

## **Effects of Psychological Counselling on Academic Achievement in Secondary School with Reference to Purba Medinipur District**

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### **ABSTRACT**

Psychological treatment helps secondary school students succeed academically and emotionally. This study analyses how psychological counselling affects secondary school pupils' academic performance in Purba Medinipur. Emotional instability, academic pressure, identity formation, and social problems during adolescence might impact students' learning outcomes. Students experiencing stress, anxiety, low self-esteem, behavioural issues, and adjustment difficulties tend to perform poorly academically. The study explores how school-based counselling interventions assist children in overcoming psychological barriers and enhancing academic achievement. Psychological counselling teaches stress management, emotional regulation, time management, goal setting, and study habits, which boost confidence, motivation, concentration, and learning attitudes. Counselling helps children increase classroom involvement, exam performance, attendance, and interactions with teachers. It emphasises the importance of counselling services for students from diverse socio-economic and rural backgrounds in Purba Medinipur district, where mental health resources and academic support may be limited. First-generation students and those facing familial or environmental challenges benefit from counselling. However, the report also highlights barriers such as a lack of trained therapists, inadequate infrastructure, low parent and teacher awareness, and societal stigma surrounding psychiatric care. The findings indicate that psychological counselling improves secondary school pupils' academic outcomes. Schools can enhance academic achievement and student development by expanding counselling services. The report advocates for integrating structured counselling programs, qualified professionals, and a supportive school environment to improve education in the district.

**Keywords:** *Performance, Counselling, Economic, Sensitivity, Cognitive, Self-Esteem.*

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## **INTRODUCTION**

Education is a holistic process that develops an individual, not just knowledge. Secondary school adolescents undergo rapid physical, emotional, cognitive, and social changes that affect their personality and academic performance. Identity formation, heightened sensitivity, peer influence, academic pressure, and future uncertainty characterise adolescence, usually in secondary school. Developmental hurdles can cause psychological stress, emotional instability, and behavioural issues that might hinder academic performance. School psychological counselling has grown in popularity as a supporting service for students' mental, emotional, and behavioural needs. Psychological counselling helps students understand themselves, manage personal issues, develop coping skills, and make educated decisions. Students can discuss academic stress, family troubles, peer relationships, self-esteem, anxiety, despair, and career confusion in a confidential setting.

Secondary academic performance determines future educational and employment possibilities. Emotional anguish, lack of desire, poor study habits, examination anxiety, and adjustment problems cause many students to underperform. Psychological counselling helps students overcome these barriers by improving self-confidence, concentration, emotional management, and problem-solving. Counselling improves academic achievement by fostering positive learning attitudes, time management, and goal-setting. Psychological counselling is especially important in West Bengal districts like Purba Medinipur, where pupils have various socio-economic, cultural, and educational backgrounds. Many pupils in this district are rural and may encounter inadequate educational resources, budgetary constraints, parental illiteracy, and lack of home guidance. Academic challenges and school expectations are especially difficult for first-generation learners. For kids facing personal and environmental barriers to learning, school-based therapy can be invaluable.

In addition, board test competition, parental expectations for academic performance, and rapid social change have raised psychological pressure on adolescents. Without support, these expectations can lead to stress, absenteeism, behavioural disorders, and school dropout. Psychological counselling promotes mental health, resilience, and life skills in students to avoid and treat disorders. Lack of skilled experts, facilities, awareness, and social stigma around mental health assistance make counselling services at many secondary schools in Purba Medinipur district poor. Thus, a thorough study of psychological counselling's effects on students' academic performance is needed to promote its use.

Psychological counselling may have a positive or negative impact on students' academic performance in Purba Medinipur district, which is why this study sets out to find out. To better understand the role of mental health support in academic success, the project aims to analyse how counselling effects emotional well-being, motivation, study habits, adjustment, and performance. Insights gained from this study might help school administrators, parents, and teachers improve counselling services and foster kids' growth as individuals.

Students go through a lot of physical, emotional, and mental changes throughout secondary school, so psychological counselling has become an important aspect of contemporary education. Academic pressure, identity crises, family expectations, peer pressure, and job insecurity are common challenges that adolescents encounter. They may find it harder to focus, less motivated, emotionally

unstable, and less successful academically as a result of these difficulties. Pupils in Purba Medinipur come from a wide range of socioeconomic and educational backgrounds, making school-based psychological treatment all the more important.

### OBJECTIVES OF THE STUDY

- ✓ To study the impact of psychological counselling on the academic performance of secondary school students.
- ✓ To investigate the role of counselling in reducing academic stress and examination anxiety among students.
- ✓ To study the influence of psychological counselling on students' concentration and study habits.
- ✓ To analyse the effect of counselling on students' self-confidence and academic motivation.
- ✓ To investigate how counselling helps in improving emotional stability and adjustment in school.
- ✓ To study the relationship between counselling support and classroom participation.

### METHODOLOGY

The study uses a primary data with qualitative analysis to assess the impact of psychological counselling on students' academic achievement. This design enables comparison between students who receive counselling and those who do not. Many counselling studies employ control and experimental groups with pre- and post-testing to evaluate performance improvements. When figuring out the causal relationships between academic outcomes and counselling, experimental methods are acceptable.

**Study Area:** The study is limited to West Bengal's Purba Medinipur district's secondary schools.

The population comprises:

- All students studying in secondary schools (Classes IX–X) in Purba Medinipur district
- Both government and private institutions

### Sample Size

A representative sample of secondary school students 100 students taken.

### AGE

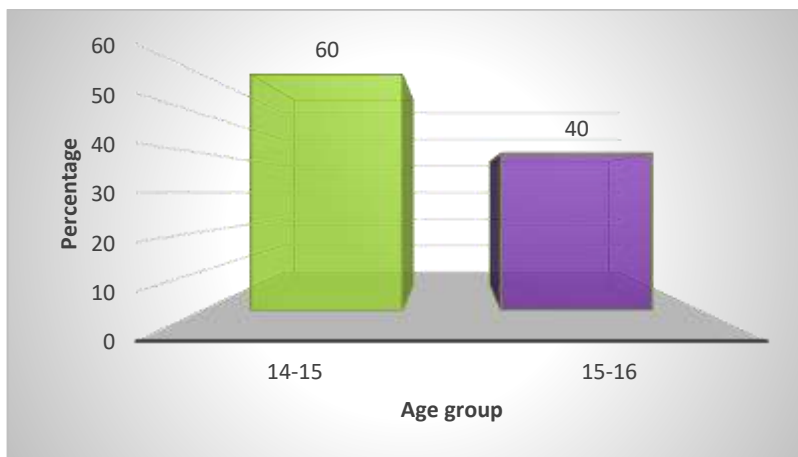
The age of the respondents was taken and tabulated. The age was taken from 12 to 16 years as the level of secondary school was the study of analysis.

**Table 1: Age of The Respondents**

Age	No of Respondents	%
14-15	60	60
15-16	40	40
<b>Total</b>	<b>100</b>	<b>100</b>

Source: Primary data

The data shows that 60 % age is between 14-15 years and 40 % is age between 15-16 years. The data shows that majority of the respondents falls under age 14-15 years.



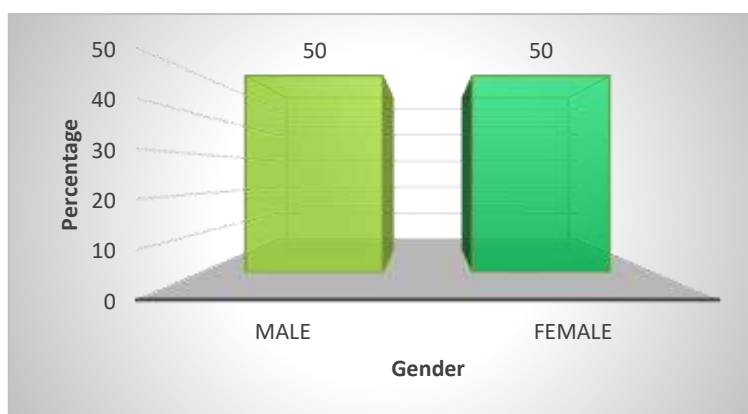
**Fig 1: Age of The Respondents**

**GENDER**

**Table 2: Gender of The Respondents**

Gender	No of respondents	%
Male	50	50
Female	50	50
<b>Total</b>	<b>100</b>	<b>100</b>

Source: Primary data



**Fig 2: Gender of The Respondents**

The data shows that the respondents were 50 % male and 50 % were female.

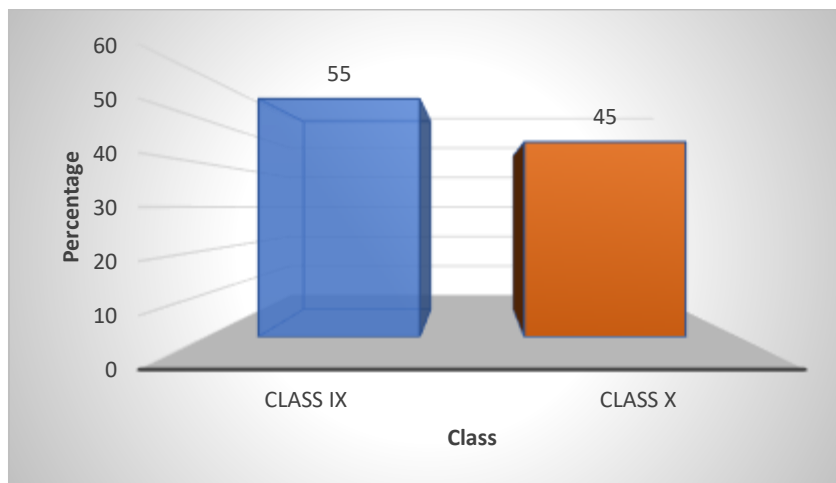
**CLASS**

**Table 3: Class of The Respondents**

Class	No of respondents	%
Class IX	55	55
Class X	45	45
<b>Total</b>	<b>100</b>	<b>100</b>

Source: Primary data

The data shows that 55 % belongs to Class IX and 45 % belongs to Class X. The majority of the respondents belongs to Class IX.



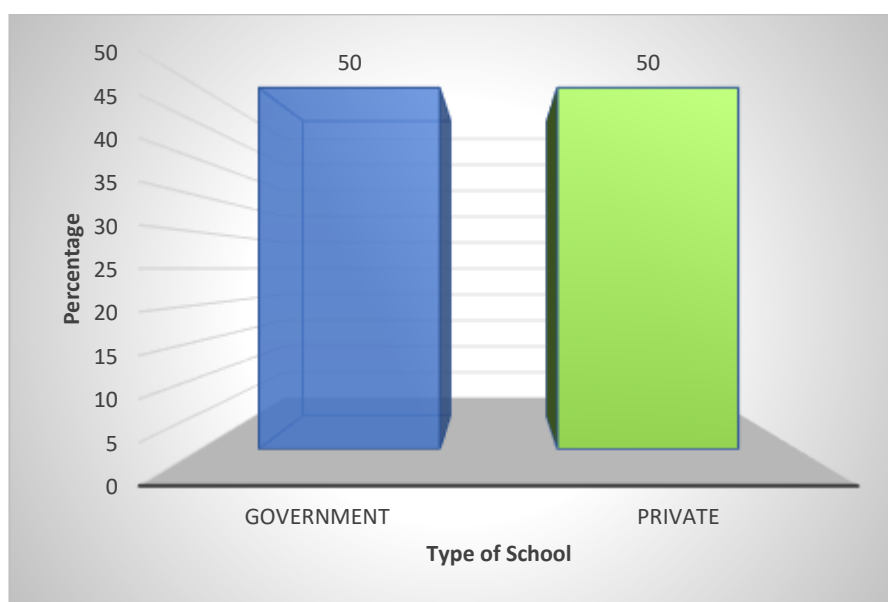
**Fig 3: Class of The Respondents**

### TYPE OF SCHOOL

**Table 4: Type of School of The Respondents**

Type of school	No of respondents	%
Government	50	50
Private	50	50
<b>Total</b>	<b>100</b>	<b>100</b>

Source: Primary data



**Fig 4: Type of School of The Respondents**

## **QUALITATIVE ANALYSIS AND INTERPRETATION**

### **Academic Performance Gets Improved by Psychological Counselling**

Academic performance is one area where psychological counselling has shown to have a notable impact on students. Individual, interpersonal, and contextual factors that impede learning can be better understood with the use of counselling. Students learn to overcome these challenges and establish successful learning strategies through individualised instruction.

Students who regularly attend counselling sessions tend to improve as follows:

- They get better examination scores
- They get improvement in classroom participation
- They can increase in homework completion
- Their academic levels get higher, and their persistence is noticeable.

Students from rural areas and first-generation learners, who frequently do not have parental support for their education, have benefited greatly from counselling in the Purba Medinipur district. Counselling helps these kids perform closer to their potential by addressing concerns like poor self-confidence and fear of failing.

### **Academic Stress and Test Anxiety Get Reduced**

Secondary school students face intense academic pressure, especially in the years of board exams. Anxiety, fear of underperforming, and parental expectations often cause mental fatigue and lower study efficiency.

Psychological counselling equips students with coping techniques such as:

- The relaxation gets exercises.
- The student helps to manage time skills.
- The positive thinking strategies get improved.
- The stress management methods is adopted.
- Examination preparation techniques

Students' ability to focus, remember, and do well on exams improves as their anxiety levels go down. There is a growing need for counselling services in Purba Medinipur to alleviate test anxiety and fatigue as a result of the intense rivalry for university admissions.

### **Concentration and Study Habits Gets Enhanced**

Some of the problems that a considerable proportion of adolescents struggle with include poor study habits, procrastination, and an inability to concentrate. Counsellors are tasked with the job of supporting students in the establishment of disciplined learning habits that are uniquely tailored to the students' individual capabilities and the circumstances in which they live.

The improvements which mainly include are:

- To establish daily study schedules
- To break task into manageable units
- To develop effective note-taking skills
- To improve attention span
- To reduce distractions

Students develop a greater capacity for organization and self-control, which directly contributes to improved academic achievements. Teaching staff at Purba Medinipur schools, both urban and rural, have reported a discernible increase in the attentiveness of their students following the implementation of counselling programs.

### **Improvement in Emotional Stability**

Psychological upheaval is a hallmark of the adolescent years. The feelings of anger, depression, or withdrawal from school activities can be brought on by a variety of issues, including but not limited to family conflicts, financial stress, social rejection, or identity challenges. Students are provided with a secure setting in which they can learn how to regulate their emotions and communicate their feelings through the service of psychological counselling. The benefits include:

- To reduced mood swings
- To better coping with personal problems
- To increase emotional resilience
- To improved decision-making abilities

The emotionally stable students are more capable of sustained concentration and consistent academic effort.

### **Better School Adjustment and Attendance**

Student who are having difficulty adjusting to their new environment frequently exhibit behaviours such as absenteeism, lack of interest, or disciplinary difficulties. These challenges are addressed through counselling, which assists kids in adjusting to the expectations of school and the social contexts they are a part of.

Positive outcomes include:

- To improve relationships with teachers
- To better peer interaction
- To increased participation in school activities
- To reduce dropout tendencies
- Regular attendance

In Purba Medinipur district, counselling has been especially useful for students transitioning from primary to secondary levels, where academic demands become more complex.

## Challenges in Implementing Counselling Services in Purba Medinipur

Despite its benefits, several obstacles limit the effectiveness of psychological counselling:

- Shortage of trained school counsellors
- Limited awareness among parents and teachers
- Social stigma surrounding mental health support
- Inadequate infrastructure and resources
- Large class sizes restricting individual attention
- Lack of systematic counselling programs in government schools

These challenges need to be addressed for counselling services to reach their full potential.

## CONCLUSION

When it comes to the academic performance of secondary school pupils, psychological counselling has a significant and multifaceted impact on the students' overall performance. By treating emotional challenges, lowering stress, promoting motivation, improving study habits, and helping behavioural adjustment, counselling assists students to perform more efficiently in their academic endeavours. This is accomplished by creating a more positive learning environment. Counselling is especially useful in the setting of the Purba Medinipur area because of the socio-economic diversity, the difficulties that rural education presents, and the growing academic competitiveness. Strengthening school counselling services has the potential to greatly improve educational outcomes as well as the overall well-being of students, despite the fact that there are obstacles against their implementation.

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