

Role of Online Academic Counseling as an Intervention to Improve Student Performance

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Abstract—Online modes of education have significantly influenced the academic experiences of students, especially those enrolled in professional courses such as Physiotherapy. Reduced face-to-face interaction, lack of structured academic guidance, and difficulties in understanding course content can negatively affect student performance. Online academic counseling has emerged as a supportive intervention to address these challenges. The present study aimed to evaluate the role of online academic counseling as an intervention to improve academic performance among Physiotherapy students. An online interventional pre–post study design was adopted. Undergraduate Physiotherapy students participated in structured online academic counseling sessions conducted over a four-week period. Academic performance, study habits, and academic confidence were assessed using a structured questionnaire before and after the intervention. The findings indicated noticeable improvement in students’ academic performance, better organization of study routines, and increased academic confidence following the intervention. The study concludes that online academic counseling is an effective and feasible intervention for enhancing academic performance among Physiotherapy students.

Index Terms—Online academic counseling, Academic performance, Physiotherapy students, Online intervention, Higher education

I. INTRODUCTION

Academic performance is an important determinant of success in higher education. Physiotherapy education demands consistent academic engagement, strong theoretical understanding, and application-based learning. The shift toward online education posed several academic challenges for students, including reduced interaction with faculty, limited peer discussions, difficulty in maintaining study schedules,

and decreased academic motivation. These factors contributed to a decline in academic performance among students.

Academic counseling plays a vital role in identifying academic difficulties, providing guidance, and supporting students in developing effective learning strategies. Online academic counseling offers flexibility, accessibility, and personalized support, making it an appropriate intervention in online learning environments. However, limited evidence is available regarding its effectiveness among Physiotherapy students, which justified the need for the present study.

II. AIM AND OBJECTIVES

The aim of the study was to assess the role of online academic counseling as an intervention to improve academic performance among Physiotherapy students. The objectives included evaluating academic performance before counseling, implementing online academic counseling sessions, assessing post-intervention academic performance, and determining the effectiveness of counseling on study habits and academic confidence.

III. METHODOLOGY

An online interventional pre–post study design was used. Undergraduate Physiotherapy students were recruited for the study through online platforms. A sample size of 50 students was included. Online academic counseling sessions were conducted using video conferencing platforms for four weeks, with one to two sessions per week. The intervention focused on academic planning, study skills, time management, clarification of academic doubts, and motivation. Data

were collected using a structured online questionnaire before and after the intervention. Descriptive statistical analysis was performed to compare pre- and post-intervention outcomes.

IV. RESULTS

The pre-intervention assessment revealed academic difficulties, poor study organization, and low academic confidence among students. Post-intervention findings showed improvement in academic performance, better study habits, and increased confidence levels, indicating a positive effect of online academic counseling.

V. CONCLUSION

The study concludes that online academic counseling is an effective intervention for improving academic performance, study habits, and academic confidence among Physiotherapy students. Incorporating regular online academic counseling programs in educational institutions can provide meaningful academic support and enhance student success.