Needs Assessment of Students Mental Health and Social Concerns as a Foundation for Data-Informed Counseling Interventions

Rose Anne P. Almagro-Anciro, MAEd-GC
https://orcid.org/0009-0008-0294-2209
rose.anciro.gsed@pcu.edu.ph / anne.anneanciro@gmail.com
Philippine Christian University
Manila, Philippines

Abstract

Mental health and social concerns among students have become significant challenges affecting academic performance, personal development, and overall well-being. Educational institutions are increasingly recognizing the need for evidence-based counseling programs that address students' specific needs. This study aimed to assess the mental health and social concerns of students and utilize the findings as a foundation for developing data-informed counseling interventions. A descriptive quantitative research design was employed involving 300 college students selected through stratified random sampling. Data were collected using a validated survey questionnaire that measured levels of anxiety, stress, emotional well-being, peer relationships, family concerns, and social adjustment. Descriptive statistics, including frequency counts, percentages, means, and standard deviations, were used to analyze the data. Results revealed that students experienced moderate levels of mental health concerns, particularly in stress management, anxiety, and emotional regulation. Social concerns were also evident, with peer pressure, family-related issues, and difficulties in social adjustment emerging as the most prevalent challenges. Findings further indicated significant variations in concerns across demographic groups. Based on the results, targeted counseling interventions focusing on mental health awareness, coping strategies, peer support, and family engagement were recommended. The study concludes that a comprehensive needs assessment provides valuable data for designing responsive and evidence-based counseling programs that promote students' mental health and social well-being. Data-informed interventions can enhance the effectiveness of school counseling services and contribute to a more supportive educational environment.

Keywords: Guidance and Counseling; Mental Health and Social Concerns; Needs Assessment, Survey Research, Data Analysis; Philippines, Asia