

Influence of School Counsellors in Study Habit of Asolescents in Some Selected Schools in South – West Nigeria

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Article Detail:	Abstract
<p>Received: 30 May 2022; Received in revised form: 17 Jun 2022; Accepted: 22 Jun 2022; Available online: 30 Jun 2022</p> <p>©2022 The Author(s). Published by International Journal of English Language, Education and Literature Studies (IJEEL). This is an open access article under the CC BY license (https://creativecommons.org/licenses/by/4.0/).</p> <p>Keywords— School counselors, Study Habit, Adolescents and school.</p>	<p><i>Cousellors assists students in their study habits which include learning and concentration. Study habits have been a major concern for both students, school counsellors, parents and teachers. The work focuses on influence of school counsellors in the study habits of in-school adolescents in Nigeria. The study was carried out in secondary schools in south-west, the design adopted for the study was ex-post facto research design. Four hundred (400) participants were used for the study, these include (50) school counsellors, (50) were teachers, while (150 male and 150 female) were students. Two Questionnaires was used for the study, which was 30 items for Students Study Habits Questionnaire (SSHQ) and 50 items for Counselling Services for Students and Teachers questionnaire (CSSTQ). Testing for the study was at 0.05 level of significance. Findings of the study showed that school counsellors has impacted on study habits of adolescents in school using mainly learning, concentration, academic and personal-social counselling method to aid the students. Scholars recommend that school counsellors should encourage the use of library among students in schools.</i></p>

1. Introduction

Defining and delimiting the term Counselling has been a Hazardous task to researchers in the field. A survey of the literature available on the subject shows that each definition conveys the subjective biases of its own author. Some eminent workers in the field derive the definitions from the root word ‘counsel’. Counselling as the assistance that an individual who is trained gives to another to enable such an individual understand his interest, strength and weakness. Counselling is as an inter-personal relationship between a professionally trained client and a troubled

individual. Counselling also focus on problem sharing and information. School Counsellors provides assistance to students and married couples. Olusakin (2010) define Counselling as a personalized experience between the counsellor and the client. counselling is seen as the heart of guidance and counselling since it’s provides a forum of interaction between the client and the counsellor. Counselling services are important to students since they need to solve challenges regarding study, career, socio and personal problems they encounter in life.

In offering a comprehensive counselling in school, Nwoye (2003) listed the major counselling services in school which include: Orientation services, the school counsellor should be involved in the orientation programme for new in takes. Appraisal services are rendered by the school counsellor in the area of collecting data regarding the students in the area of understanding the student's better and thus be able to make students understand themselves. Information service includes provision of the right information about the three dimensions of guidance and counselling (Educational, Vocational and Personal-social) is one of the major services counsellors render. It's also involved creating awareness of counselling. Counselling services is a personalized experience between the counsellor and the client. Planning service helps the client to plan their future and work towards the realization of such plan. Placement service helps the student in proper selection of adequate utilization of opportunities within and outside the school system and the world of work. Within the school system students are placed in the right school, class, taking in to consideration their abilities, interests and aptitudes. Follow-up Service is provided as the counsellor follows his client up by obtaining relevant progress report. Referral service should be free to refer any case beyond his knowledge, experience or control to the appropriate personnel. Consultancy service is done by the school counsellor. The counsellor and also the school teacher's functions as a human resource consultant to both school and non-school personalities by helping individual solve corporate problems.

One of the greatest educational problem adolescent faces is ineffective study habits in the students. Many students do not know how to study well thereby performing poorly in academic work. Study habits elicit and guide one's cognitive process during learning and its plays a very crucial role in the academic performances of students. Denga 2006, Study habit refers to the conscious and purposeful use of one's cognitive skills, feelings and actions to maximize the learning of knowledge and skills for a given task and set of conditions. Study habits are the application of an individual intelligence, emotions, and activities towards the acquisition of knowledge and skills to accomplish an assignment. Logically, effective study habits are contingent on keen intellectual competence, stable emotions and relevant activities deliberately directed to construct knowledge and

develop skills so as to attain a goal. Study habits can be seen as a theme setting of subjects to be learned or investigated, and the tendency of students to study when the opportunity is given (Makinde, 2004).

From the researchers view bad study habits make study rigorous and painful. The study of students plays vital role in reflecting the standard of education and the students' individual performances hence students cannot learn simply by being told what to do but rather they have to practice studying habitually. Students in their childhood have more interests and self-discipline in everything and if parents and teachers inculcate in them good habits, it will be useful in their future studies. From the researchers experience school counsellors have developed effective study habits method for students in school as follows:

- (1) Prepare a plan of action and budget the time properly for a day and a week as a well as Break the whole material into small paragraphs, practice summarizing each paragraph quickly in the mind.
- (2) Give more time for studying difficult subject in the schedule.
- (3) Favorable environment gives good concentration while studying.
- (4) Develop the attitude of questioning yourself and others about the point that you have read
- (5) Prepare brief note of what you read, besides noting down the book page numbers in it, if using other book.
- (6) For rechecking, it is better you underline the important points, topics and questions.
- (7) Memorize the formula, principles, symbol and rules that are needed again and again.

Alberto (2003) listed the factors influencing study habits of students as follows: Home, School environment, curriculum, personality of the students, Intelligence, Community and Gender. School counsellors can provide strategies of helping adolescents in their study habits Omoegun (2014) outlined effective study habits method for adolescents in school to follow, which include;

Survey: Before a student's starts reading any material he should first of all have a general idea of what to expect before surveying the material. This will help in the organization of the facts, ideas and information he will encounter when he begins to study.

Question: When students pause to remember question they tend to remember better. By asking question curiosity is aroused and the individual is oriented towards finding the answers to question.

Read: Many people have approach to reading. When reading an individual should know what he is looking for, the ability to organize things and his thoughts.

Recite: means talking out aloud. Through recall the students get immediate feedback of what he does not remember. Reciting helps in the retrieval of facts from memory.

Review: when a student finish reading and reciting it is very important for a student to review what he has read. But if he cannot recall the key ideas he has to go back and study what he has missed.

Study habits guides one cognitive process during learning and its play a very crucial role in the academic performances of students. According to Thompson (2000), developing good study skills include; Prepare a plan of action for study, Give more time to study difficult subject, Questioning skills, Favorable environment gives good concentration ,Memorize the formula, principles, symbols and rules that are necessary and note taking. The school counsellor can organize person to person counselling for student (Becker, 1963). The school Counsellor helps students' academic and social development problem and other special needs. Great Britain department of Education (2006) outline some of the causes of ineffective and poor study habits by students as follows: Inability to cope with anxiety, rigidity of thoughts and study habits, inadequate reading skills, unplanned and sporadic attempts at study, low rate of productivity resulting in inability to complete working, inability to develop an argument in a reasoned and coherent ways, lack of structure in written work and thinking including a logical structure, failure to use teachers comments, Rao (1981).

Adolescents generally are perceived by the adults as a group who constantly engage in activities which are contrary to the norms, ethics and values of the society. The youngsters are seen as a group constantly seeking independence from the adult society, particularly of parents and other authority figures. The term adolescents have been variously defined by many authorities in education, social work, counselling, psychology and Biologist. Ano (2000) define adolescent as a period from 12 to 18 years and a

time of discovery and awakening. He also opined that adolescent period is a time when intellectual and emotional maturation combine with physical development to create increasing freedom and excitement. Oba (2002) see's adolescents as a period between puberty and adulthood. Adolescents according to Omogun (2011), refers to the period between the age of 12 and 18, and a time when the individual is striving to wean himself from his family and becomes self-sufficient, self-actualized and independent person. Sigmund Freud theory of psychosexual development also portrays adolescence as being fraught with internal struggle. According to Freud, during the last stage of psychosexual development, the genital phase the child is inundated with instinctual impulses which disrupt the balance between ego and id. Freud theory also portrays adolescent as being fraught with internal struggle. Like Freud, psychosocial theory of Erikson 1968 viewed adolescent as a time of storm and stress. Erikson also believes that adolescent is a period of heterosexual attachment of interests. In helping adolescents study habits, Bakare (1977) developed a psychological tests named 'study habits inventory' (SHI). The inventory was developed as a manual psycho-educational research production specifically for Nigeria education secondary school students. A student whose major objective at school is to develop educational competences must use effective method of studying.

2. Purpose of the study

The main purpose of the study is to:

1. Determine the influence of school counsellors in the study habit of adolescents in some selected schools in south – west Nigeria
2. Determine the effectiveness of counselling services in school
3. Determine the best study techniques method for adolescents in-school
4. Determine how adolescents cope with their study habits in school

Research Questions

1. Does the school counsellor impacts on study habits of adolescents in South-West Schools in Nigeria?

2. How does School counsellor influence reading skills of SS2 Students in Selected Schools in South-West Nigeria
3. How does the students benefits from counselling programme in schools

Research Hypothesis

1. The use of library of adolescents in schools is significant
2. The reading skills of the students is significant

3. Methods

Expo-facto design was used for the purpose of the study. The population of the study comprises of SS2 students in 19 selected schools in South-West Nigeria. The research used for this instruments was

study habits questionnaire (SSHQ) consisting of 30 items, while the other is Counselling services for students and teachers questionnaire (CSSTQ). Total population was 400. Participants were selected randomly from South- West Schools in Nigeria; these include students, counsellors and teachers. The Students Study Habits Questionnaire (SSHQ) is designed to grade study habits skills type, good study habits, learning and concentration and the use of library. It’s contained six parts, with five questions each in each section. The Counselling Services for students and Teachers was designed to know the effectiveness of counselling in school for students and teachers. It was also designed to determine the influence of counselling towards students study habits.

Summary of Analysis

Source	Type III Sum of squares	Df	Mean Square	F	Sig
Corrected Model	20259.	3	229.6	.000	.000
Intercept	9864.99	2	978.5	891	.000
Achievers	37827	1	445.8	376	.105
Method	.000		234	291	.364
Total corrected	66,974.99	400			

4. Discussions of Results

The table above showed the results and summary of analysis. Results showed that 364 participants including male and female students, counsellor and teachers finds the school counsellor to be effective in providing study habits techniques and organizing psychological tests to know the challenges of the students.

other methods to evaluate and advice students. Proper method used in enhancing study habits of students which include, read, recite, question and survey. Students also find the use of library very effective. School teachers find the reciting and repetition of words while reading effective. The findings of the work will also be useful to students, school counsellors teachers, parents and school authority.

5. Conclusion

School counsellors should be actively involved in improving the study skills of students. One of the major goals of guidance counsellors in schools is achieving high academic performances by students. The school counsellors use various techniques and psychological tests in achieving a balanced study habits for students.

The school Counsellor plays an important role in education. Counsellors use interviews, counselling, sessions, interests and aptitude assessment tests, and

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