. Its mean that counselling to fulfill the expectations of parents and improve academic achievements are significantly correlated with each other. That there is much need of counselor for the students to cope the academic problems to meet their parent's expectations regarding students learning and studies.

**Table 4**

H<sub>0</sub>: decision about future profession and worried about future career are independent  
 H<sub>1</sub>: decision about future profession and worried about future career are dependent

Statement	Frequency					χ <sup>2</sup>	P-value	d f
	S. D	D	N	A	S. A			
It is difficult for me to make decision about my future profession without counselor guidance.	12.2	16.3	16.9	35.2	19.5	44.332 a	0.00	1 6
Vs I am worried about my future career, after the completion of my studies.	13.1	20.3	21.8	25.6	19.2			

P < 0.05 so H<sub>0</sub> is reject. Its mean that decision about future profession and worried about future career are strongly dependent on each other, statement shows mostly students required a counselor guidance in profession selection, they felt in trouble and confusion because of there is no guidance in a lot of choices.

**Table 5**

H<sub>0</sub>: silent against injustice and express emotion in balance way are independent  
 H<sub>1</sub>: silent against injustice and express emotion in balance way are dependent

Statement	Frequency					χ <sup>2</sup>	P-value
	S. D	D	N	A	S. A		
It is difficult for me to control my emotions and remain silent against injustice.	10.2	16.9	20.1	29.9	23	26.68 4a	0.04
Vs I need counselling to express my emotions in certain situations (sorrow, happiness, anger) in a balance way.	9.3	20.6	19.2	24.4	26.5		

P < 0.05 so H<sub>0</sub> is reject. Its show that student need counselor guidance to create balance to express emotions that some students can't keep quite against injustice. Because they have no idea how to express feelings at what situation.

**Table 6**

H<sub>0</sub>: hesitate to talk with opposite gender and counselor help in self-disclosure are independent  
 H<sub>1</sub>: hesitate to talk with opposite gender and counselor help in self-disclosure are dependent

Statement	Frequency					χ <sup>2</sup>	P-value
	S. D	D	N	A	S. A		
I feel hesitation to talk with opposite gender.	14	23.5	25.6	21.2	15.7	26.4 74a	0.04
Vs I feel need of counselor help in self-disclosure, which leads to good communication skills in students.	11	20.9	24.7	27.6	15.7		

P < 0.05 so that H<sub>0</sub> is reject. It shows that student should facilitate with counsellor who help them to improve skills at every level. When the student enrolls at university level they feel hesitation to communicate with opposite gender. So they highly needed for help of counselor in order to cope communication problems with opposite gender and disclosure him/ her self.

**Table 7**

H<sub>0</sub>: Difficult for getting my right without violating rule and strength social skills are independent

H<sub>1</sub>: Difficult for getting my right without violating rule and strength social skills are dependent

Statement	S. D	Frequency				$\chi^2$	P-value	D f
		D	N	A	S. A			
I is difficult for me to get my rights without violating rules and harming others.	9.6	20.1	22.4	29.7	18.3	35.11 9a	0.004	1 6
Vs I need counselling services to strengthen my social skills.	11.9	16.3	20.9	32	18.9			

$P < 0.05$  so that H<sub>0</sub> is reject. It shows that student need counsellor to enhance social skills. Because some student believes on violation to get their rights. So, they need a counselor for developing social skills.

### Discussion

In the most precise interpretation of the results, the students informed that they need further support with academic and profession areas than personal/social areas from their counselors. These finding are the supported by the study conducted by Nick Sculli (2011) that students need more assistance related to career and academic related issues. They need more information about university, more assistance concerning their skills and aptitudes to careers, further information about graduation requirements and educational career requirements. The result obtained from the study, it seemed that the students felt a need for receiving counseling service. Found through results similarity with those gained through the research findings made by Koser and Mercanlioglu (2010) investigating into problems related to academic counseling amenities. Facilitating adjustment and positioning amenities in a prearranged custom is the aspects influence the excellence of tutoring and education provided in higher level institutions. In this situation, Kutlu (2004) described that earlier the education and study in different universities moreover, for pupils to aware supplementary carefully around academia and campuses. Further, the counseling of psychology and supervision facilities of academies colleges must contain inside their frames the fundamentals taking specialized capability in directive to influence the goals probable from them and facilitate pupils fresh comers to campuses with evidence and knowledge around nearby atmosphere and town where they want to live.

It summarized that 68, 51% of the pupil's cohort contributing in education breathing the uncertainties of joblessness and the imminent or future. In requirements perspective by the occupation that they do in the forthcoming, its experiential and observed almost partial of the pupils are unsatisfied abend not confirmed if the schooling or study they seek at academia educational institutions would be appropriate in their employed exists. For the solution of the problem, its important to regulate the demand for staff appropriately and direct and supervised the students to subdivision demanded, reorganize study and education they seek or learn at colleges schools and universities. According to credentials required in professional and practical life, comprise more practical subjects and courses, and enhance or preserve the collaboration between manufacturing and Nationwide Education. The result are supported by John B Bishop (2017) A higher percentage of students showed a necessity for help regarding profession and academic matter than with personal problems, majority of students facing difficulties regarding organizing time and occupation ambiguity. But difficulties regarding individual own substance that were identified are aggravating, i-e 35% students conversant harmful or negative spirits related to anxiety of disappointment, unhappiness, and nervousness and alarm. Comparable fractions of pupils signposted they had difficulties in actuality confident, supervisory bulk, cooperating within a idealistic association, and community language. All of those problem have substantial probable to own a control on the educational experiences of pupils, although they may not seen as educational problems.

### Recommendation

Students should be given counselling to cope with psychological issues so that their studies cannot be affected. Through these sessions, the students will have the ability to develop creative skills to solve problems due to which student will be able cope with certain issues around their life. Students should be advised to deal with various situations they can experience in their university life. For example, how to talk with their peers. This advice will give them viewpoint to behave in certain circumstances. Students should be given complete advice on profession, and courses due to which they will be able to make an appropriate and right choice and recognize what they should do after their university life. counselor should assist students to develop job hunting expertise for resume writing and interview skills. Counselor should assists deprive students to minimize their stress level due to financial issue or strained family relationship. Emotionally distressed students may be treated by

counselor with love and care to save them from spoiling in this situation. At the start of academic year, the 'orientation week' should be planned, some of the universities organized these for students to know about university life. Counselor develop sound and appropriate personality of an individual so they able to check and control different powerful emotions such as anger, fear, anxiety, jealousy, nervousness, joy and tensions in different context of life.

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