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The value and role of counselling psychologists in university settings

Migena Kecaj (Selçetaj)

University of Shkodra "Luigj Gurakuqi", Shkodra, Albania

Kilda Gusha

University of Shkodra "Luigj Gurakuqi", Shkodra, Albania

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Abstract

The figure of the psychologist is integrated into many settings, including hospitals, health centers, schools, and both public and private institutions. However, their presence is often lacking in university environments. This study focuses on examining the role and significance of psychologists within university settings. It aims to explore the effects and benefits of having psychological service to students, as well as to evaluate the counseling process and its impact on emotional well-being. The goal is to provide recommendations for enhancing mental health and emotional support programs in universities. The research includes a contextual analysis, a literature review, and a questionnaire administered to students regarding the perceived importance of psychologists in university life. The sample consists of 320 students: 89% females and 11 % males. A strong majority of students expressed the need for mental health professionals on campus to face universities challenges.

Keywords: psychology, counselling, wellbeing, students, university.

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