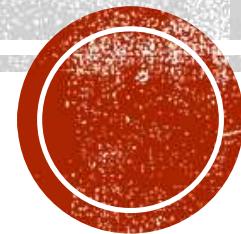


Students' Perspectives on Psychological Counseling in Ho Chi Minh City

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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

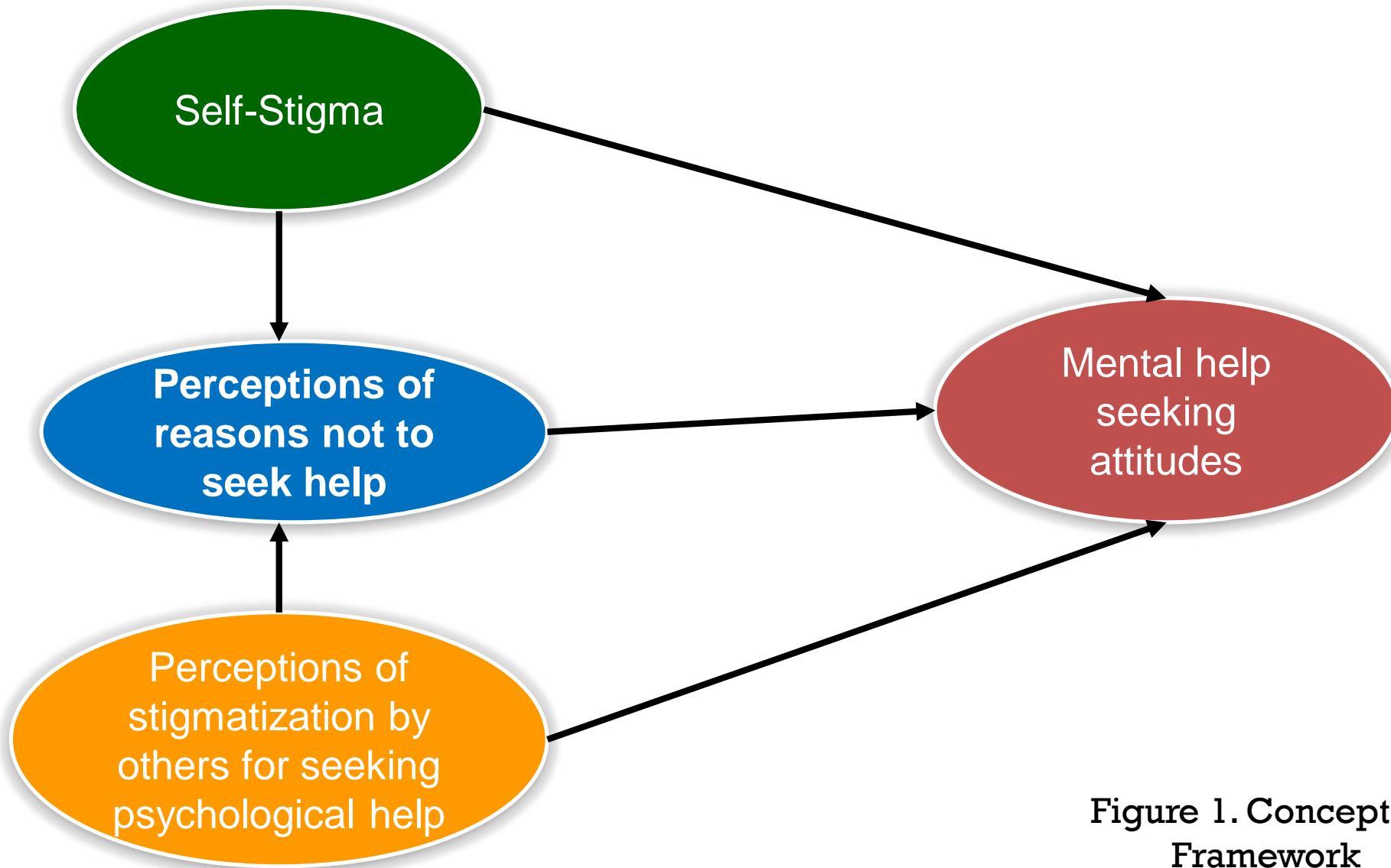


Figure 1. Conceptual Framework

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

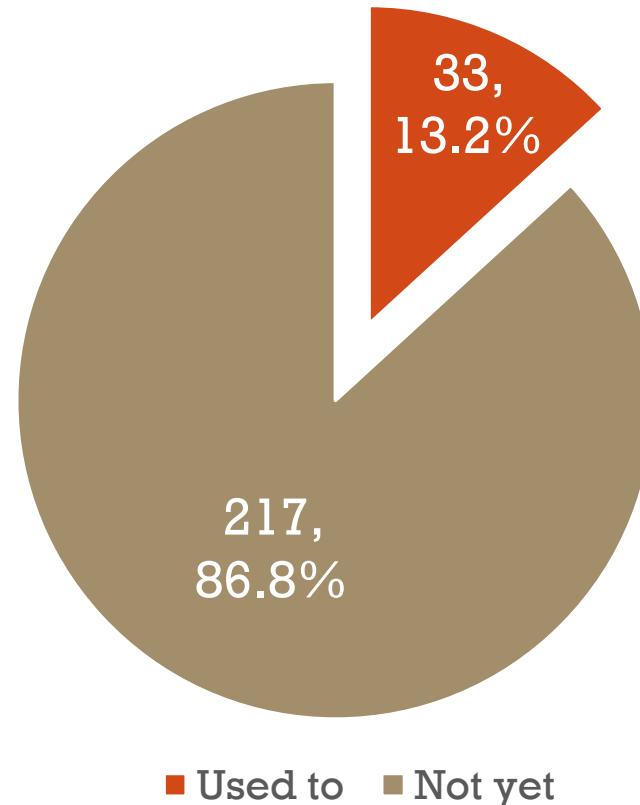


Figure 2. Psychological counselling experiences of students

Needs of psychological counselling

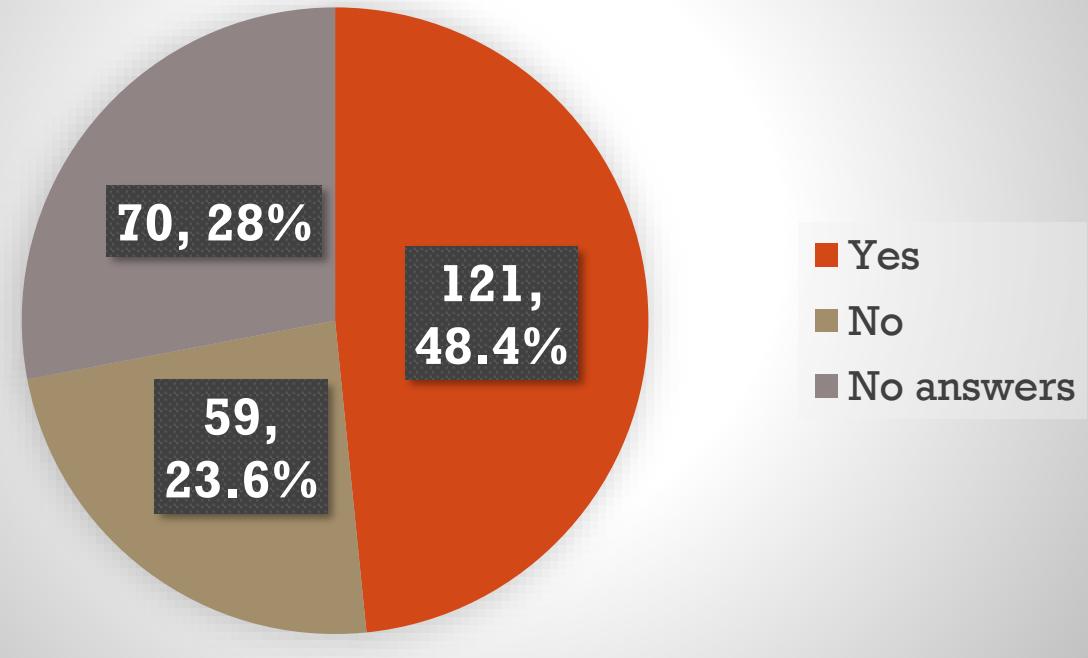


Figure 3. Students' needs of psychological counselling

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?

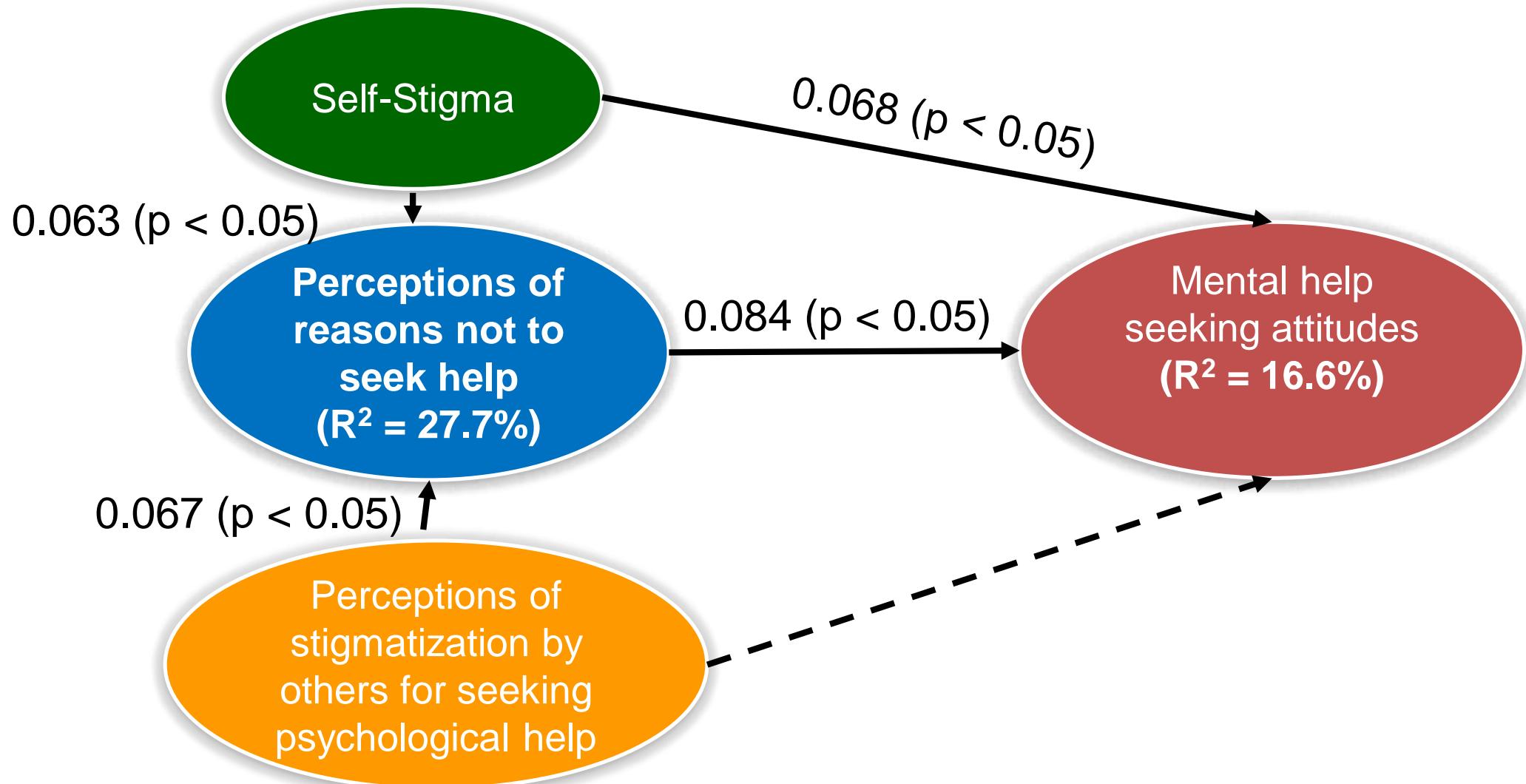
MENTAL HELP SEEKING ATTITUDES				
	1	5		
<i>Healing</i>	1	5	1.89	0.992
<i>Good</i>	1	5	1.96	1.025
<i>Effective</i>	1	5	1.98	1.045
<i>Important</i>	1	5	2.08	1.067
<i>Desirable</i>	1	5	2.2	1.025
<i>Satisfying</i>	1	5	2.21	0.968
<i>Empowering</i>	1	5	3.7	0.929
<i>Useful</i>	1	5	3.98	0.953
<i>Healthy</i>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



- 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?

