

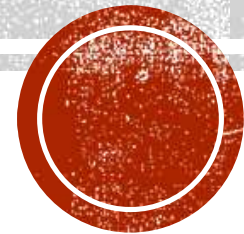
# Students' Perspectives on Psychological Counseling in Ho Chi Minh City

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# BACKGROUND

- Serving as a volunteer counsellor at the TDTU Counselling Office before and during the isolation of Covid-19. The students encountered a variety of mental health issues, including stress, anxiety, suicidal thoughts, self-harm behaviors, and other such issues, which had a significant impact on their academic performance.
- Ho Chi Minh City is a significant urban center in Vietnam, boasting a vast network of psychological counseling and therapy services. Students were hesitant to utilize these services to safeguard their mental well-being.
- The literature on barriers related to students' psychological seeking and help behaviors reveal that a multitude of factors influence students' decision-making, not only personal psychological factors (perceptions, attitudes, emotion, counselling experiences..., but also institutional and social-cultural factors.



# RESEARCH QUESTIONS

**Question 1:** What are perspectives of students regarding psychological counselling in Ho Chi Minh City?

- Counselling experiences
- Needs of counselling services
- Psychological and interpersonal concerns
- Attitudes Toward Seeking Professional Psychological Help

**Question 2:** What factors affect students' **Perceptions of reasons not to seek help** and their **Mental Help Seeking Attitudes**?



# CONCEPTUAL FRAMEWORK

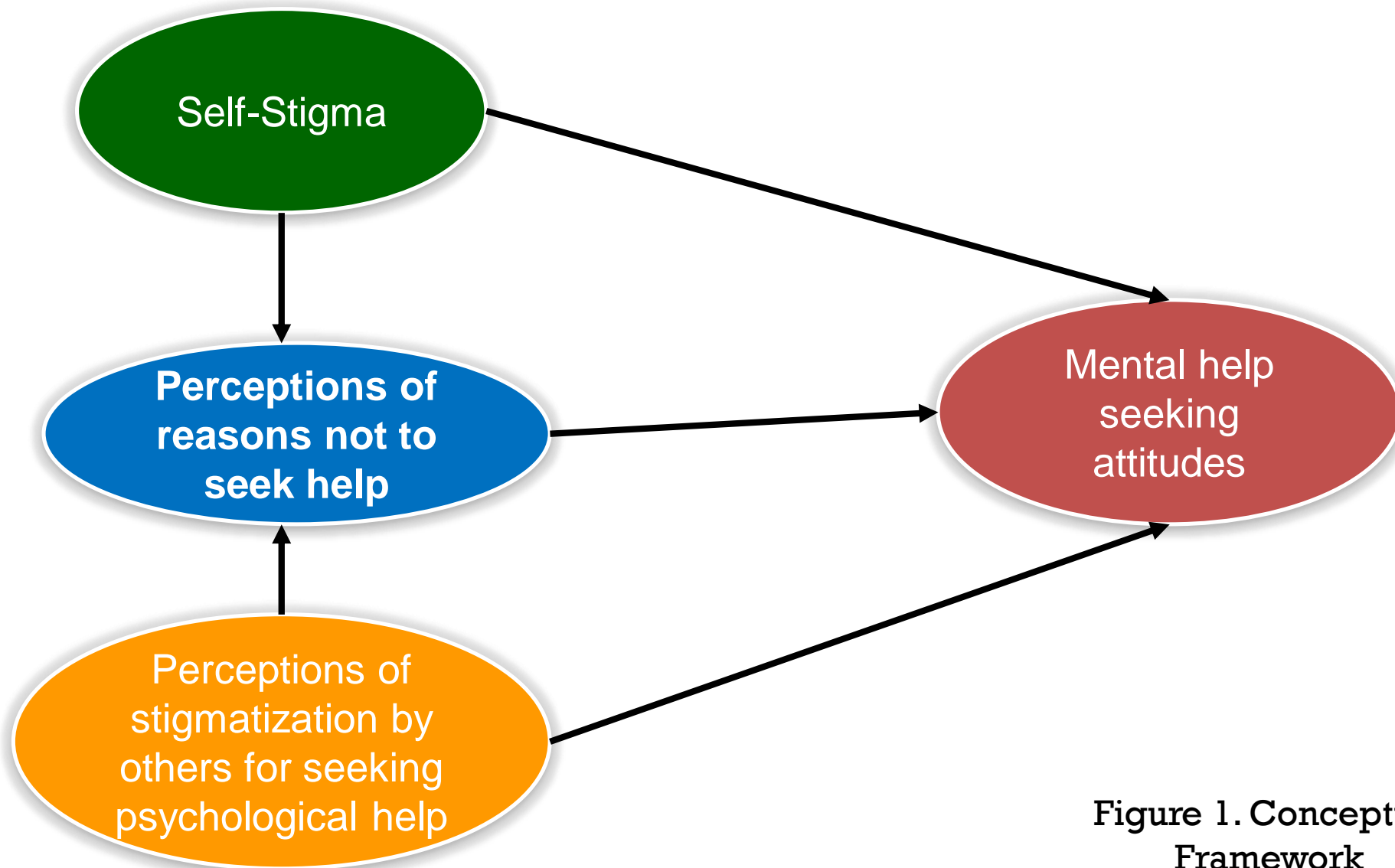


Figure 1. Conceptual Framework



# METHODOLOGY

## Research Design

Quantitative study, cross-sectional research design using online self-reported questionnaire survey

## Sample

- Utilizing random sampling technique
- 250 responses (from university students) for data analysis

## Data Analysis

- SPSS 23 was used for descriptive statistics
- SmartPLS 4 was used for testing multiple structure relationships in the conceptual framework



# RESULTS

**Question 1:** What are perspectives of students regarding psychological counselling in Ho Chi Minh City?

Psychological counselling experiences

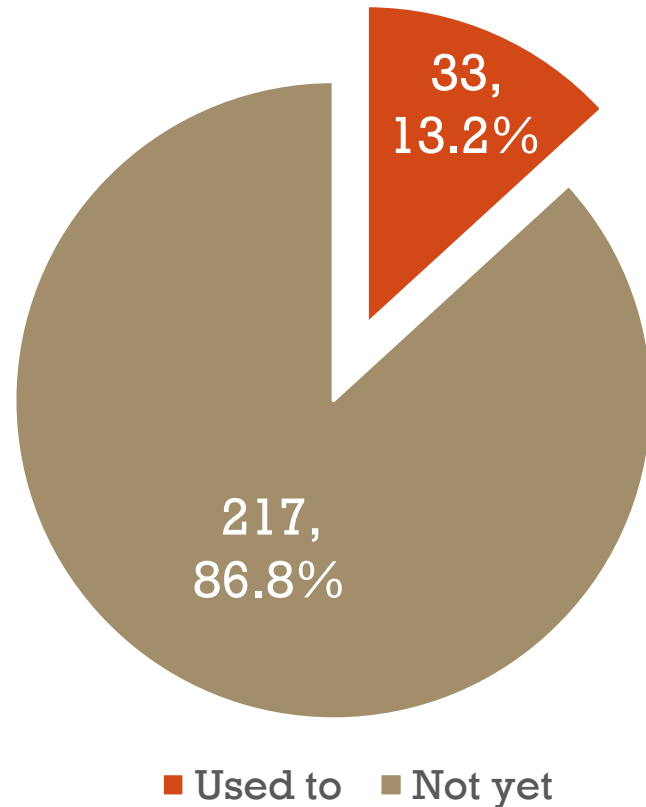


Figure 2. Psychological counselling experiences of students

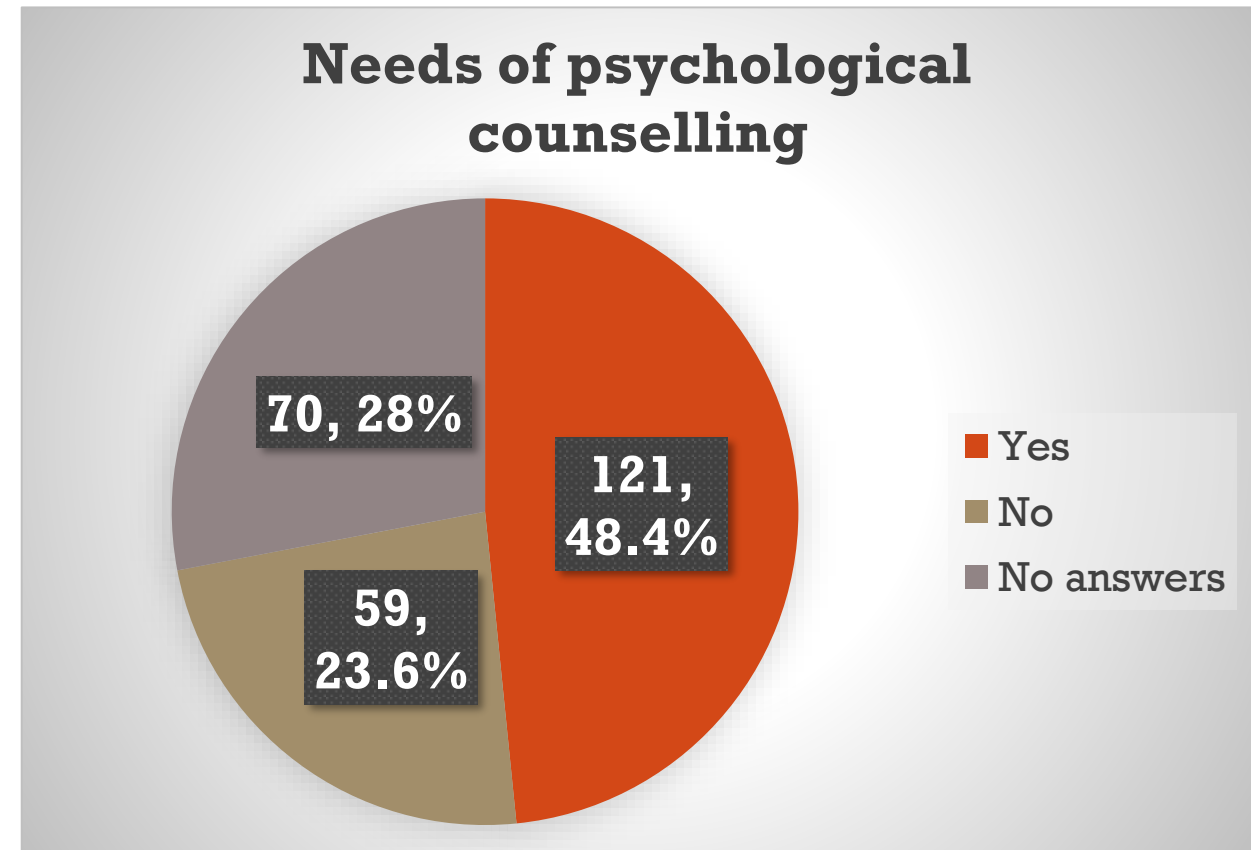


Figure 3. Students' needs of psychological counselling



# RESULTS

**Question 1:** What are perspectives of students regarding psychological counselling in Ho Chi Minh City?

PSYCHOLOGICAL AND INTERPERSONAL CONCERNS				
<i>Sex orientation confuses</i>	1	3	1.97	0.804
<i>Loneliness</i>	1	3	2.31	0.748
<i>Difficulties with friends</i>	1	3	2.32	0.776
<i>Conflict with parents</i>	1	3	2.46	0.756
<i>Difficulty sleeping</i>	1	3	2.47	0.75
<i>Difficulties with intimate relationships</i>	1	3	2.54	0.7
<i>Studying stress</i>	1	3	2.6	0.677
<i>Inferiority feelings</i>	1	3	2.62	0.667
<i>Self-understanding</i>	1	3	2.67	0.637

Table 1. Students' psychological and interpersonal concerns



# RESULTS

**Question 1:** What are perspectives of students regarding psychological counselling in Ho Chi Minh City?

MENTAL HELP SEEKING ATTITUDES				
<i>Healing</i>	1	5	1.89	0.992
<i>Good</i>	1	5	1.96	1.025
<i>Effective</i>	1	5	1.98	1.045
<i>Important</i>	1	5	2.08	1.067
<i>Desirable</i>	1	5	2.2	1.025
<i>Satisfying</i>	1	5	2.21	0.968
<i>Empowering</i>	1	5	3.7	0.929
<i>Useful</i>	1	5	3.98	0.953
<i>Healthy</i>	1	5	4.06	1.012

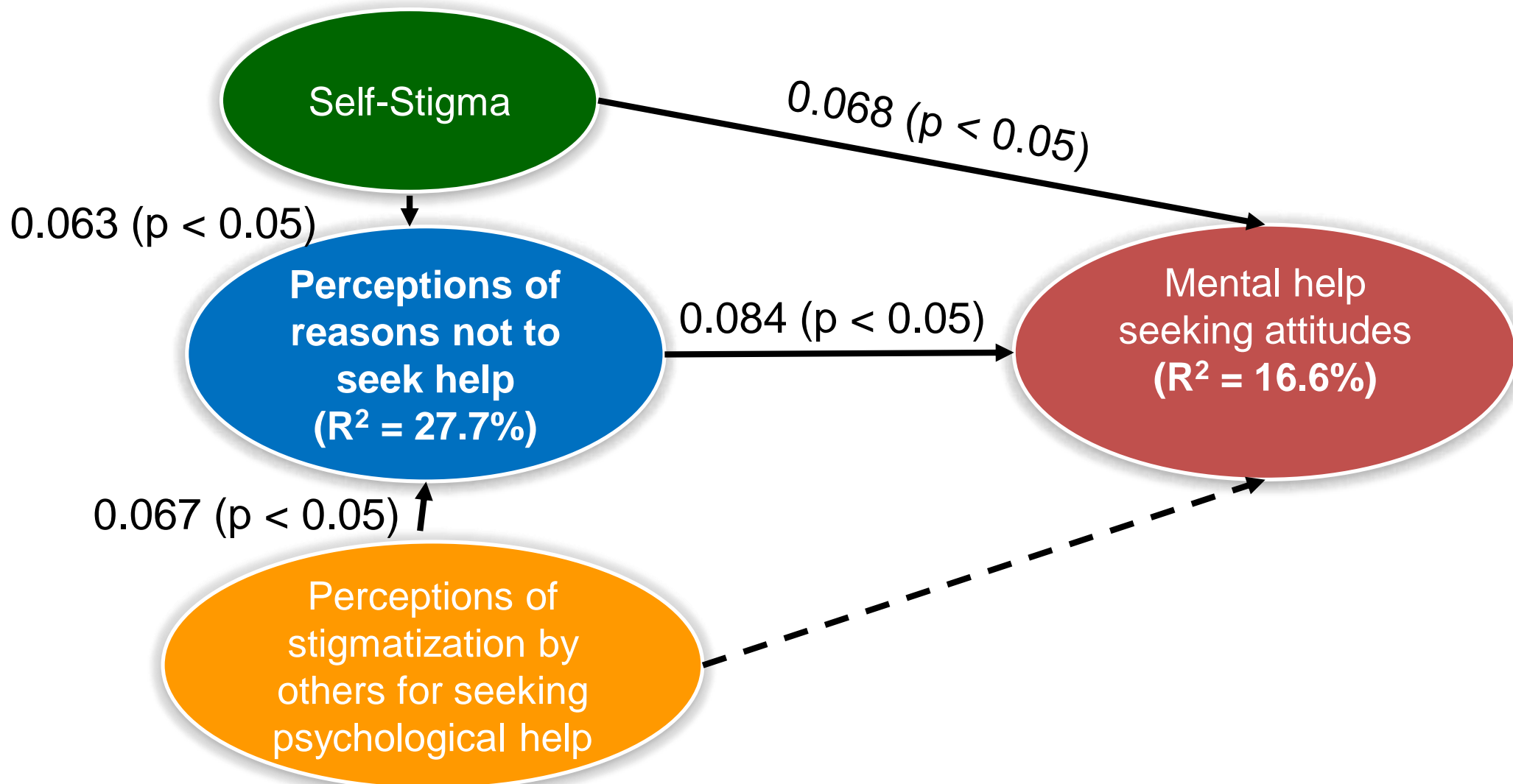
Table 2. Students' mental help seeking attitudes






# RESULTS

**Question 2:** What factors affect students' **Perceptions of reasons not to seek help** and their **Attitudes Toward Seeking Professional Psychological Help**?

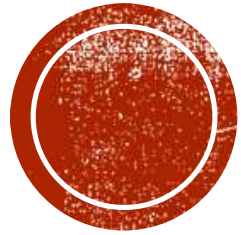


# CONCLUSION AND SUGGESTION

- A small number of students in Ho Chi Minh City has used psychological counselling services (33/250 – 13.2%). Nearly 50% of students (121/250, 48.4%) stated their needs of psychological counselling services.
- Students have different psychological and relationship concerns that they need professional counselling help. Especially, students need help with **self- understanding most**.
- The **self-stigma** and the **perception of stigmatization by others for seeking psychological help** can explain 27.7% of students' perceptions of reasons not to seek help.
- A combination of **self-stigma** and **perceptions of reasons not to seek help** can explain 16.6% of students' mental help seeking attitudes.

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- The higher education institutions should have mental health education.
  - Community awareness and education on stigma related to mental help seeking behaviors is needed.
  - Establishing a supportive environment for mental health issues.





**THANK YOU FOR YOUR LISTENING!**  
**Q&A**

*Any Questions?*

