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AN OVERVIEW ON PSYCHOLOGICAL COUNSELING SERVICES IN HIGHER EDUCATION

***Annotation.** The concepts of psychological counseling a part of modern education. Psychological counseling have an important place in our education system at every level. Psychological counseling, which has a history of nearly 70 years in Turkey, has made great strides in recent years. The university process, which is an important step for adulthood, is also a process in which many changes are experienced in student life. In primary, secondary and high school terms, more teacher effective system where responsibilities are left to the student, achieving academic success, ensuring personal development and even it leaves more order to take new decisions that will change its life. In 21st century the alterations, in the world and in Turkey have raised the need of psychological counseling. In schools of study, students can get new things from a new perspective by telling trustworthy person about their problems. Here it is important to define the problem and to include psychological counseling in the solution process. The data is obtained by searching the literature.*

***Key words:** higher education, psychological counseling, client, level of psychological needs, psychotherapy.*

***Research Type:** Review.*

***Анотація.** Поняття психологічного консультування як складової сучасної освіти. Психологічні консультації займають важливе місце в нашій системі освіти на кожному рівні. Психологічне консультування, історія якого в*

Туреччині налічує майже 70 років, за останні роки досягла великих успіхів. Університетський процес, який є важливим кроком для дорослішання, також є процесом, під час якого відбувається багато змін у студентському житті. У початковій, середній та старшій школах більш ефективна система вчителя, де відповідальність покладається на учня, досягаючи успіху в навчанні, забезпечуючи особистий розвиток і навіть залишаючи більше порядку для прийняття нових рішень, які змінять його життя. У 21 столітті зміни у світі та в Туреччині підвищили потребу в психологічному консультуванні. У навчальних закладах студенти можуть отримати щось нове з нової перспективи, розповідаючи про свої проблеми надійній людині. Тут важливо визначити проблему і включити психологічну консультацію в процес вирішення. Дані отримані шляхом пошуку літератури.

Ключові слова: вища освіта, психологічне консультування, клієнт, рівень психологічних потреб, психотерапія.

Тип дослідження: Огляд.

Introduction. The shift from high school to university is one major life transition for young adults (Buote, 2006) [4]. This transition period is a change and adjustment process accompanied by significant challenges and stresses for emerging adults to meet the personal demands of the new academic and social environment (Sevinç & Gizir, 2014: 18) [15].

In 21st century the alterations, in the world and in Turkey have raised the need of psychological counseling. Especially globalization, the young population that Turkey has and parallel to that the increase of education sector, fluctuations in economy, the change in Turkish family which is affected from that, the increase of cultural variation caused scientific and technologic lifestyle changes. Factors such as; the effects of social and psychological effects on individuals and groups and their effort in adaptation, have raised the need of psychological counseling services. Services have to offer techniques and methods for special conditions and they have to be served to more people (Örücü-Çelik, 2015: 231) [12]. In today's fast changing world,

educational organizations individuals in them have become a part of a competitive work atmosphere (Erdemir, 2015: 8) [6]. Psychological counseling has been discussed in our country in recent years. It has become an integral part of education and cannot be considered separately from education. Psychological counseling have an important place in our education system at every level. So, psychological counseling services are based on solid foundations (Tatlıoğlu, 2011) [18]; Ulu-Ercan, 2019: 46) [21]. Therefore, it is important to define the problems and to include psychological counseling in the solution process. Thus, they can start to see the invisible aspects of the problem better (Tan, 2000) [19]. Getting help from an expert on a subject and being guided by an expert for a solution is as old as human history. Psychological counseling, which has a history of nearly 70 years in our country, has made great strides in recent years.

Aim. This study aims to provide a general overview of psychological counseling services in higher education.

Method. The data is obtained by searching the literature.

Literature Review

What is Psychological Counselling?

Psychological counselling is a safe and confidential collaboration (therapeutic relationship) between qualified counsellors and clients to promote mental health and well-being, enhance self-understanding and resolve identified concerns. Clients are active participants in the counselling process at every stage (<http://www.imhkk.com/counselling>) [22].

Psychological counseling is a systematic and professional psychological assistance service provided by experts to enable our students to develop psychologically, physically, mentally, socially and educationally, to make appropriate decisions by recognizing themselves with all aspects, to make choices and to establish healthy and balanced relations with their environment (<https://www.ielev.k12.tr>) [24].

The Goals of Psychological Counselling Services.

Psychological counseling aims to help individuals who have difficulty in finding an effective solution to their problems. Through psychological counseling students recognize their interests, abilities and competences. Developing good and positive relationships with students' environment. To develop the skills of problem solving, decision making and self-management. It is basic goals that the students perform their developmental stages (cognitive, social, emotional, physical, mental, etc.) in a healthy way. Psychological counseling services it helps the individual to gain attitudes and skills such as evaluating the problems in his life from an objective point of view, increasing the level of awareness, finding alternative solutions, deciding which of these different solutions will be applied, and the motivation and self-knowledge required for the implementation of the decision. Psychological counseling services, it helps the person to overcome the problems.

The Importance of Psychological Counseling Services.

Psychological counseling is an integral part of modern education; therefore, the school is obliged to organize this service. In schools of study, students can get new things from a new perspective by telling trustworthy person about their problems. The university process, which is an important step for adulthood, is also a process in which many changes are experienced in student life. In primary, secondary and high school terms, more teacher effective system where responsibilities are left to the student, achieving academic success, ensuring personal development and even it leaves more order to take new decisions. To be able to solve these problems correctly and it needs to be supported in order for the process to proceed in a healthy way with minimal damage to life. One of the important points that should be taken into consideration while providing this support is that it has a qualitative approach by approaching it in an objective manner and guiding the person to make a decision for the solution of the problem. Here it is important to define the problem and to include psychological counseling in the solution process. Because sometimes the problem is clarified in a healthy way and by the expert is the most important way to the solution (Tunç, Tarsuslu & Öner, 2020: 194) [20]. Psychological counseling and guidance is

an integral part of modern education; therefore, the school is obliged to organize this service.

Counseling Psychology.

Guidance and psychological counseling, which has a history of nearly 70 years in our country, has made great strides in recent years (Sarıkaya, 2022: 6) [15]. Counseling psychology is a psychological specialty that began with a focus on vocational counseling, but later moved its emphasis to adjustment counseling and then expanded to cover all normal psychology psychotherapy ([https://en.wikipedia.org/wiki/counseling psychology](https://en.wikipedia.org/wiki/counseling%20psychology)) [25].

Counseling psychology is a generalist health service (HSP) specialty in professional psychology that uses a broad range of culturally-informed and culturally-sensitive practices to help people improve their well-being, prevent and alleviate distress and maladjustment, resolve crises, and increase their ability to function better in their lives. The procedures and techniques used within counseling psychology include, but are not limited to:

- Individual;
- Family and group counseling and psychotherapy;
- Crisis intervention;
- Disaster and trauma management;
- Assessment techniques for the diagnosis of psychological disorders;
- Mental health to solve problems;
- Programs/workshops that educate and inform the public about mental health, school, family, relationship and workplace issues so that problems can be prevented before they start or reduced before they get worse;
- Consulting with organizations;
- Program evaluation and treatment outcome (e.g., client progress);
- Training;
- Clinical supervision;
- Test construction and validation;

- Research methodologies for scientific investigations (<https://www.apa.org/ed/graduate/specialize/counseling>) [23]

Some Problems Encountered in Higher Education.

University period it is a turbulent process involving psychological, social, emotional and economic challenges for individuals. According to the results of the research conducted by Kılıç (2013) [10] in this period in addition to health problems such as malnutrition, obesity, inactivity, alcohol, substance abuse; American College Health Association (2009) [1] they live with mental and mental problems such as depression, anxiety disorders, stress; Ersay & Yazçayır (2014) [8] and Sevinç & Gizir (2014) [16] friendship, family and relationship problems; Erkan, Özbay, Cihangir-Çankaya & Terzi (2012) [9] and Kuzgun (2009) [11] problems such as economic problems, being successful in classes, anxiety about the future, making use of free time and finding a job are among the problems they experience the most; Schweitzer (1996) [17] university students; 56% have academic problems, 45,7% of them have emotional problems, occupational problems of 42,9%, economic problems of 36,8%, 32,8% had problems with faculty members, 28% of them have health problems, 26,2% of them have learning problems, 9,9% discrimination, 4,3% stated that they had sexual problems; Baysal & Buluş (2001) [3] results indicated that, in total sample, the highest need domains were «intraception, change, succorance, nurturance» and the lowest ones were «deference, order, abasement and exhibition»; Tunç, Tarsuslu & Öner (2020) [20] school life the position of the university gained with these changes, away from family/undergoing this process, adulthood the relationship between friendship, material management and adaptation to life, which is one of the most important factors that are experienced more frequently during the transition to the second semester and continue in the rest of life; Sevinç & Gizir (2014: 17) [16] the results revealed significant factors that negatively affect the academic, social, personal-emotional and institutional adjustment of first-year university students. These students' academic adjustment was negatively affected by relationships with faculty and teaching quality, whereas social adjustment was negatively affected by friendship relations, participation in recreational activities, and

leisure-time management. In addition, individual factors, such as shyness, fear of failure/disapproval, loneliness, and homesickness, and institutional factors, such as sense of identity and belonging to a university, were perceived as prominent factors affecting students' adjustment.

Conclusion and Suggestions.

Psychological counseling services provided on university campuses have an important role in supporting students if they experience psychological distress (Eisenberg, Golberstein & Gollust, 2007) [7]; (Royal College of Psychiatrists, 2011) [14]. According to the results of research on this subject shows that the number of students seeking counseling for university adjustment had the highest percentage among all problem areas within the first period of university life in Turkey (Doğan, 2012) [5]. In particular, of the mental health and school health professionals are required in this in order to strengthen and strengthen the health of young people and to maintain their health and psychological integrity. In this respect it is important to ensure that psychological counselors in the university have the ability to identify and improve the level of psychological well-being. It should be planned to establish the various educational programs that can improve the psychological stability and to be to improve psychological robustness levels and to decrease psychological symptom levels (Ayar, 2018: 91) [2]. Life skills education provided to schools will provide students with the opportunity to avoid potentially serious social and health problems and increase their social competence. In addition, effective use of social support resources by individuals may be related to their success in social relationships. For this reason, it is necessary to apply social skills training programs in order to benefit from the social support resources to individuals at the highest level. In spite of all kinds of difficult life events and risk factors, educating students with least damage is seen as one of the most important tasks of schools (Ayar, 2018: 20) [2]. The emotional difficulties that students are exposed to in higher education also affect their academic performance. It should never be forgotten that the strongest predictors of having and maintaining good mental health and attending university are the mental health services offered to them (Polansky, Horan & Hanish, 1993) [13]. The general

situation of psychological counseling services provided in higher education should be determined, studies should be carried out in line with student needs and cooperation should be made in the development of solutions.

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