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Assessment of adolescents' perception of sources of guidance

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Abstract

The present study was undertaken to know the perception of sources of guidance services provided to them. Sample of 200 adolescents was taken (100 urban and 100 rural) A self structured questionnaire was used to gather information about adolescents' perception of the sources of various guidance services being provided to them. Data was also collected about the sources of adolescents' guidance and counselling services and the people they approach for help and support viz a viz the family members, teachers, peers, electronic and print media and professional counselors. Majority of adolescents trust their parents for physical, social and psychological guidance, whereas, for educational guidance they relied more on internet sources and further internet and print media for vocational guidance.

Keywords: Assessment of adolescents sources of guidance educational guidance

Introduction

Guidance is the systematic professional process of helping the individual through education and interpretative procedures to gain a better understanding of his own characteristics and potentialities. Guidance also enabled each individual to understand his abilities and interests, to develop them as well as possible and to relate them to life goals, and ultimately to reach a state of complete and mature self-guidance as a desirable member of social order. Guidance is a programme of service given to people based on the needs of each pupil which provide an understanding of his immediate environment, the influences of the factors on the client and distinctive characters of the school (Omebe (2005) ^[5]).

The role of guidance and counselling is extremely comprehensive and indeed very vast. The scope of guidance as per the necessity of today's era is extending horizontally to much of the social context. Guidance needs are very important in each and every life stages, but crucial at the period of adolescence. Adolescence is regarded as a period of transition where childhood period ends, adolescence face numerous challenges, tends to be confused about their identity and role. Life is getting complex with advancement in technologies for which there is a need of experts which are growing proportionately. Guidance need is not only limited up to vocational or educational. It has extended to psychological, social and physical as well.

Adolescence is generally regarded as a turbulent stage and is depicted as a negative period of life-a phase of storm and stress to be survived or endured (Arnett 1999) ^[2]. It is considered as a significant period in terms of puberty and also considered as revolution of person's life which starts with biological change and terminates in adjusting with those challenges in the environment (Petersen 1988) ^[6]. In other terms, adolescence come into sight from later childhood and merge into adulthood with sexual maturity, increased hormone levels, desire for more independence (Youniss & Smollar 1985) ^[8], ability to think abstractly, rising interest in peers, distancing from parents due to relationship with peers or outside (Steinberg 1988) and the initiation of romantic relationship are major features of adolescence. Adolescents of today's era need more professional guidance in addition to the general guidance provided to them by the parents and teachers (Kanchana 2002) ^[4]. School counseling and intervention have positive impacts on students. (Borders and Drury 1992) ^[3]

It has been seen in Punjab, some schools which are affiliated by CBSE have school counselor but there is no provision of professional counselors in government funded schools. Adolescents lack service of guidance and counseling. However, some of the teachers who hold an interest in guiding the students to solve their academic problems but there are many problem which are not solved because of lack of counselors. Adolescents face difficulties which they cannot readily cope with in the absence of assistance. A school counsellor's role

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also becomes sensitive when the ultimate aim is students' academic achievement. (Shechtman 2002)^[7]

Objectives

1. To assess the adolescents' perception of sources of guidance and counselling being provided to them.
2. To compare the perception of sources of guidance and counselling needs of rural and urban adolescents.

Criteria of selection

The following criteria of selection were used to select the sample from urban and rural localities:

- Age range of 16-18 years.
- Students going to Government Schools.

Sample: The sample comprised of 200 adolescents in the age range of 16-18 years drawn randomly from Senior Secondary Schools in rural and urban areas of Ludhiana district.

Assessment of adolescents' perception of varying sources of guidance needs: A self-structured questionnaire was used to gather information about adolescents' perception of the sources of various guidance services being provided to them. Data was also collected about the sources of adolescents' guidance and counselling services and the people they approach for help and support viz a viz the family members, teachers, peers, electronic and print media and professional counselors

Results and discussion

1. Locale wise distribution of respondents across various sources of physical guidance

Table 1 showed locale wise distribution of respondents across various sources of physical guidance. The data revealed that more than half of the rural adolescents (65%) and majority of urban adolescents (75%) relied on parents for physical guidance. Rural (67%) adolescents were getting more sibling assistance than urban adolescents (45%) under a significant difference ($Z=3.13$; $p\leq 0.01$) whereas only small proportion of sample were dependent on any other. (which includes grandparents, uncle, aunty) (rural 7% and 14% urban). Peer group was also a important source of physical guidance where rural adolescents (39%) took more assistance from classmates

friends than urban (31%) with no significant difference whereas home friend differ significantly between rural (54%) and urban adolescents (40%) ($Z=1.61$; $p\leq 0.10$).

It was further observed that effect of electronic media 39 per cent rural and 13 per cent urban adolescents turned to radio programmes for physical guidance with a significant difference, 50 per cent urban and 20 per cent rural relied on TV advertisements for physical guidance under a significant difference ($Z=4.44$; $p\leq 0.01$). On the other side 13per cent rural and 29 per cent urban adolescents were with films as a source of guidance for physical dimension. Now a days, internet is also emergency as a useful source of guidance for new generation. Sources of internet include applications, you tube, google and social networking sites. 6 per cent, 11 per cent of rural and urban adolescents answered internet applications as a link of physical guidance on the other hand you tube, google and social networking sites differ significantly where urban showed more usage of them for physical guidance.

Print media from ancient time is an influential factor for change, thus for physical guidance more than half of rural adolescents (68%) and 48 per cent urban adolescents revealed that they take assistance from book under a significant difference. ($Z=2.86$; $p\leq 0.01$) 6 per cent of rural and 25 per cent of urban adolescents were dependent on magazine with significant difference, whereas, only 16 per cent of urban and 1 per cent of rural adolescents were helped by newspapers ($Z=3.80$; $p\leq 0.01$) and majority of rural (70%) and urban (59) answered teachers as a source of physical guidance, whereas, nil per cent were taking help from professional counselors.

The results were in accordance with the study conducted by Ackard and Sztanier (2001)^[1] searched the adolescent source for physical guidance and revealed that parents were the most reliable source for giving guidance of physical fitness and health which was similar to this research findings. Urban adolescents were observed to take more assistance of siblings, radio programmes, TV advertisements, films, you tube, google, social networking sites, magazines and newspapers than rural adolescents. Rural adolescents were found more in taking physical guidance from books and home friends than urban adolescents which showed that urban area adolescents take more lead in usage of modern technology than rural respondents.

Table 1: Locale wise distribution of respondents across various sources of physical guidance.

Sources of physical guidance	Rural (n ₁ =100)		Urban (n ₂ =100)		Z value	Overall (n=200)	
	f	%	f	%		f	%
Family members							
Parents	65	65.00	75	75.00	1.54 ^{NS}	140	70.00
Siblings	67	67.00	45	45.00	3.13 ^{***}	112	56.00
Any other	7	7.00	14	14.00	1.61 [*]	21	10.5
Peer group							
Home friends	54	54.00	40	40.00	1.98 ^{**}	58	29.00
Classmates	39	39.00	31	31.00	1.18 ^{NS}	70	35.00
Electronic media							
Radio programmes	39	39.00	13	13.00	4.19 ^{***}	52	26.00
TV advertisements	20	20.00	50	50.00	4.44 ^{***}	70	35.00
Films	13	13.00	23	23.00	1.84 [*]	36	18.00
TV Shows	27	27.00	29	29.00	0.31 ^{NS}	56	28.00
Internet							
Applications	6	6.00	11	11.00	1.26 ^{NS}	17	8.50
You tube	30	30.00	59	59.00	4.12 ^{***}	89	44.50
Google	19	19.00	69	69.00	7.12 ^{***}	88	44.00
Social networking sites	23	23.00	34	34.00	1.72 [*]	57	28.50
Print media							

Books	68	68.00	48	48.00	2.86***	116	58.00
Magazines	6	6.00	25	25.00	3.71***	31	15.50
Newspapers	1	1.00	16	16.00	3.80***	17	85.00
Professional							
Teachers	70	70.00	59	59.00	1.62 ^{NS}	129	64.5
Professional counselors	0	0.00	0	0.00	0.00 ^{NS}	0	0.00

*p<0.10 **p<0.05 ***p<0.01

2. Locale wise distribution of respondents across various sources of social guidance.

Data put forth in the table 2 showed locale wise distribution of respondents across various sources of social guidance. The data revealed that majority urban adolescents (76%) and rural adolescents (75%) were found to take social guidance from their parents whereas more than half of rural adolescents (55%) and half of the urban adolescents (50%) relied on siblings as their source of social guidance whereas very little proportion of the sample (13% rural, 3% urban adolescents) were dependent on any other for social guidance (any other includes grandparents, uncle and aunty) with significant difference (Z-2.60; p<0.01). In peer group, home friends were source of social guidance for 30 per cent rural and 24 per cent urban adolescents, whereas, 45 per cent rural and 40 per cent urban were dependent on classmates for social guidance. In electronic media, significant locale difference (Z-2.60; p<0.01) was found for the radio programmes as rural adolescents (13%) were found to take assistance from radio programmes than urban adolescents (3%) Similarly, other sources of electronic media also had significant locale difference where rural adolescents were found more than urban adolescents in taking guidance from TV advertisements (7% rural and 2% urban adolescents), films (35% rural and 20% urban adolescents), whereas, non significant locale difference was observed for taking social assistance from shows which include 31 per cent of rural and 35 per cent of urban adolescents.

Internet is also plays a vital part for solving queries. You tube, google and social networking has significant locale difference where urban adolescents reported more than rural adolescents in taking assistance for social guidance.

In print media, books as a source of social guidance differ significantly in both the locale (Z-2.40; p<0.05) where rural adolescents (57%) responded more to books as a source of social guidance than urban adolescents (40%) whereas magazines and newspapers showed non significant locale difference where 15 per cent rural and 13 per cent urban adolescents responded newspapers as a source of social guidance and 16 per cent urban adolescents and 13 per cent rural adolescents were dependent on magazines for social assistance.

Further probe into the data presented that more rural adolescents (35%) seek social help from teachers than urban adolescents (29%) with non significant difference. As similar, to other guidance need assistance from professional counselors was found to be zero.

Majority of rural and urban adolescents relied on parents as their major source for social guidance whereas a significant difference was found between rural and urban adolescents in the sources of social guidance need where radio programmes, TV advertisements, films and shows were found more to be used as guidance among rural adolescents than urban, whereas, you tube, google, social networking sites, books were used more by urban adolescents.

Table 2: Locale wise distribution of respondents across various sources of social guidance.

Sources of social guidance	Rural (n ₁ =100)		Urban (n ₂ =100)		Z value	Overall (n=200)	
	f	%	f	%		f	%
Family members							
Parents	75	75.00	76	76.00	0.16 ^{NS}	151	75.50
Siblings	55	55.00	50	50.00	0.70 ^{NS}	105	52.50
Any other	13	13.00	3	3.00	2.60***	16	8.00
Peer group							
Home friends	30	30.00	24	24.00	0.95 ^{NS}	54	27.00
Classmates	45	45.00	40	40.00	0.71 ^{NS}	85	42.50
Electronic media							
Radio programmes	13	13.00	3	3.00	2.60***	16	8.00
TV advertisements	7	7.00	2	2.00	1.70*	9	4.50
Films	35	35.00	20	20.00	2.37**	55	27.50
Shows	31	31.00	29	29.00	0.30 ^{NS}	60	30.00
Internet							
Applications	0	0.00	00	0.00	0.00 ^{NS}	0	0.00
You tube	16	16.00	30	30.00	2.35**	46	23.00
Google	24	24.00	50	50.00	3.80***	74	37.00
Social networking sites	31	31.00	35	35.00	4.95***	66	33.00
Print media							
Books	57	57.00	40	40.00	2.40**	97	48.50
Magazines	13	13.00	16	16.00	0.60 ^{NS}	29	14.50
Newspapers	15	15.00	13	13.00	0.40 ^{NS}	28	14.00
Professional							
Teachers	35	35.00	29	29.00	0.90 ^{NS}	64	32.00
Professional counselors	00	0.00	0	0.00	0.00 ^{NS}	0.00	0.00

*p<0.10 **p<0.05 ***p<0.01

3. Locale wise distribution of respondents across various sources of psychological guidance

Table 3 showed locale wise distribution of respondents across various sources of psychological guidance where more than half of rural (62%) and urban (65%) adolescents took assistance from parents. Psychological guidance from sibling was taken more by rural (56%) than urban adolescents (40%) with a significant difference ($Z=2.64$; $p \leq 0.05$) whereas 23 per cent urban, 11 per cent rural adolescents reported any other for taking assistance. (any other include grandparents, uncle and aunty).

In peer group, non-significant locale difference was found for taking assistance from home friends and classmates where 20 per cent of rural and 22 per cent of urban respondents reported home friends and 7 per cent rural and 11 per cent urban adolescents relied on classmates for taking psychological assistance.

In electronic media, radio programmes, TV advertisements and TV shows had non-significant difference between rural and urban adolescents whereas for films (42%) urban adolescents were found more than rural (28%) adolescents under a significant difference. ($Z=2.07$; $p \leq 0.05$)

In internet, use of application ($Z=2.69$; $p \leq 0.01$), google ($Z=4.77$; $p \leq 0.01$) had a significant locale difference where, no

rural individual was found from total sample who relied on application for seeking psychological help whereas only 7 per cent of urban adolescents were found who take support of applications for psychological problems. Urban adolescents (42%) superseded rural adolescents (12%) in taking psychological assistance from google.

In print media, a significant gender difference was found for books and magazines. More number of urban adolescents (40%) reported books as a source of psychological guidance than rural adolescents (27%), whereas, only 5 per cent of rural adolescents and 19 per cent of urban adolescents took guidance from magazines ($Z=3.04$; $p \leq 0.05$). Irrespective of locale equal numbers of adolescents (20%) were found to take psychological guidance from newspapers. Similarly, equal number of respondents (49%) from males and females reported that that teachers were helpful in providing solution for psychological problem but professional counselors help was taken by none of the individual.

Irrespective of locale, major source of psychological guidance were parents, whereas, urban adolescents take more psychological guidance than rural from films, application, google, books and magazines whereas rural adolescents were found more than urban adolescents to take psychological guidance from siblings.

Table 3: Locale wise distribution of respondents across various sources of psychological guidance

Sources of psychological guidance	Rural (n ₁ =100)		Urban (n ₂ =100)		Z value	Overall (n=200)	
	f	%	f	%		f	%
Family members							
Parents	65	65.00	62	62.00	0.44 ^{NS}	127	63.50
Siblings	56	56.00	40	40.00	2.64 ^{**}	96	48.00
Any other	11	11.00	23	23.00	2.25 ^{**}	34	17.00
Peer group							
Home friends	20	20.00	22	22.00	0.34 ^{NS}	42	21.00
Classmates	7	7.00	11	11.00	0.98 ^{NS}	18	9.00
Electronic media							
Radio programmes	8	8.00	4	4.00	1.19 ^{NS}	12	6.00
TV advertisements	10	10.00	15	15.00	1.06 ^{NS}	25	12.50
Films	28	28.00	42	42.00	2.07 ^{**}	70	35.50
Shows	11	11.00	13	13.00	0.43 ^{NS}	24	12.00
Internet							
Applications	0	0.00	7	7.00	2.69 ^{***}	7	3.50
You tube	25	25.00	34	34.00	0.16 ^{NS}	59	29.50
Google	12	12.00	42	42.00	4.77 ^{***}	54	27.00
Social networking sites	11	11.00	17	17.00	1.22 ^{NS}	28	14.00
Print media							
Books	27	27.00	40	40.00	1.94 [*]	67	33.50
Magazines	5	5.00	19	19.00	3.04 ^{**}	24	12.00
Newspapers	20	20.00	20	20.00	0.00 ^{NS}	40	20.00
Professional							
Teachers	49	49.00	49	49.00	0.00 ^{NS}	98	49.00
Professional counselors	0	0.00	0	0.00	0.00 ^{NS}	0	0.00

* $p \leq 0.10$ ** $p \leq 0.05$ *** $p \leq 0.01$

4. Locale wise distribution of respondents across various sources of educational guidance

Educational guidance is very important in standing with today's running world. Table 4. showed locale wise distribution of respondents across various sources of educational guidance. The result revealed that 34 per cent of rural and 39 per cent of urban population were dependent on parents for educational guidance whereas 37 per cent urban 39 per cent rural adolescents were taking assistance from siblings. Non significant locale difference was found for taking assistance from peer group, as home friends were

means of source of educational guidance for 30 per cent rural and 28 per cent urban adolescents, whereas, 22 per cent rural and 20 per cent urban adolescents relied on classmates for educational guidance.

On the other hand in electronic media, radio programmes showed a significant locale difference ($Z=2.10$; $p \leq 0.05$) where rural adolescents (35%) were found more in taking educational guidance from radio programmes than urban adolescents (21%). TV advertisement, films showed non significant difference between males and females.

In internet, you tube ($Z=1.72$; $p \leq 0.10$), google ($Z=2.72$;

$p \leq 0.01$) and social networking sites ($Z=1.94$; $p \leq 0.10$) showed significant difference where urban adolescents (47%) were found more than rural adolescents (35%) who were engaged in using you tube for seeking educational help, followed by google where urban (68%) were more than rural adolescents (49%) who were indulged in taking education guidance. Even more urban adolescents (40%) were engaged in social networking than rural adolescents (27%) for taking educational help.

A non significant result was found for print media, as 27 per cent rural and 25 per cent urban rely on books for educational guidance, 39 per cent rural and 43 per cent urban adolescents

were dependent on newspapers. Teacher as a source of educational guidance differ significantly ($Z=2.35$; $p \leq 0.05$) where urban (30%) reported more than rural adolescents (16%) whereas professional counselors help was taken by none of the individual.

Maximum number of both the locale population relied on internet sources for seeking help for educational purpose, rural adolescents showed more dependency than urban in taking educational guidance from radio programmes and TV shows whereas urban adolescents were more indulged than rural in taking guidance from you tube, google, social networking sites and teachers.

Table 4: Locale wise distribution of respondents across various sources of educational guidance.

Sources of educational guidance	Rural (n ₁ =100)		Urban (n ₂ =100)		Z value	Overall (n=200)	
	f	%	f	%		f	%
Family members							
Parents	34	34.00	39	39.00	0.73 ^{NS}	73	36.50
Siblings	39	39.00	37	37.00	0.29 ^{NS}	76	38.00
Any other	14	14.00	9	9.00	1.10 ^{NS}	23	11.50
Peer group							
Home friends	30	30.00	28	28.00	0.31 ^{NS}	58	29.00
Classmates	22	22.00	20	20.00	0.34 ^{NS}	42	21.00
Electronic media							
Radio programmes	35	35.00	21	21.00	2.20 ^{**}	56	28.00
TV advertisements	14	14.00	12	12.00	0.42 ^{NS}	26	13.00
Films	5	5.00	10	10.00	1.32 ^{NS}	15	7.50
Shows	26	26.00	65	65.00	5.53 ^{***}	91	45.50
Internet							
Applications	14	14.00	23	23.00	1.63 ^{NS}	37	18.50
You tube	35	35.00	47	47.00	1.72 [*]	82	41.00
Google	49	49.00	68	68.00	2.72 ^{***}	117	58.50
Social networking sites	27	27.00	40	40.00	1.94 [*]	67	33.50
Print media							
Books	27	27.00	25	25.00	0.32 ^{NS}	52	26.00
Magazines	39	39.00	43	43.00	0.57 ^{NS}	82	41.00
Newspapers	18	18.00	23	23.00	0.87 ^{NS}	41	20.50
Professional							
Teachers	16	16.00	30	30.00	2.35 ^{**}	46	23.00
Professional counselors	0	0.00	0	0.00	0.00 ^{NS}	0	0.00

* $p \leq 0.10$ ** $p \leq 0.05$ *** $p \leq 0.01$

5. Locale wise distribution of respondents across various sources of vocational guidance.

Table 4.4.12 showed locale wise distribution of respondents across various sources vocational guidance. Data revealed that 35 per cent rural and 46 per cent urban respondents respond parents as a source of vocational guidance whereas 47 per cent urban and 44 per cent rural revealed siblings as a source of vocational guidance whereas 19 per cent rural and 16 per cent urban adolescents relied on any other family members (which include grandparents, uncle aunty)

Within peer group no significant locale difference was observed, 26 per cent rural and 22 per cent urban responded home friends as a source of vocational help whereas 23 per cent urban and 22 per cent rural adolescents approached classmates for selecting vocation.

In electronic media, non-significant difference was found between males and females, where 21 per cent rural and 15 per cent urban adolescents were dependent on radio programmes as a source of help for vocational guidance, TV advertisements were the source of vocational guidance for 12 per cent rural and 14 per cent urban adolescents whereas a significant difference was found between rural and urban adolescents for seeking vocational guidance from shows, where urban adolescents (47%) were found more than rural

(28%) adolescents.

In internet, a significant locale difference was found for you tube ($Z=1.95$; $p \leq 0.05$) where urban adolescents (55%) were found more than rural adolescents (41%) who use you tube for seeking information about vocation. Again, urban adolescents (60 per cent) superseded rural adolescents (48%) in usage of google for seeking vocational help, whereas, non-significant difference was found between urban (49%) than rural (40%) for taking assistance from social networking. In context of print media, magazine ($Z=2.43$; $p \leq 0.05$) and newspaper ($Z=2.06$; $p \leq 0.05$) showed significant locale difference where urban adolescents were found more in usage of magazines and newspapers than rural adolescents, whereas, 26 per cent rural and 19 per cent urban adolescents were dependent on books for vocational guidance.

Distribution for teacher as a source of vocational guidance were found approximately equal in both the locale (44% rural and 43% urban adolescents) whereas none of the individual was found in taking help from professional counselors.

In both the locale majority of adolescents use internet and print media for vocational guidance. TV shows, you tube, google, magazines and newspapers were used more by urban adolescents than rural adolescents for vocational guidance

Table 5: Locale wise distribution of respondents across various sources of vocational guidance.

Sources of vocational guidance	Rural (n ₁ =100)		Urban (n ₂ =100)		Z value	Overall (n=200)	
	f	%	f	%		f	%
Family members							
Parents	35	35.00	46	46.00	1.58 ^{NS}	81	40.50
Siblings	44	44.00	47	47.00	0.42 ^{NS}	91	45.50
Any other	19	19.00	16	16.00	0.55 ^{NS}	35	17.50
Peer group							
Home friends	26	26.00	22	22.00	0.66 ^{NS}	48	24.00
Classmates	22	22.00	23	23.00	0.16 ^{NS}	45	22.50
Electronic media							
Radio programmes	21	21.00	15	15.00	1.10 ^{NS}	36	18.00
TV advertisements	12	12.00	14	14.00	0.42 ^{NS}	26	13.00
Films	0	0.00	00	0.00	0.00 ^{NS}	0	0.00
Shows	28	28.00	47	47.00	2.77 ^{***}	75	37.50
Internet							
Applications	0	0.00	0	0.00	0.00 ^{NS}	0	0.00
You tube	41	41.00	55	55.00	1.98 ^{**}	96	48.00
Google	48	48.00	60	60.00	1.70 [*]	108	54.00
Social networking sites	40	40.00	49	49.00	1.28 ^{NS}	89	44.50
Print media							
Books	26	26.00	19	19.00	1.18 ^{NS}	45	22.50
Magazines	34	34.00	51	51.00	2.43 ^{**}	85	42.50
Newspapers	29	29.00	43	43.00	2.06 ^{**}	72	36.00
Professional							
Teachers	44	44.00	43	43.00	0.14 ^{NS}	87	43.50
Professional counselors	0	0.00	0	0.00	0.00 ^{NS}	0	0.00

*p≤0.10 **p≤0.05 ***p≤0.01

Conclusion

Guidance is an assistance which allow people to resolve their conflict and choose the best from different alternatives. In today's world of technology, guidance from internet is becoming source of many adolescents but still assistance from family like parents, brothers and sisters have significant role. Majority of adolescents trust their parents for physical, social and psychological guidance on the other hand for educational guidance they were more dependent on internet sources and further internet and print media for vocational guidance. No assistance was taken by professional counselors as government schools do not have counselors. It is very imperative to have counselors in every school so that students can seek counseling and can make easy way to resolve the problems.

Limitations

- The study was limited to Ludhiana district only.
- The sample included respondents were only from Government Senior Secondary schools.
- The sample was limited to 16-18 years old adolescents.

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