



Chapter-5

Summary, Findings, Conclusion, and Recommendations

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5.1 Introduction

This chapter presents a summary of the study, key findings, conclusions drawn from the analysis, and recommendations for policymakers, educators, and future researchers. The study aimed to examine the role of guidance and counselling services in relation to the academic achievement of secondary school students.

5.2 Summary of the Study

The current study aimed to investigate the role of guidance and counselling services in relation to academic achievement of the secondary stage students. The research was conducted among secondary schools to understand how effectively guidance and counselling services are provided and how these services help students in academic performance.

The study focused on examining the availability, utilization, and effectiveness of guidance and counselling services. Data was collected from students and teachers through questionnaires and interviews, and analysed using statistical tools.

5.3 Key Findings

Key findings from the study indicated that guidance and counselling services positively influence students' academic achievement. Students who regularly accessed counselling showed better academic outcomes, improved motivation, and enhanced coping strategies for academic stress. Teachers also acknowledged the significance of counselling services in addressing student issues beyond academics, including emotional and social challenges.

The study identified some gaps in the implementation of counselling programs, such as inadequate resources, lack of trained counsellors, and limited awareness among students and staff. These factors affect the overall impact of guidance services in some schools.

The study yielded the following key findings:

1. **Positive Impact on Academic Achievement:** Students who regularly accessed counselling services showed improved academic performance, better study habits, and reduced exam anxiety.
2. **Career Guidance Influence:** Career counselling helped students make informed subject choices, leading to higher motivation and engagement in studies.
3. **Behavioural and Emotional Support:** Counselling services contributed to reduced dropout rates and improved classroom behaviour by addressing emotional and psychological issues.
4. **Limited Accessibility:** Many schools had insufficient counselling resources, with some lacking trained professionals, leading to inadequate student support.
5. **Stigma around Counselling:** Some students avoided counselling due to fear of social stigma, limiting the effectiveness of these services.
6. **Teacher Involvement:** Schools where teachers collaborated with counsellors reported better student outcomes compared to those where counselling was isolated from academic instruction.

5.4 Educational Implications:

- Schools should view counselling as a core part of student development, not a peripheral service.
- Regular sessions in academic planning, career guidance, stress management, and emotional health should be offered.
- Teachers can be trained to act as first-line guidance providers, while professional counsellors handle in-depth issues.

5.5 Recommendations for Further Studies:

Based on the findings and conclusions, the following recommendations are proposed for further research:

- **Expand the scope to include other educational levels:**

Future studies could explore the role of guidance & counselling services at the preparatory & middle levels to understand developmental differences and evolving needs across educational stages.

- **Include a broader and more diverse sample:**

Future studies could involve a larger and more geographically diverse sample, including rural, semi-urban, and urban schools, could provide more generalizable insights into the role of guidance and counselling services.

- **Explore the role of digital counselling tools:**

Future studies could include digital platforms become more prominent and also assess the effectiveness of online counselling services and their influence on student motivation and academic performance.

- **Investigate Teacher and parent perspectives:**

Further studies could examine teacher and parent perceptions of counselling services and their influence on student motivation and academic performance.

- **Examine specific aspects of counselling:**

Further studies might focus on specific components of guidance and counselling services such as career guidance, mental health, counselling or behavioural interventions etc.

- **Gender-specific aspects of counselling:**

Further studies could also explore whether guidance and counselling services have differential effects based on gender, particularly in contexts with gendered academic expectations.

- **Assess counsellor training and effectiveness:**

Future studies could evaluate how the qualifications, training and competencies of school counsellors affect the success of the services they provide.

- **Policy-Oriented Research:**

Future Studies can be conducted to evaluate how education policies support or hinder the implementation of effective guidance and counselling programs in schools.

5.6 Conclusion:

Based on the analysis and findings, the study concludes that guidance and counselling services play a crucial role in improving the academic achievement of secondary stage students. These services provide students with necessary academic support, career guidance, emotional stability, and problem-solving skills that collectively contribute to better performance in school.

However, the effectiveness of these services is dependent on proper implementation, availability of trained counsellors, and regular engagement with students. Schools that prioritize guidance and counselling are better positioned to help students overcome academic difficulties and achieve their full potential. Students who participate in counselling benefit not only academically, but also emotionally & socially.

Based on the findings, the study concluded that:

- Guidance and counselling play a crucial role in enhancing students' academic performance by addressing psychological, emotional, and career-related challenges.
- Effective counselling services contribute to reduced stress, improved decision-making and better study habits among secondary students.
- The lack of trained counsellors and inadequate infrastructure in many schools hinders the potential benefits of these services.
- There is a need for greater awareness and destigmatization of counselling to encourage student participation.

Therefore, guidance and counselling should be considered an integral part of the secondary education system, deserving adequate attention, resources, and continuous evaluation.