



UNIVERSITY STUDENTS OPINIONS REGARDING PSYCHOLOGICAL COUNSELING IN TURKEY¹

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Abstract

In this study, it is aimed to determine university students opinions regarding psychological counseling. The study group consisted of 188 1th-4th year students studying at Abant İzzet Baysal University Faculty of Economics and Administrative Sciences, Ufuk University Faculty of Law, Kırıkkale University Faculty of Veterinary Medicine, Kafkas University Faculty of Literature, Necmettin Erbakan University Faculty of Divinity, Hacettepe University Faculty of Engineering, Amasya University Faculty of Architecture, Ankara University Faculty of Law in Spring 2016-2017 academic year. In this study, University Students' Views Regarding Psychological Counseling Form were developed by the researcher in order to determine the views of university students. The study is a descriptive type of study. These forms consisting of 20 items were designed as a 5-point Likert type scale. The results of this study find that the opinions of university students regarding psychological counseling include, positive influence of the individual's social support on the family and university life leads to changes in the individual and social support of friends.

Keywords: university students; psychological counseling; student views

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Introduction

Individuals may encounter various problems throughout their lives. Overcoming difficult problems could be very difficult for an individual while they were going on with their daily life if they do not receive help. This is why the role of guidance councilors is increasing. Kuzgun (2000) noted that the increased need for raising individuals who are capable of dealing with problems that occur as a result of technological advances, and individuals could adapt to their environment. Hence, the role of the psychological counseling and guidance service in universities is to provide students with information about the services and opportunities they offer, help students understand themselves and their problems, overcome the problems they encounter, set goals and make decisions (Özgüven, 1999). Counselling service is very important for students' education because students can understand themselves and their environments, and find solutions to the problems they encounter. Also, receiving psychological guidance throughout the university, which is preparation for later life, is significant as it forms the foundation for an individual's professional, personal and social life in adulthood. In this study, it is aimed to determine the views of university students about psychological counseling.

Objective

The studies aiming to define a situation, which already exists or existed in the past, are studies designed according to scanning model (Karasar, 2003). In this study, an existing situation was analysed since the study aimed to determine university students opinions regarding psychological counseling. Therefore, this study is a patterned research designed according to scanning model.

Method

Participants

In this study, it is aimed to determine university students opinions regarding psychological counseling. The study group consisted of 188 1th-4th year students studying at Abant Izzet Baysal University Faculty of Economics and Administrative Sciences, Ufuk University Faculty of Law, Kırıkkale University Faculty of Veterinary Medicine, Kafkas University Faculty of

Literature, Necmettin Erbakan University Faculty of Divinity, Hacettepe University Faculty of Engineering, Amasya University Faculty of Architecture, Ankara University Faculty of Law in Spring 2016-2017 academic year. The number of female students participating in the study was 133 (70.74%) and the number of male students participating in the study was 55 (29.26%).

Data collection tool

The University Students' Views Regarding Psychological Counseling Form was developed in order to determine university students opinions regarding psychological counseling. Developed by the researcher, these forms consisting of 20 items were designed as a 5-point Likert type scale. The frequencies and the percentages obtained from the form were computed.

Findings

In this section, you can see the frequency (*n*) and percentage (%) distributions according to the answers given to the items in the "University students' views on psychological counseling".

Table 1. University students' perception frequency and percentage distribution regarding psychological counseling

Items	Rating									
	Strongly disagree		Agree to some extent		Indecisive		Strongly agree		Totally agree	
	n	%	n	%	n	%	n	%	n	%
1. Student perception frequency and percentage distribution regarding psychological help search behavior	20	10.6	44	23.4	46	24.5	58	30.9	20	10.6
2. Student perception frequency and percentage distribution regarding help seeking behavior when psychological health is in danger	8	4.3	30	16.0	39	20.7	64	34.0	47	25.0
3. Student perception frequency and percentage distribution regarding sharing personal and emotional problems with family	35	18.6	63	33.5	43	22.9	27	14.4	20	10.6
4. Student perception frequency and percentage distribution regarding prefer to solve problems on their own	12	6.4	37	19.7	57	30.3	47	25.0	35	18.6
5. Student perception frequency and percentage distribution regarding seek psychological help as a last resort	6	3.2	19	10.1	51	27.1	67	35.6	45	23.9

Table 1. University students' perception frequency and percentage distribution regarding psychological counseling - *continued*

Items	Rating									
	Strongly disagree		Agree to some extent		Indecisive		Strongly agree		Totally agree	
	n	%	n	%	n	%	n	%	n	%
6. Student perception frequency and percentage distribution regarding psychological help is not acceptable to society	71	37.8	29	15.4	57	30.3	23	12.2	8	4.3
7. Student perception frequency and percentage distribution regarding psychological counseling service to improve the quality of life	2	1.1	21	11.2	34	18.1	83	44.1	48	25.5
8. Student perception frequency and percentage distribution regarding perception of psychological problems as a personal inadequacy	7	3.7	13	6.9	41	21.8	63	33.5	64	34.0
9. Student perception frequency and percentage distribution regarding perception of psychological problems as a forgettable situation	4	2.1	16	8.5	53	28.2	68	36.2	47	25.0
10. Student perception frequency and percentage distribution regarding see professional help as an embarrassing undertaking	106	56.4	30	16.0	30	16.0	15	8.0	7	3.7
11. Student perception frequency and percentage distribution regarding expressing women's feelings	9	4.8	22	11.7	57	30.3	60	31.9	40	21.3
12. Student perception frequency and percentage distribution regarding protection of social support from negative life events	3	1.6	13	6.9	92	48.9	56	29.8	24	12.8
13. Student perception frequency and percentage distribution regarding university life leads to changes in the individual	3	1.6	9	4.8	21	11.2	71	37.8	84	44.7
14. Student perception frequency and percentage distribution regarding the need for professional help from individuals with psychological problems	2	1.1	24	12.8	28	14.9	64	34.0	70	37.2
15. Student perception frequency and percentage distribution regarding positive influence of the individual's social support on the family	1	0.5	15	8.0	25	13.3	43	22.9	104	55.3
16. Student perception frequency and percentage distribution regarding social support of friends	1	0.5	13	6.9	28	14.9	63	33.5	83	44.1

Table 1. University students' perception frequency and percentage distribution regarding psychological counseling - *continued*

Items	Rating									
	Strongly disagree		Agree to some extent		Indecisive		Strongly agree		Totally agree	
	n	%	n	%	n	%	n	%	n	%
17. Student perception frequency and percentage distribution regarding support of getting professional help	1	0.5	12	6.4	53	28.2	73	38.8	49	26.1
18. Student perception frequency and percentage distribution regarding change of viewpoint when psychological help is received	47	25.0	38	20.2	66	35.1	28	14.9	9	4.8
19. Student perception frequency and percentage distribution regarding getting professional help means that you have been unsuccessful	87	46.3	30	16.0	41	21.8	26	13.8	4	2.1
20. Student perception frequency and percentage distribution regarding your own thoughts are more important than what others would think while receiving psychological help	8	4.3	14	7.4	29	15.4	73	38.8	64	34.0

As can be seen in Table 1, while 10.6 % of students said they completely disagree or totally agree with psychological help search behavior, on the other hand 30.9 % of them said they strongly agree psychological help search behavior. As is seen in item 2, 4.3 % of students said they completely disagree with help seeking behavior when psychological health is in danger, on the other hand 34.0 % of them said they strongly agree help seeking behavior when psychological health is in danger. As can be seen in item 3, while 10.6% of students said they completely agree, 33.5% of them said they slightly agree with sharing personal and emotional problems with family. As it can be seen in item 4, 6.4% of the students said they either strongly disagree while 30.3% of them said they are undecided with preferring to solve problems on their own. As is seen in item 5, 3.2 % of students said they completely disagree while 35.6 % said they strongly agree with the seeking psychological help as a last resort. As can be seen in item 6, 4.3 % of the students said they completely agree while 37.8 % said they strongly disagree with the psychological help is not acceptable to society. As it can be seen in item 7, while 1.1 % of the students said they strongly disagree, 44.1 % said they strongly agree with the psychological counseling service to improve the quality of life. As is seen in item 8, 3.7 % of

the students said they strongly disagree whereas 34.0 % said they completely agree with the perception of psychological problems as a personal inadequacy. As can be seen in item 9, 2.1 % of the students strongly disagree, while 36.2 % said they strongly agree with the perception of psychological problems as a forgettable situation. As can be seen in item 10, 3.7 % of the students completely agree, while 56.4 % said they strongly disagree with the seeing professional help as an embarrassing undertaking.

As can be seen in item 11, 4.8 % of the students strongly disagree, while 31.9 % said they strongly agree with the expressing women's feelings. As can be seen in item 12, 1.6 % of the students strongly disagree, while 48.9 % said they are undecided agree with the protection of social support from negative life events. As can be seen in item 13, 1.6 % of the students strongly disagree, while 44.7 % said they completely agree with the university life leads to changes in the individual. As can be seen in item 14, 1.1 % of the students strongly disagree, while 37.2 % said they completely agree with the the need for professional help from individuals with psychological problems. As can be seen in item 15, 0.5 % of the students strongly disagree, while 55.3 % said they completely agree with the positive influence of the individual's social support on the family. As can be seen in item 16, 0.5 % of the students strongly disagree, while 44.1 % said they completely agree with the distribution regarding social support of friends. As can be seen in item 17, 0.5 % of the students strongly disagree, while 38.8 % said they strongly agree with the support of getting professional help. As can be seen in item 18, 4.8 % of the students completely agree, while 35.1 % said they are undecided with the change of viewpoint when psychological help is received. As can be seen in item 19, 2.1 % of the students completely agree, while 46.3 % said they strongly disagree with the regarding getting professional help means that you have been unsuccessful. As can be seen in item 20, 4.3 % of the students strongly disagree, while 38.8 % said they strongly agree with the your own thoughts are more important than what others would think while receiving psychological help.

Conclusions

In conclusion, the study findings revealed that the most positive perceptions of university students regarding psychological counselling and

guidance are positive influence of the individual's social support on the family and university life leads to changes in the individual and social support of friends whereas their most negative perceptions are see professional help as an embarrassing undertaking and getting professional help means that you have been unsuccessful and psychological help is not acceptable to society. When psychological counselling and guidance services are needed, instead of the target service students should consult, the findings suggest that students consider different support choices, such as their family and friends. These findings are in accordance with some other published studies (Büyükgöze Kavas, Topkaya, & Gençoğlu, 2014; Topkaya & Meydan, 2013; Topkaya, 2014). In light of findings revealed in the scope of the present research, future research with different cohorts may investigate whether there is an association between cultural, personal, social or any problem they experience and the different support mechanisms that university students in Turkish society perceive as compensation for psychological counselling. Also, there is a need to introduce the psychological counselling and guidance services in the universities and raise awareness among students about the contribution of the counselling and guidance programmes to the students' life, which are tailored to students' needs.

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