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EFFECT OF COUNSELING IN REDUCING PSYCHO-SOCIAL ISSUES

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ABSTRACT

In the context of counseling interventions for reducing psycho-social issues in teenagers, several theoretical frameworks have proven to be effective. Social learning theory posits that individuals learn by observing and imitating others, and behaviour is influenced by the social environment. In counselling interventions for teenagers, social learning theory emphasizes the importance of positive role models, peer support, and the impact of social influences on psycho-social issues. Interventions based on this theory focus on fostering positive social interactions, providing guidance, and teaching adaptive behaviours. Humanistic approaches emphasize the innate potential for growth and self-actualization in individuals. Person-centered therapy, for example, places importance on creating a supportive and non-judgmental therapeutic environment. It focuses on the individual's self-concept, self-esteem, and personal values, aiming to facilitate self-exploration, self-acceptance, and personal growth in teenagers. Developmental theories provide a framework for understanding the unique challenges and tasks that individuals face at different stages of life. Erikson's psychosocial theory, for instance, highlights the importance of identity formation during Teenager. Counseling interventions based on developmental theories focus on facilitating healthy identity development, exploring and resolving identity-related conflicts, and supporting teenagers in navigating the developmental challenges they encounter. It is important to note that these theoretical frameworks are not mutually exclusive, and counselors often integrate multiple approaches based on the specific needs of individual teenagers. The selection of a theoretical framework depends on the counselor's training, the goals of the counseling intervention, and the unique characteristics of the teenager and their presenting psycho-social issues.