

Title of Abstract: Influence of Guidance and Counselling on Students Motivation and School Adjustment among Covenant University Students, Ogun State

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Outlet: Covenant University International Journal of Psychology (CIJP). **Vol. 1 (2): 80-91.**

Date: 2015

Abstract

This study examined the influence of career guidance and counselling on students motivation and school adjustment. Research on school counselling and guidance services has found that students who receive career development services reported greater career awareness and higher levels of career exploration and planning. A total of two hundred and eighty nine first year Covenant University students were randomly selected. The ex post facto research design was adopted for the study. Two hypotheses were raised and tested. The basic school adjustment questionnaire (BSAQ) and the students' motivation towards school questionnaire (SMSQ) were used for data collection. Hypothesis one and two were analyzed using independent t-test. The result showed that career guidance and counselling made a significant influence on students' motivation ($t=3.059$, $t\text{-critical}=1.96$, $df=287$) and school adjustment ($t=2.979$, $t\text{ critical}=1.96$, $df=287$). Therefore it was recommended that schools provide an effective counselling service in order to help motivate the students towards school and also help them adjust to school.

Keywords: Career guidance and counseling, students' motivation, school adjustment