PERCEPTION TOWARDS COUNSELLING AS A PROFESSION

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ABSTRACT

The study aimed at getting a holistic understanding of the various attitudes and perceptions individuals have towards counselling as a profession, seeking professional help and the factors responsible for these views in the Indian Society. A qualitative research design was used on a sample of six individuals (using quota sampling) belonging to three different age groups of adolescence, young adulthood and middle adulthood. Interview schedule constructed had questions relating to an individual’s general understanding, knowledge and awareness about counselling, personal views and experiences, role of society and culture in help seeking behaviours and societal outlook. Upon content analysis it was found that most individuals have a positive attitude towards counselling as a profession and also towards individuals who might use this service. However, for the participants seeking counselling themselves was a last resort. The usefulness of the process was questioned, deeming it to be a common sense kind of advice with no formal training required to counsel and a process that could be undertaken by anyone. Younger generations were comparatively more open than the older generation. Seeking help from a professional counsellor was seen as different from counselling, while lack of familiarity, acceptance of problems, fear of being stigmatized, inability to express and availability of alternate sources where some of the reason for the lack of usage of this service.

KEY WORDS: Counselling, Perception, Acceptance, Age, Awareness and Social Stigma.

REFERENCES


