

## **A Sociological Study of the Barriers to the Popularization of Counseling in the Sri Lankan School System**

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### **Abstract**

Out of the school system in Sri Lanka, counseling services are available in rural and urban areas. In order to solve student problems, school counselors and client students operate in three main areas: educational development, professional development and personal social development. Accordingly, there are barriers to popularize the psycho-counseling process in the Sri Lankan school system. The main objective of the study is to analyze the barriers to popularizing the counseling process in the Sri Lankan school system. The sub-objectives here are to study how the obstacles/limitations to the counseling process affect the students psychologically and to analyze the awareness of the students about the counseling process.

The two questions that the researcher was interested in were whether the students undervalue the counseling process and whether they face other problems in participating in the counseling process and making independent decisions. Analytical research methodology has been used for this purpose. Grounded theory has been used in data analysis. In Puttalam district, Pallama Nandimitra National School and Vendakaduwa Junior College were selected as the field of study. One hundred fifty students each from both schools were selected under random sampling. Open-ended questionnaires and interviews were used as primary data sources. Newspapers, magazines and research articles

were used as secondary data source. In the counseling process, it can be identified that factors such as trust, protection of the ethical system, which should arise in connection with the counselors to the clients, are not fulfilled. Due to educational problems, romantic relationship problems, sexual problems, economic and social welfare problems, students who refer to counseling have problems related to the implementation of the correct counseling pattern.

This reduces the interest in counseling services. According to the study results, it was revealed that uncertainty related to confidentiality, underestimation of counseling services and ignorance are the reasons for this. It can be concluded that the school counseling service is essential not only in the case of students' problems but also to make them feel at ease. In this regard, proper awareness should be created in the students and the counseling service should be implemented with up-to-date knowledge and protecting ethics.

**Keywords:** *School Counseling Process, Counseling Barriers, Students' Problems, Up-to-date Knowledge, Proper Awareness*