

Impact of counselling services on self-esteem of in-school adolescents in Ilorin metropolis, Nigeria

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Self-esteem plays a vital role in shaping the psychological and social development of adolescents. This study investigated the impact of counselling services on the self-esteem of in-school adolescents in Ilorin Metropolis, Nigeria. A descriptive survey of the correlational type was adopted, targeting a population of secondary school students aged 11–18 years. A total of 410 adolescents from 16 secondary schools in Ilorin were selected through stratified random sampling. Data were collected using a researcher-designed questionnaire, the Counselling Services and Adolescents' Self-Esteem Questionnaire (CSASEQ), and analyzed using descriptive and inferential statistics, including Pearson's Product Moment Correlation, t-tests, and Analysis of Variance (ANOVA) at a 0.05 level of significance. The findings indicated that 23.6% of the respondent's demonstrated high self-esteem, 47.8% had moderate self-esteem, and 28.6% exhibited low self-esteem. Counselling services significantly impacted self-esteem, with a positive correlation between the availability of counselling interventions and improvements in self-worth among adolescents. Gender-sensitive counselling revealed notable variations: female adolescents showed increased self-esteem following body image and emotional resilience counselling, while male adolescents benefited from interventions focusing on emotional expression and self-reliance. Age-specific differences were observed, with younger adolescents responding well to strategies promoting self-awareness and competence, while older adolescents exhibited improved autonomy through goal-oriented counselling. Additionally, adolescents in private schools displayed higher self-esteem due to access to structured and individualized counselling programs, whereas public school students benefited more from peer-focused and community-driven interventions. The study emphasized the prevalence of self-esteem challenges linked to academic pressures, peer influences, and family dynamics. Based on the findings, it is recommended that schools adopt gender-specific and age-appropriate counselling interventions, encourage parental participation in counselling programs, and allocate sufficient resources to enhance the effectiveness of school-based counselling services. These measures will foster emotional resilience and psychological well-being among adolescents, ensuring holistic development

Biography

David Obafemi Adebayo, PhD., is a senior faculty member at the Department of Educational Guidance and Counselling, University of Ilorin, Nigeria and he has earned his expertise in the field of counselling with specialization in mental health, youth development, marriage and family life as well as school counselling. He has published locally and internationally in the listed specializations and cyberbullying activities. Utilizing multidimensional approaches of mixed method research, quantitative and qualitative approaches. He is a seasoned researcher whose research interest span through topical issues in the society. They are topical, novel and prevailing societal issues and these have largely provided succor to homes, individuals, among other beneficiaries.

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