Sokhumi State University

The Importance of Psychological Counseling Centers in Georgian HEIs -
Psychosocial Needs of Students and Their Mental Health (Analysis of the Studies)

Ph.D. of Social Psychology - Prof. Guguli Magradze

Ph.D. student of Psychology – Natela Tchotchua

The Content of The Presentation

Erasmus + project - Establishment of Psychological Counselling Centers at Georgian HEIs for Students E-PSY **(617980-EPP-1-2020-1-GE-EPPKA2-CBHE-SP)**

- **Aim of the project;**
- **The main results of the study;**
- **Outcomes of the project.**

Sub-project- "Supporting the psychological and social service platform of students" **(program code: 32040501)**
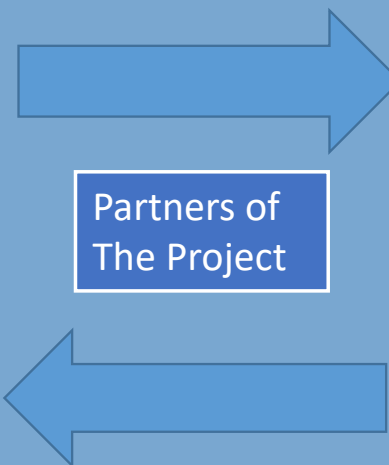
- **Aim of the project;**
- **The main results of the study;**
- **Outcomes of the project.**

Further needs for service development

Erasmus + project - Establishment of Psychological Counselling Centers at Georgian HEIs for Students E-PSY

Coordinator of the Project – **_Sokhumi State University_** under the supervision of Prof. Indira Dzagania

1. Ivane Javakhishvili Tbilisi State University;

2. Telavi State University named after Jacob Gogebashvili;

3. Shota Meskhiia in Zugdidi State University of Education;

4. Batumi Shota Rustaveli State University;

5. Samtskhe-Javakheti State University;

6. Kutaisi University;

7. Caucasus University;

8. Gori State Educational University;

Partners of The Project

UNIVERSITY OF ECONOMY WSG — International Affairs Office

Transilvania University of Brasov

STePS

Erasmus + project E-PSY - Overall goal and objectives

The overall aim of the E-PSY project is **an improvement of student services at Georgian HEIs** through establishing psychological counseling centers for students at target partner universities in all regions of Georgia

1. Establishment of psychological counseling centers at target partner HEIs for students.

2. Preparing and retraining staff to work at psychological counselling centers.

3. Elaboration of recommendations and legislation documentation for policy makers and governmental agencies of Georgia.

4. Raising mental health awareness among students and wider audience.

5. Creation of Association of University Psychological Counselling Centers of Georgia.

Georgian students psychological counseling needs and demand of counseling services: research results

The study examined students' expectations and attitudes toward psychological counseling centers and their Psychosocial needs.

1. Demographic data block;

2. Expectations and attitudes toward psychological counseling centers;

3. Assessing the emotional state of students;

4. Time management and procrastination;

5. The effects of the COVID-19 pandemic.

Methodology of The Research:

- Research method – Quantitative (questionnaire)

- Target audience – students from partner university of the project;

- Number of Respondents - 6374

- For assessing Emotional State, the questions from the **Spielberger Anxiety and Beck Depression Scale** adapted to the Georgian population.
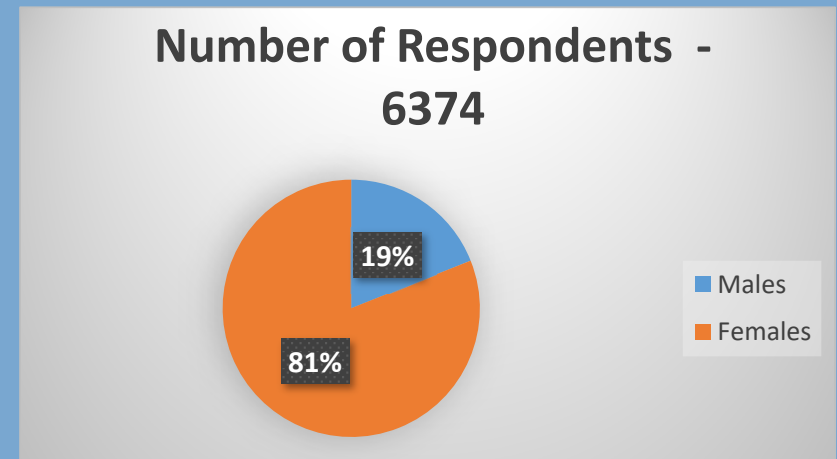
Number of Respondents - 6374

19%

81%

- Males
- Females
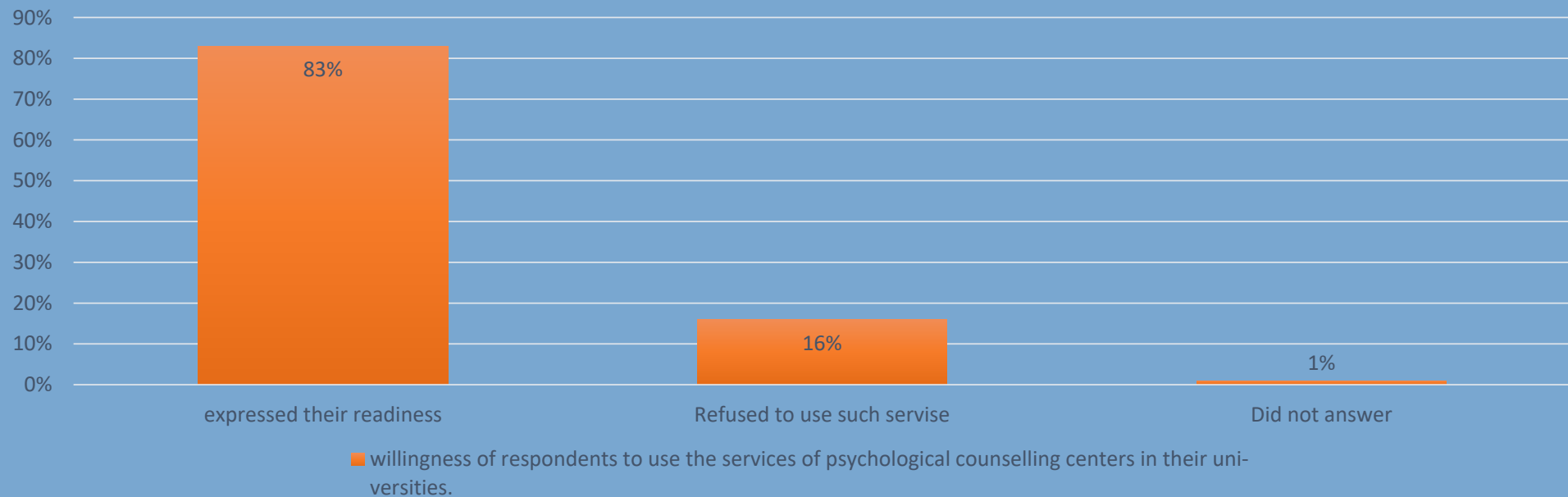
The Main outcomes of the study

1. Higher-than-average levels of anxiety and depression correlate with time management difficulties;

2. Difficulties in adaptation among students (especially first-year students) have been identified;

3. High demand among students for the existence of such centers;

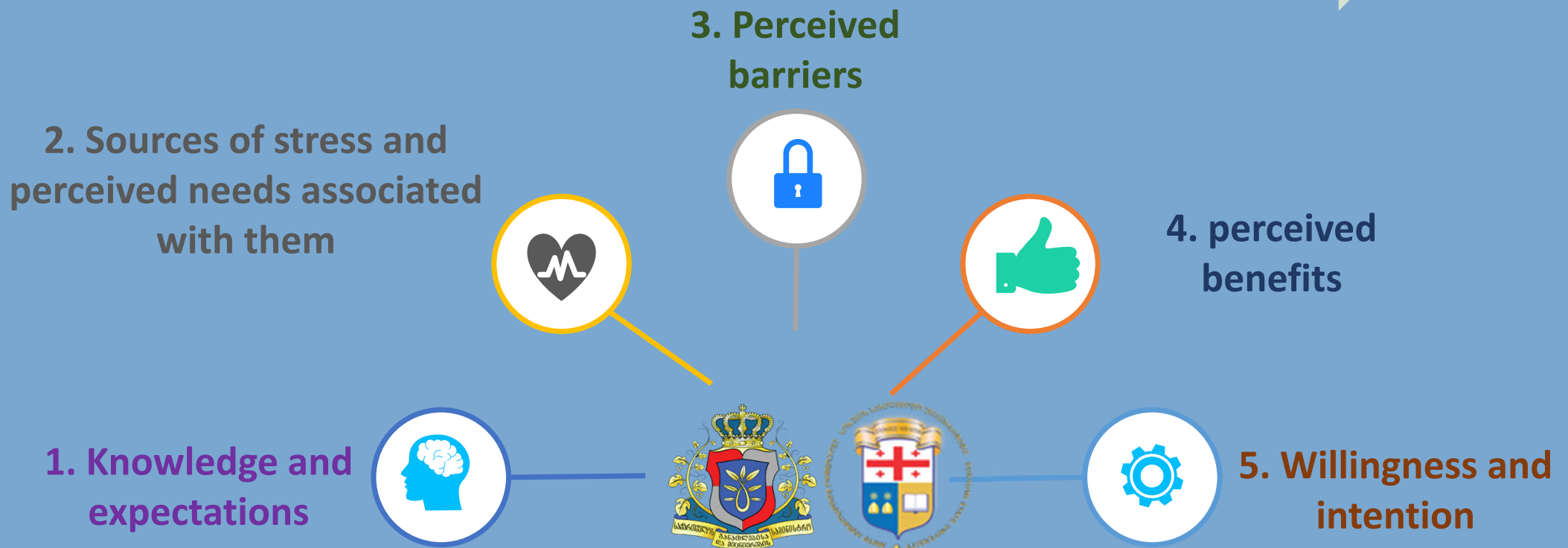4. Students were not able to use available services;

5. More than 30% of students faced difficulties in dealing with mental health problems.

The research of Sub-project- "Supporting the psychological and social service platform of students" (program code: 32040501)

The study is aimed at creating an effective management scheme for university psycho-consulting centers based on a map of students' current problems and identifying priority areas for counseling.

3. Perceived barriers

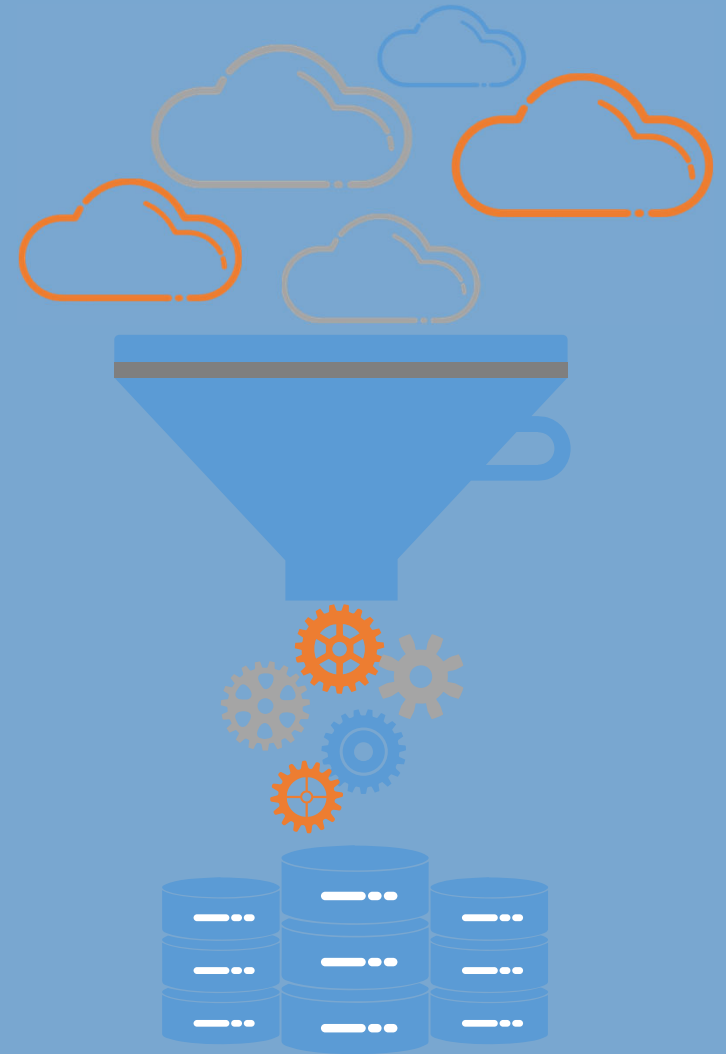2. Sources of stress and perceived needs associated with them

4. perceived benefits

1. Knowledge and expectations

5. Willingness and intention

Participants of the Research

1176   **Students**

41   **Universities**

21   **Average age**

80%   **Female**

19%   **Male**

Research results (descriptive Analysis)

Knowledge and Expectations:

The role of the therapist, mistakenly attributed to the consultant:

Problematics: 54.8 %
Task: 23.0 %
Result: 28.7 %
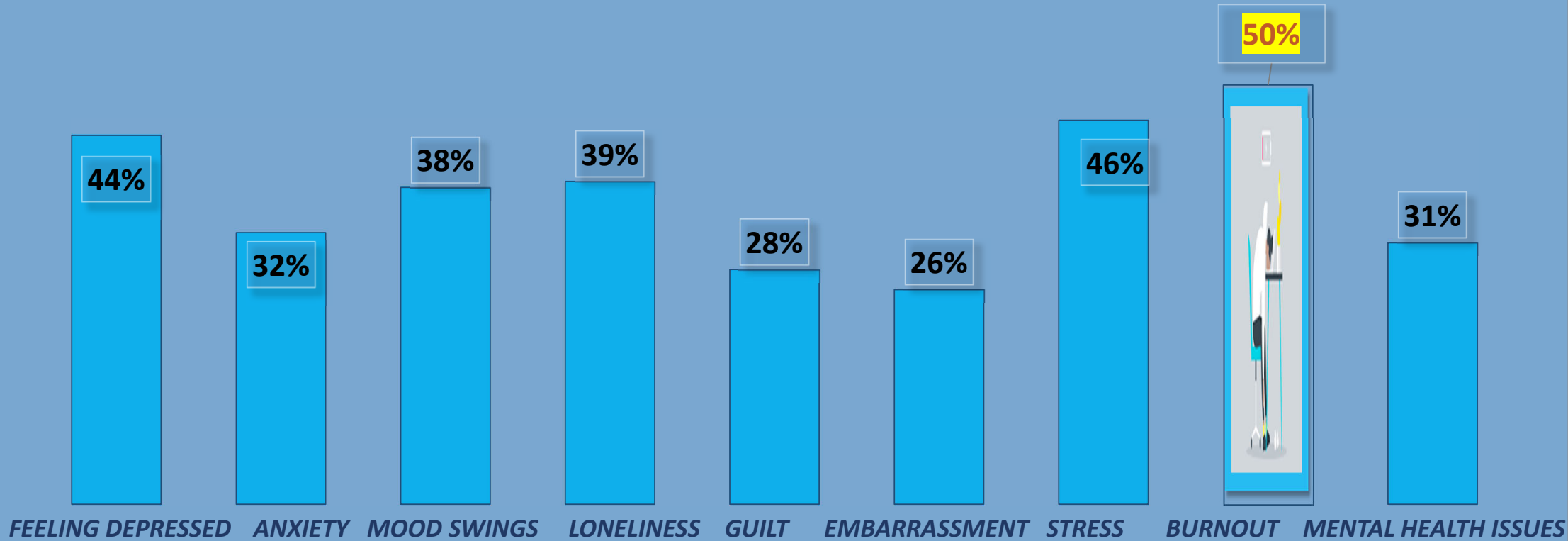
Therapist - Works on complex mental health conditions
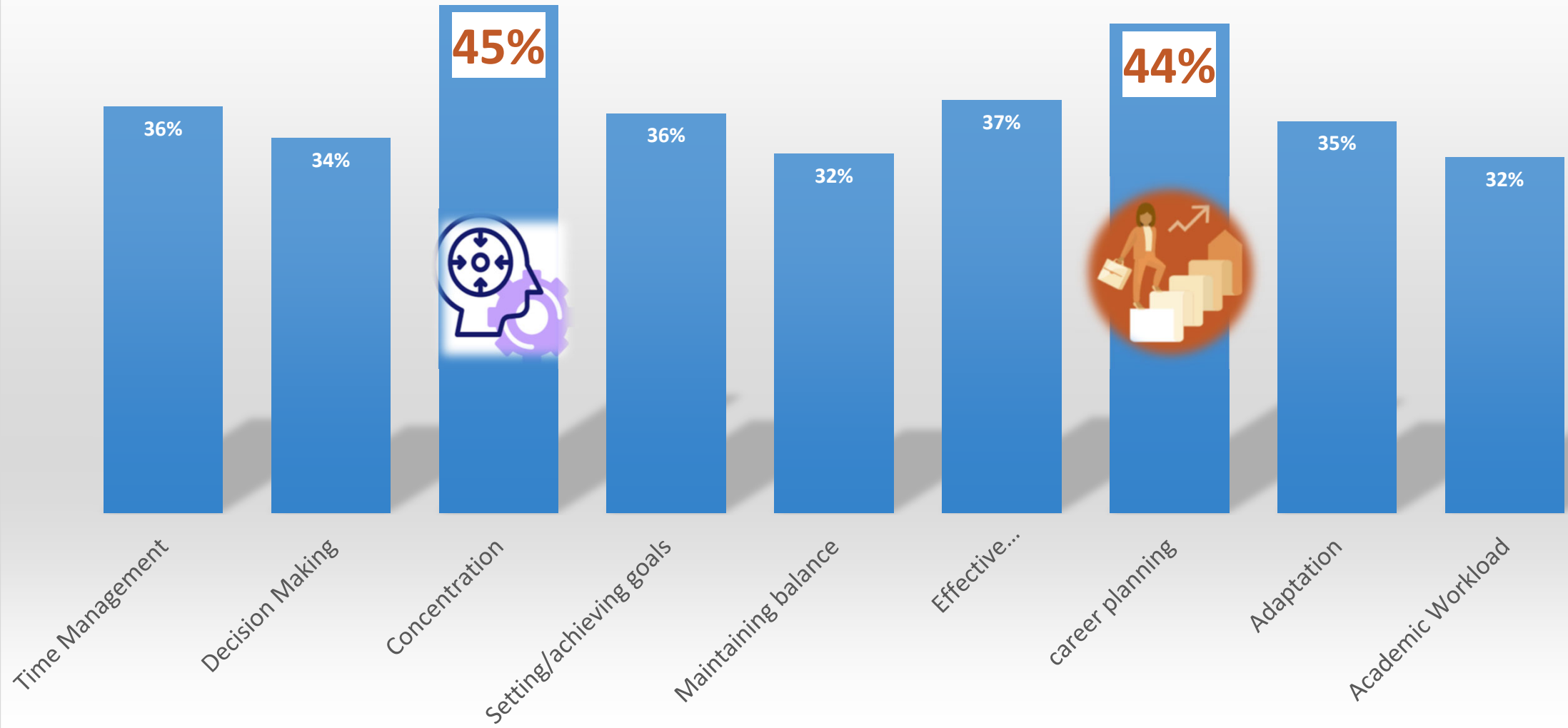
Counsellor – Solves situational problems

Students' perceived needs for psychological assistance

8 Factors	Number of Statements	Cronbach's alpha
• Emotional State	9	0.909
• Conflicts (social harassment)	8	0.942
• Skills	9	0.909
• Identity and Self-awareness	5	0.891
• Relationships	7	0.886
• Health	4	0.766
• Bad Habits	3	0.782
• Anxiety	2	0.708
whole scale	47	0.948

Emotional State

FEELING DEPRESSED	ANXIETY	MOOD SWINGS	LONELINESS	GUILT	EMBARRASSMENT	STRESS	BURNOUT	MENTAL HEALTH ISSUES
44%	32%	38%	39%	28%	26%	46%	50%	31%

Reasons of Anxiety

EXAM RELATED ANXIETY

35,20%

SOCIAL ANXIETY

42,70%

Identity and self-awareness

Category	Value
ifficulties in Self-acceptance	21%
Being too Reticent and Shy	31%
Confusion about values and beliefs	20%
Feeling of not belonging to any group	14%
Low self-esteem	36%

Unhealthy Habits

30%

25%

20%

15%

10%

5%

0%

14%

8%

29%

Self-harming behaviors

Substance addiction

Screen addiction

Perceived Barriers

Pie chart legend:
- Fear of Stigma
- Trust Issues
- Fear of Self-expression

28%; 24%
44%; 37%
47%; 39%
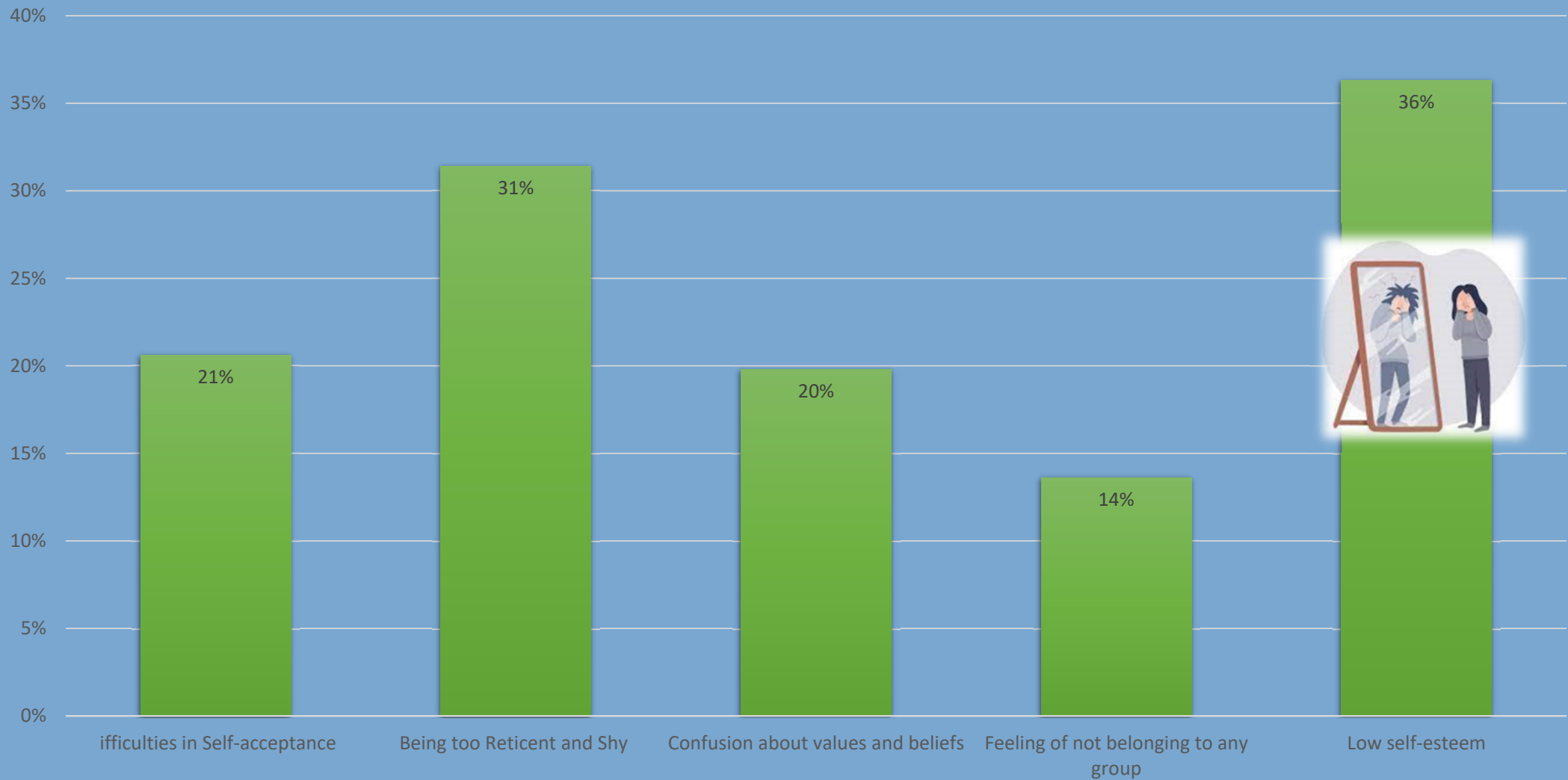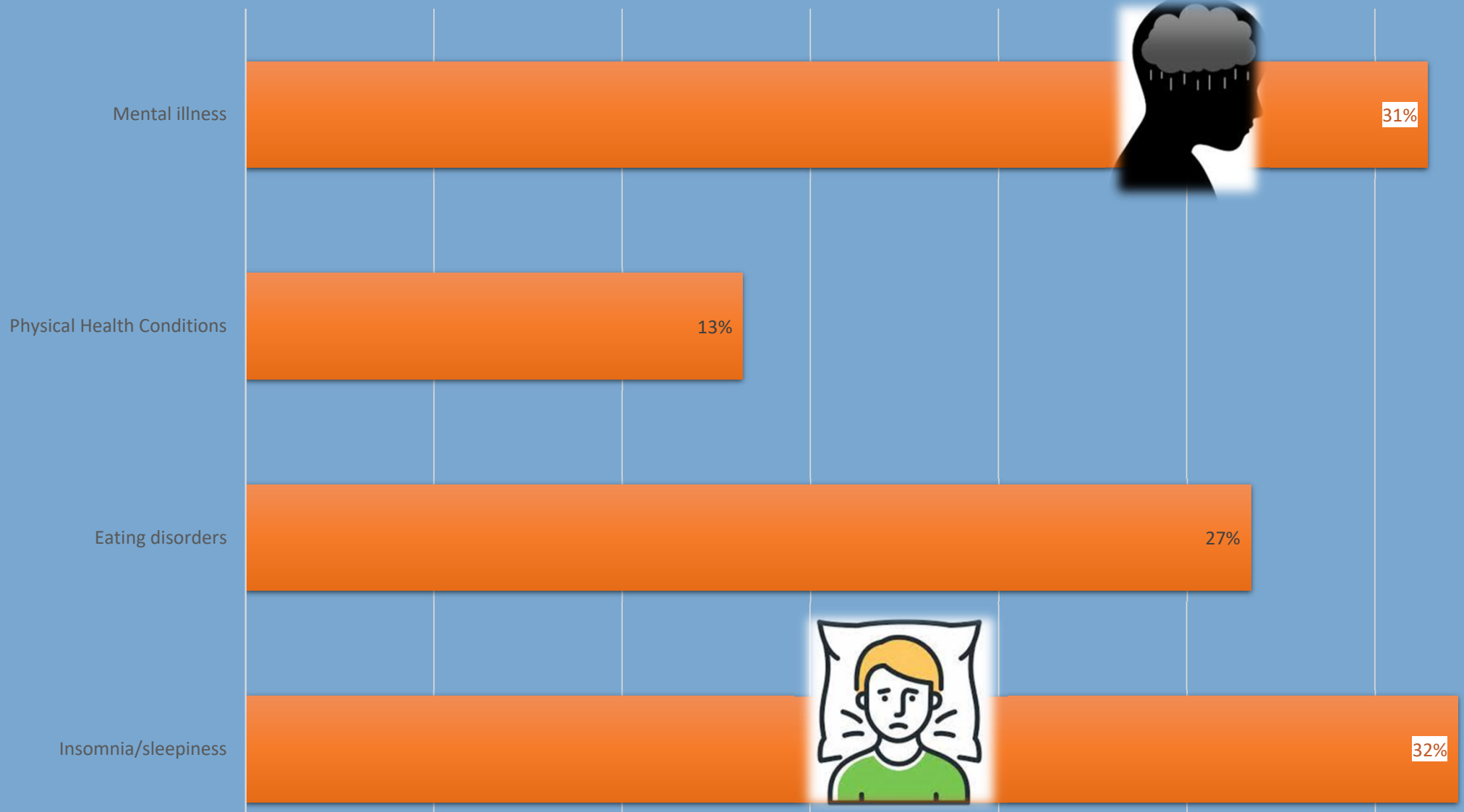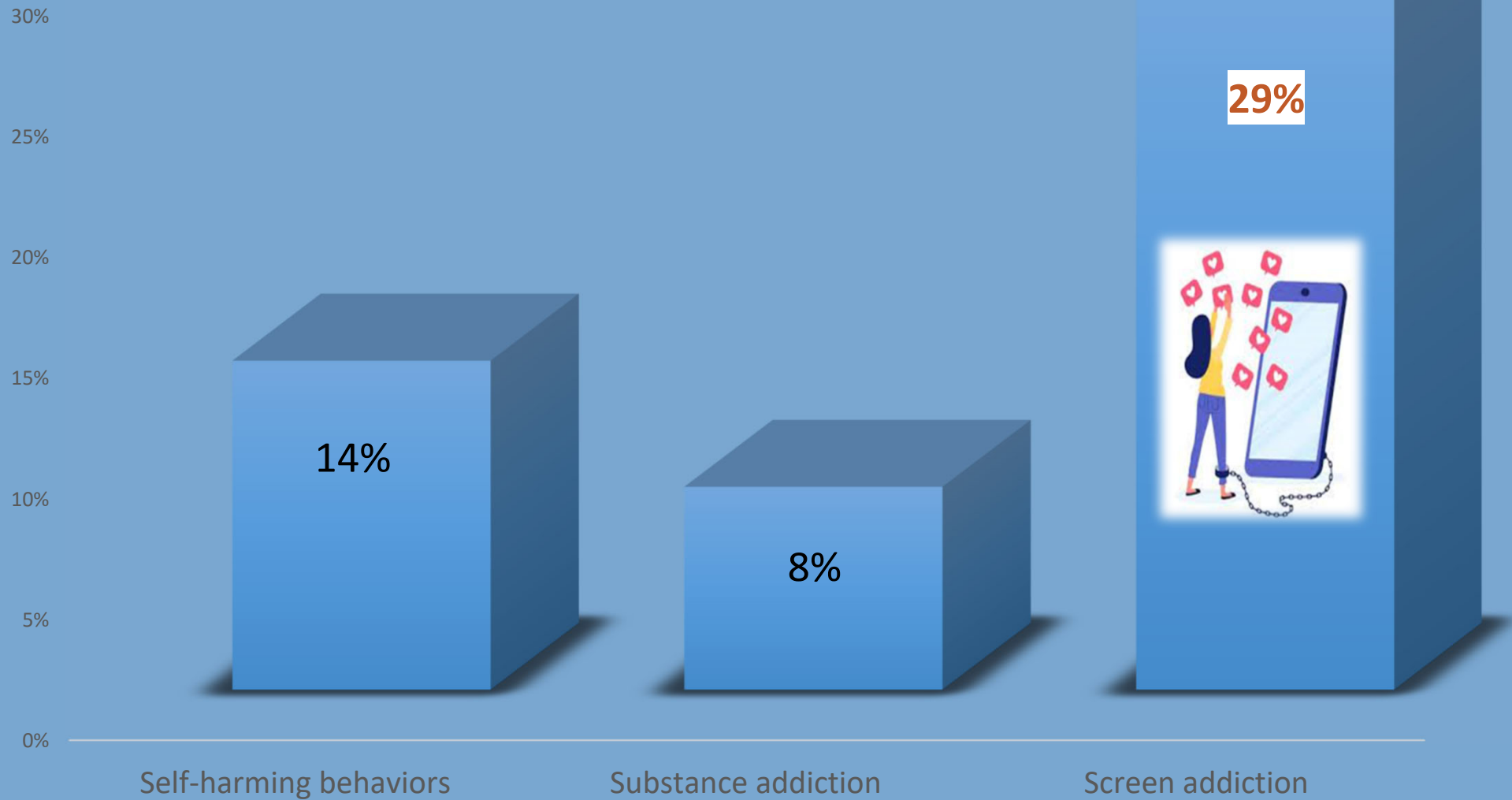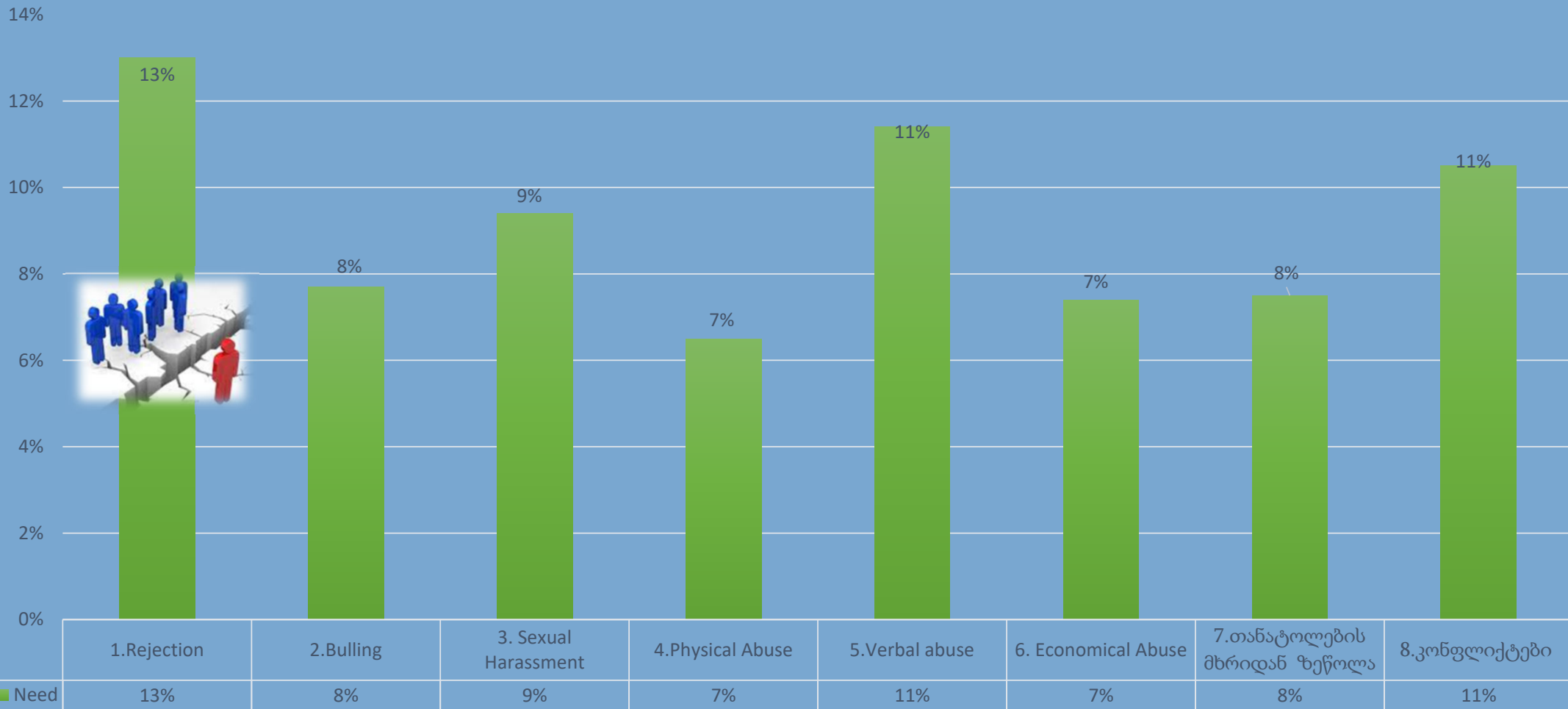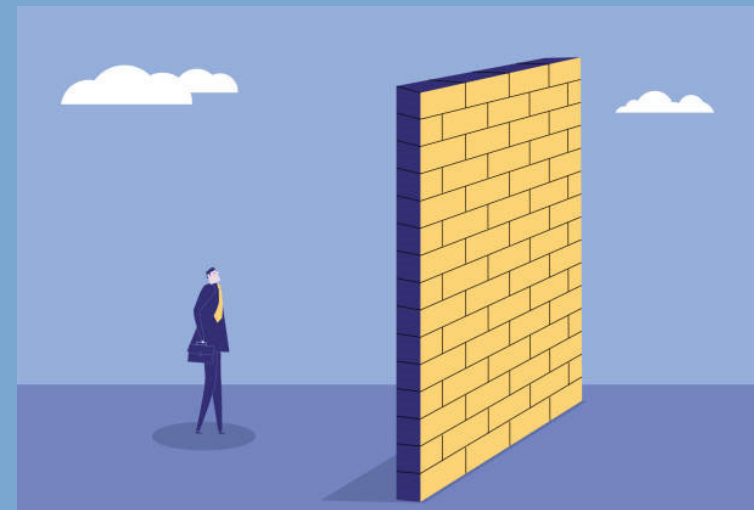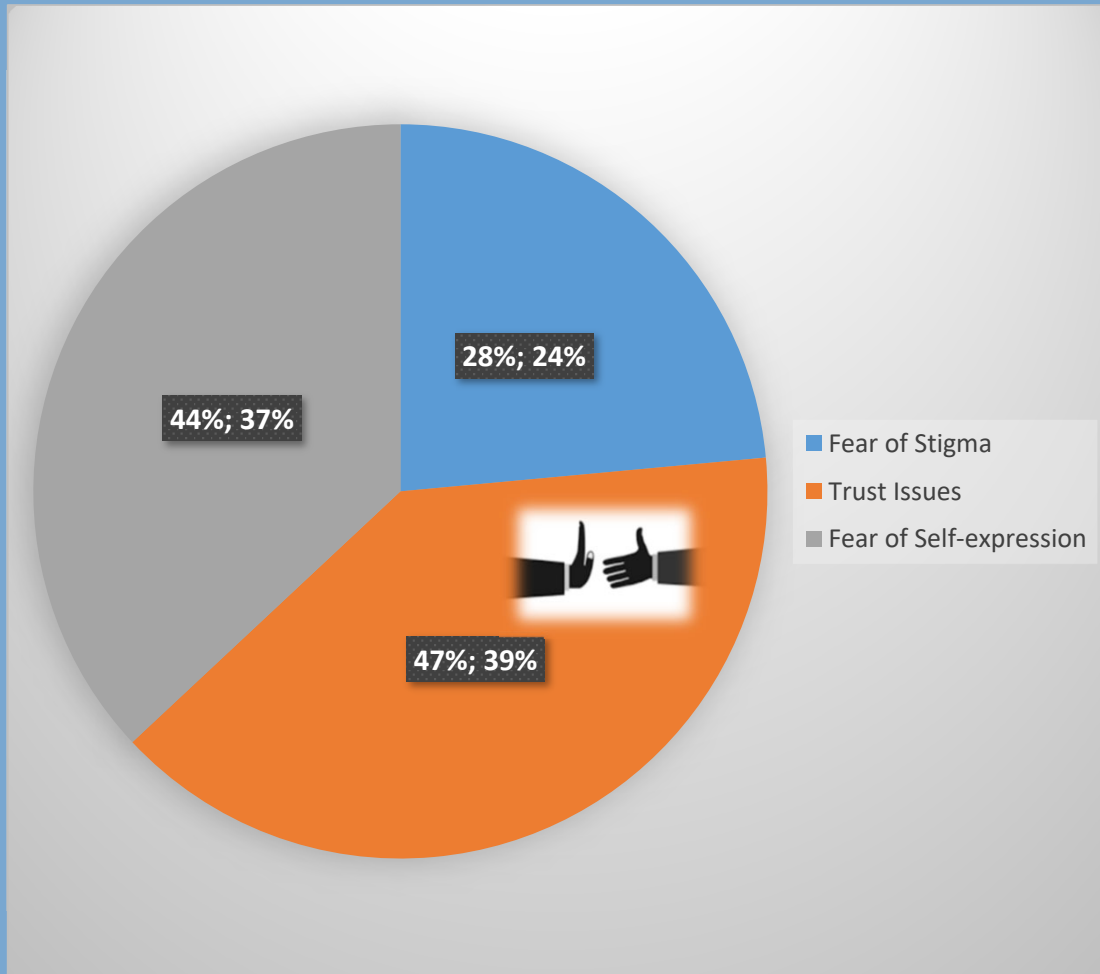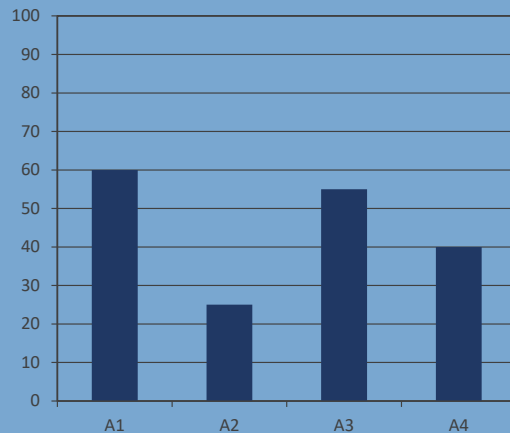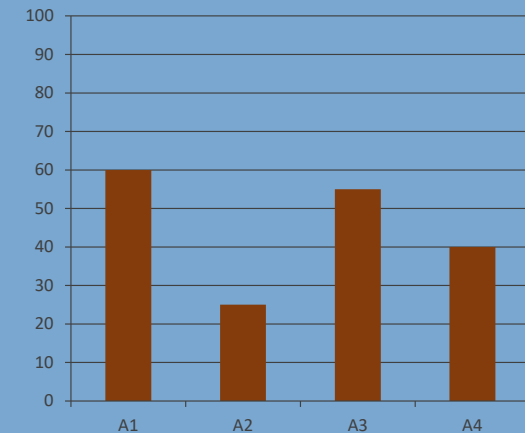
General benefit and intention

91%

Believe that universities should have the opportunity to offer free psychological counseling

76%

Say they would use this service

Current situation

The center is already open and started functioning in the following universities:

- Sokhumi State University;
- Tbilisi State University;
- Telavi State University named after Jacob Gogebashvili;
- Shota Meskhiia at Zugdidi State University of Education;
- Batumi Shota Rustaveli State University;
- Samtskhe-Javakheti State University;
- Kutaisi University;
- Caucasus University;
- Gori State University of Education;
- Tbilisi State Conservatory;
- Technical University of Georgia;
- Tbilisi State Medical University;
- Kutaisi International University.

Main complaints

Pressure to achieve high academic performance

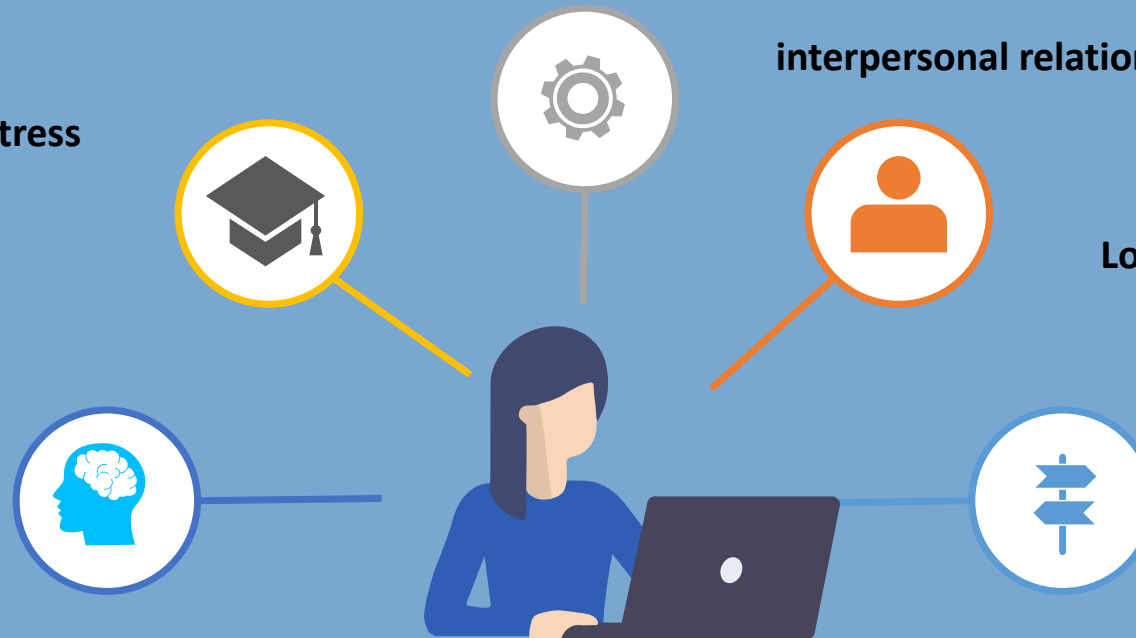**Managing personal resources to achieve independence from the family**

interpersonal relationships

Coping with Stress

Low self-esteem

Anxiety and Signs of Depression

Professional orientation Issues

Guidelines and ethical issues

Within the frameworks of the Projects we have developed the following documents:

Group and individual counseling guidelines;

Supervision issues

Competence of psychoconsultants;

Ethical Code

Consulting risks and risk management;

GUIDELINES

REGULATIONS

Further needs for service development

Creation of a common Web platform;

Deepening cooperation with International partners;

Development of quality control and monitoring mechanisms;

Covering all higher education institutions in Georgia;

Thank you for your attention!