

Guidance Needs of Secondary School Students in Bapatla District, Andhra Pradesh: A Review

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Abstract—Adolescence is a crucial developmental stage marked by rapid physical growth, emotional changes, social adjustment, increasing academic demands, and emerging career aspirations. Secondary school students, particularly those studying in Classes VIII, IX, and X, often experience multiple challenges that require systematic guidance and counselling support. The present review paper examines existing research on the guidance needs of secondary school students, with special reference to Bapatla District of Andhra Pradesh. The review conceptualizes guidance needs across five major dimensions: physical, social, psychological, educational, and vocational guidance. It synthesizes findings from empirical and conceptual studies to understand the nature and extent of students' needs and the influence of variables such as gender, locality, community background, and class level. The reviewed literature indicates that secondary school students generally exhibit moderate to high guidance needs, with pronounced requirements in psychological, educational, and vocational domains. Students from rural areas, socially disadvantaged communities, and lower secondary classes are often found to have greater guidance needs. The review highlights the importance of comprehensive, school-based guidance programmes that address students' holistic development. It concludes by emphasizing the need for structured, inclusive, and context-specific guidance and counselling services in secondary schools of Bapatla District to enhance students' academic achievement, physical and psychological well-being, social adjustment, and informed career decision.

Index Terms—Guidance needs, Secondary school students, Physical guidance, social guidance, psychological guidance, educational guidance, Vocational guidance, Adolescence, School counselling, Bapatla District, Andhra Pradesh.

I. INTRODUCTION

Secondary education is a decisive stage in the life of a student, as it coincides with adolescence a period of rapid physical development, emotional sensitivity, social awareness, and cognitive growth. Students at the secondary school level, particularly those studying in Classes VIII, IX, and X, face increasing academic expectations, examination pressure, peer influence, and the need to make early decisions regarding their future education and careers. These challenges often create stress, confusion, and adjustment problems, making guidance and counselling an essential component of the school system. Guidance is a systematic process of assisting students to understand themselves and their environment in order to make appropriate educational, personal, social, and vocational choices. At the secondary stage, guidance needs are multidimensional, as students experience changes not only in academic responsibilities but also in physical growth, emotional balance, and social relationships. Effective guidance services help students develop healthy study habits, cope with emotional and social difficulties, maintain physical well-being, and plan realistically for future careers. In the Indian educational context, and particularly in states such as Andhra Pradesh, secondary school students encounter additional challenges arising from socio-economic disparities, rural-urban differences, parental educational background, and limited access to professional counselling services. Students from rural areas and socially disadvantaged communities often lack adequate academic support and career exposure at home, which increases their dependence on school-based guidance. Recognizing the growing concerns related to student stress, mental health, and career uncertainty, recent educational policies and initiatives

have emphasized the importance of holistic student support and guidance services within schools. Bapatla District of Andhra Pradesh presents a diverse educational setting comprising rural, semi-urban, and urban schools that cater to students from varied social, cultural, and economic backgrounds. Understanding the guidance needs of secondary school students in this district is essential for planning effective counselling services and supportive learning environments. A comprehensive review of existing literature helps to identify common patterns of guidance needs, major influencing factors, and gaps in research, thereby providing a strong foundation for future empirical investigations. Against this background, the present review paper examines studies related to the guidance needs of secondary school students, with particular reference to Bapatla District of Andhra Pradesh. The review adopts a multidimensional perspective, focusing on physical, social, psychological, educational, and vocational guidance needs, and explores how these needs vary across gender, locality, community background, and class level. The findings of the review are expected to contribute to the development of structured, inclusive, and context-specific guidance and counselling programmes for secondary schools.

II. PURPOSE AND SCOPE OF THE REVIEW

The primary purpose of the present review is to critically examine and synthesize existing literature on the guidance needs of secondary school students, with special reference to Bapatla District of Andhra Pradesh. Secondary school students are at a formative stage of development where physical changes, emotional challenges, social adjustments, academic pressures, and career-related decisions occur simultaneously. Understanding their guidance needs is essential for planning effective school-based guidance and counselling services. Specifically, the review aims to analyse research related to the five major dimensions of guidance needs physical, social, psychological, educational, and vocational guidance. It seeks to identify the nature and extent of these needs among secondary school students and to examine how guidance needs vary with respect to selected variables such as gender, locality (rural and urban), community background, and class level (VIII, IX, and X). Through this analysis, the review attempts to highlight

consistent trends and significant differences reported across various studies. The scope of the review is confined to studies conducted on secondary school students, primarily within the Indian educational context, with greater emphasis on research relevant to Andhra Pradesh and similar socio-cultural settings. The review includes empirical studies, survey-based research using standardized guidance need inventories, and conceptual and policy-oriented literature related to school guidance and counselling. Studies focusing on adolescent development, school mental health, and career guidance are also considered where they contribute to an understanding of guidance needs. By synthesizing the existing body of knowledge, the review seeks to identify research gaps, methodological patterns, and practical implications for educators, school administrators, counsellors, and policymakers. Ultimately, the scope of the review is to provide a strong conceptual and contextual foundation for future district-level studies on guidance needs in Bapatla District and to support the development of comprehensive, inclusive, and effective guidance and counselling programmes in secondary schools.

III. CONCEPTUAL BACKGROUND: GUIDANCE NEEDS IN SECONDARY SCHOOLING

Guidance is a vital educational service that supports students in understanding themselves and their surroundings, enabling them to make appropriate decisions related to education, personal life, social relationships, and future careers. In secondary schooling, guidance assumes special significance because it coincides with adolescence, a developmental stage characterized by rapid physical growth, emotional changes, social reorientation, and increasing cognitive maturity. During this period, students encounter diverse challenges that necessitate systematic and continuous guidance support.

3.1 MEANING OF GUIDANCE NEEDS

Guidance needs refer to the extent to which students require assistance to overcome difficulties and adjust effectively in various areas of life. These needs arise when students face problems related to health and physical development, emotional stability, social interaction, academic learning, and career planning. At the secondary school level, guidance needs tend to be more pronounced due to heightened academic

expectations, examination stress, peer influence, identity formation, and pressure to make early decisions about future education and occupations.

3.2 NATURE OF GUIDANCE NEEDS AT THE SECONDARY LEVEL

Secondary school students differ significantly from primary-level learners in terms of responsibilities and expectations. They are required to handle a demanding curriculum, prepare for public examinations, and develop independent learning skills. Simultaneously, they experience emotional fluctuations, sensitivity to peer opinion, and concerns related to self-image and social acceptance. These developmental characteristics make secondary school students more vulnerable to stress, anxiety, and adjustment problems, thereby increasing the need for structured guidance and counselling services.

3.3 MAJOR DIMENSIONS OF GUIDANCE NEEDS
Guidance needs in secondary schooling are multidimensional and are commonly classified into five major dimensions:

- **PHYSICAL GUIDANCE**

Physical guidance addresses issues related to health, physical growth, nutrition, hygiene, fatigue, and body image. Adolescents often require support in understanding bodily changes and maintaining physical well-being, which directly influences their academic performance and emotional balance.

- **SOCIAL GUIDANCE**

Social guidance focuses on students' adjustment to their social environment, including peer relationships, communication skills, discipline, cooperation, and social responsibility. Effective social guidance helps students develop positive interpersonal skills and adapt to school and community life.

- **PSYCHOLOGICAL GUIDANCE**

Psychological guidance deals with emotional and mental health concerns such as stress, anxiety, fear of failure, low self-esteem, and emotional instability. This dimension aims to promote emotional resilience, self-awareness, and healthy coping strategies among students.

- **EDUCATIONAL GUIDANCE**

Educational guidance assists students in academic planning, development of study habits, time management, examination preparation, subject selection, and overcoming learning difficulties. It plays a crucial role in improving academic achievement and sustaining motivation.

- **VOCATIONAL GUIDANCE**

Vocational guidance helps students explore their interests, aptitudes, and abilities, and provides information about educational and career opportunities. At the secondary level, this guidance supports informed decision-making regarding future courses, careers, and skill development.

3.4 SIGNIFICANCE OF CONCEPTUAL FRAMEWORK

A clear conceptual understanding of guidance needs is essential for designing effective school-based guidance and counselling programmes. Addressing guidance needs across physical, social, psychological, educational, and vocational dimensions ensures holistic development of secondary school students. In districts such as Bapatla in Andhra Pradesh, where students come from diverse socio-economic and cultural backgrounds, a multidimensional framework provides a strong foundation for identifying priority areas and planning inclusive, context-specific guidance interventions.

IV. REVIEW METHOD

The present study adopts a systematic narrative review method to examine existing literature related to the guidance needs of secondary school students, with particular reference to the context of Bapatla District of Andhra Pradesh. The review method was designed to identify, analyse, and synthesize relevant empirical and conceptual studies in order to develop a comprehensive understanding of guidance needs at the secondary school level.

4.1 SOURCES OF LITERATURE

Relevant literature was collected from a variety of secondary sources, including peer-reviewed journals, research articles, doctoral dissertations, conference proceedings, government reports, and policy documents related to school guidance and counselling.

Studies focusing on adolescent development, school mental health, educational guidance, and vocational counselling were also considered to provide a broader conceptual base.

4.2 SELECTION CRITERIA

The literature included in the review was selected based on the following criteria:

- Studies focusing on secondary school students (Classes VIII, IX, and X).
- Research addressing one or more dimensions of guidance needs, namely physical, social, psychological, educational, and vocational guidance.
- Empirical studies employing survey methods, particularly those using standardized guidance needs inventories.
- Studies conducted in the Indian context, with preference given to research relevant to Andhra Pradesh or similar socio-cultural settings.
- Conceptual and policy-oriented literature that contributes to understanding school guidance and counselling practices.

4.3 PROCEDURES OF REVIEW

The selected studies were carefully read and analysed to identify key themes, findings, methodologies, and conclusions related to guidance needs. Attention was given to patterns of guidance needs across different student variables such as gender, locality, community background, and class level. The findings were then organized under major thematic areas corresponding to the five dimensions of guidance.

4.4 METHOD OF ANALYSIS

The review employed qualitative synthesis techniques, wherein findings from different studies were compared and integrated to highlight similarities, differences, and emerging trends. Emphasis was placed on identifying consistent results as well as gaps in existing research. The synthesized evidence was used to draw implications for future research and for the development of effective guidance and counselling programmes at the secondary school level. This review method provides a structured and systematic approach to understanding the existing body of knowledge on guidance needs and serves as a foundation for future

empirical studies in Bapatla District of Andhra Pradesh.

V. EMPIRICAL EVIDENCE ON GUIDANCE NEEDS: MAJOR THEMES

Empirical studies conducted in the field of educational guidance and counselling consistently highlight that secondary school students experience diverse and significant guidance needs. Research carried out in different regions of India provides valuable insights into the nature, intensity, and variation of these needs across student groups. A synthesis of empirical evidence reveals several major themes related to guidance needs at the secondary school level.

5.1 OVERALL LEVEL OF GUIDANCE NEEDS AMONG SECONDARY SCHOOL STUDENTS

A large number of empirical studies report that secondary school students generally exhibit moderate to high levels of guidance needs across multiple dimensions. Adolescents often require support in coping with academic workload, emotional stress, peer relationships, and future planning. The findings indicate that guidance needs are not limited to a small group of students but are common across the secondary school population, emphasizing the necessity of comprehensive guidance programmes in schools.

5.2 ACADEMIC AND EDUCATIONAL GUIDANCE NEEDS

Research evidence consistently identifies educational guidance as one of the most prominent needs among secondary school students. Studies reveal that students frequently face difficulties related to study habits, time management, examination anxiety, subject comprehension, and academic motivation. Board examinations and continuous assessment practices further intensify academic pressure, particularly among students in Classes IX and X. Empirical findings suggest that effective educational guidance can significantly reduce academic stress and improve learning outcomes.

5.3 PSYCHOLOGICAL AND EMOTIONAL GUIDANCE NEEDS

Psychological guidance needs emerge as a critical theme in empirical studies. Adolescents commonly

experience stress, anxiety, fear of failure, low self-esteem, and emotional instability. Several studies indicate that psychological guidance needs are higher among students from disadvantaged backgrounds and those lacking family or social support. Emotional problems, if left unaddressed, may negatively affect academic performance and social adjustment, highlighting the importance of counselling services within schools.

5.4 SOCIAL GUIDANCE NEEDS

Empirical evidence also points to notable social guidance needs among secondary school students. Difficulties in peer relationships, communication problems, disciplinary issues, and adjustment to school norms are frequently reported. Studies show that effective social guidance helps students develop interpersonal skills, improve behaviour, and foster a positive school climate. Social guidance needs are often found to be higher among students from rural areas and those studying in schools with limited co-curricular and support activities.

5.5 VOCATIONAL AND CAREER GUIDANCE NEEDS

Vocational guidance is identified as a major unmet need in many empirical studies. Secondary school students often lack awareness about career options, educational pathways, and skill requirements. Research indicates that students, especially those in rural areas and lower socio-economic groups, have limited exposure to career information and role models. As a result, vocational guidance needs tend to increase as students approach the completion of secondary schooling.

5.6 PHYSICAL GUIDANCE NEEDS

Although fewer studies focus explicitly on physical guidance, available evidence suggests that adolescents face concerns related to health, nutrition, fatigue, and physical changes. Physical well-being is closely linked to emotional stability and academic performance. Empirical findings highlight the need for health education, physical fitness awareness, and stress-related health guidance as part of school guidance programmes.

5.7 INFLUENCE OF DEMOGRAPHIC AND EDUCATIONAL VARIABLES

Empirical studies frequently examine the influence of variables such as gender, locality, community background, and class level on guidance needs. While findings related to gender differences are often mixed or insignificant, consistent differences are reported with respect to locality and community background. Students from rural areas and socially disadvantaged communities tend to report higher guidance needs across most dimensions. Class-wise analyses often show variations, with students in lower secondary classes requiring more adjustment-related guidance and those in higher classes expressing greater academic and vocational guidance needs.

VI. TOOLS USED TO MEASURE GUIDANCE NEEDS

The assessment of guidance needs among secondary school students requires valid and reliable tools that can systematically capture students' difficulties and requirements across different domains. Empirical studies in the field of educational guidance and counselling have commonly employed standardized inventories and structured questionnaires to measure guidance needs in a comprehensive manner.

6.1 GUIDANCE NEEDS INVENTORY (GNI)

The Guidance Needs Inventory (GNI) is one of the most widely used tools for assessing guidance needs among secondary and senior secondary school students. It is designed to measure students' requirements across multiple dimensions such as physical, social, psychological, educational, and vocational guidance. The inventory typically consists of a set of statements to which students respond, indicating the extent to which they feel a need for guidance in each area. The GNI has been frequently used in Indian studies due to its suitability for school settings and its ability to generate domain-wise and overall guidance need scores.

6.2 DIMENSION-WISE GUIDANCE NEED SCALES

In addition to comprehensive inventories, some studies use dimension-specific scales focusing on particular areas such as academic guidance needs, psychological counselling needs, or vocational

guidance needs. These tools allow researchers to conduct in-depth analysis of specific domains and are often used when the study aims to explore a particular aspect of guidance in detail.

6.3 SELF-DEVELOPED QUESTIONNAIRES

Several researchers have developed self-constructed questionnaires tailored to the objectives of their studies and the local context. These instruments are usually based on a review of literature and expert consultation and include items related to students' academic difficulties, emotional problems, social adjustment, health concerns, and career planning. While self-developed tools offer contextual relevance, researchers generally establish their content validity and reliability through pilot testing and statistical analysis.

6.4 INTERVIEW AND CHECKLIST METHODS

Some studies supplement quantitative tools with qualitative methods such as structured or semi-structured interviews, observation schedules, and checklists. These methods help in gaining deeper insights into students' personal experiences, attitudes, and perceptions regarding guidance services. Interviews with teachers, counsellors, and parents are also used to triangulate student-reported data.

6.5 VALIDITY AND RELIABILITY CONSIDERATIONS

Most empirical studies emphasize the importance of establishing the validity and reliability of the tools used to measure guidance needs. Standardized inventories like the GNI generally report acceptable reliability coefficients and established validity. For self-developed tools, researchers commonly employ techniques such as expert validation, pilot studies, test-retest reliability, and internal consistency measures to ensure accuracy and consistency of the data collected.

6.6 RELEVANCE FOR STUDIES IN BAPATLA DISTRICT

For studies focusing on secondary school students in Bapatla District of Andhra Pradesh, standardized tools such as the Guidance Needs Inventory are particularly useful, as they allow comparison across gender, locality, community, and class levels. Combining quantitative inventories with qualitative methods can

further enhance the understanding of students' guidance needs and support the development of effective, context-specific guidance and counselling programmes.

VII. POLICY AND PRACTICE CONTEXT RELEVANT TO BAPATLA DISTRICT

The guidance needs of secondary school students cannot be viewed in isolation from the broader policy and practice environment in which schools' function. In recent years, increasing attention has been given at both national and state levels to student well-being, mental health, career guidance, and holistic development. Understanding this policy and practice context is essential for interpreting guidance needs and for planning effective interventions in Bapatla District of Andhra Pradesh.

7.1 NATIONAL POLICY INITIATIVES ON GUIDANCE AND COUNSELLING

At the national level, educational policies and programmes have increasingly emphasized the importance of guidance and counselling services in schools. The National Education Policy (NEP) 2020 highlights holistic student development, mental health, life skills, and career awareness as key components of school education. It advocates the integration of counselling support, vocational exposure, and flexibility in academic pathways to help students make informed choices. In response to growing concerns about student stress and mental health, the Government of India has also launched initiatives aimed at providing psychosocial support to students, teachers, and parents. These initiatives promote awareness of mental health issues, stress management, and help-seeking behaviour, and encourage schools to create supportive and inclusive learning environments. Such national-level efforts provide an important framework for strengthening guidance services at the school level.

7.2 STATE-LEVEL INITIATIVES IN ANDHRA PRADESH

The Government of Andhra Pradesh has taken steps to strengthen student support systems in schools by recognizing the need for academic, psychological, and career guidance. Recent initiatives include the introduction of career guidance programmes, student

counselling services, and the appointment of counsellors in government schools. These measures aim to address academic stress, emotional well-being, and career uncertainty among adolescents. In addition, state education departments have emphasized life skills education, health awareness, and student mentoring programmes through schools. Teacher training and orientation programmes increasingly include components related to student guidance, counselling, and identification of emotional or behavioural issues. These developments are particularly relevant for districts like Bapatla, where schools serve students from diverse socio-economic and cultural backgrounds.

7.3 SCHOOL-LEVEL PRACTICES IN BAPATLA DISTRICT

At the district and school levels, guidance and counselling practices vary widely depending on infrastructure, availability of trained personnel, and administrative priorities. Many secondary schools in Bapatla District rely on teachers to provide informal academic and personal guidance in the absence of full-time professional counsellors. While such teacher support plays a valuable role, it may not be sufficient to address complex psychological or vocational guidance needs. Some schools organize career guidance sessions, parent–teacher interactions, health awareness programmes, and motivational talks to support students. However, these practices are often sporadic and lack a structured, systematic framework. Rural schools, in particular, may face constraints related to resources, access to professional counselling services, and exposure to career information.

7.4 IMPLICATIONS FOR GUIDANCE SERVICES IN BAPATLA DISTRICT

The existing policy environment offers significant opportunities to strengthen guidance and counselling services in Bapatla District. National and state initiatives provide a supportive framework, but effective implementation at the district level requires contextual planning. Schools need structured guidance programmes that address physical, social, psychological, educational, and vocational needs in an integrated manner. There is also a need for capacity building among teachers, collaboration with professional counsellors, and community involvement to ensure that guidance services reach all students,

especially those from rural areas and disadvantaged communities. Aligning school-level practices in Bapatla District with broader policy goals can help create inclusive and sustainable guidance systems that support students' holistic development and future readiness.

VIII. RESEARCH GAPS

The literature suggests strong general patterns, but district-specific planning requires local data. Common gaps relevant to Bapatla include:

1. Limited district-level studies specifically focusing on the guidance needs of secondary school students in Bapatla District.
2. Insufficient comprehensive research covering all five dimensions of guidance needs—physical, social, psychological, educational, and vocational.
3. Lack of evidence on variations in guidance needs across locality, community background, and class level within the district.
4. Inadequate class-wise analysis of guidance needs among students of Classes VIII, IX, and X.
5. Minimal research on the availability and effectiveness of existing school-based guidance and counselling practices in Bapatla District.
6. Need for studies linking national and state guidance policies with actual school-level implementation in the district.

IX. PROPOSED FRAMEWORK FOR A BAPATLA DISTRICT STUDY

Based on the synthesis of reviewed literature, a structured and review-informed framework is proposed for studying the guidance needs of secondary school students in Bapatla District of Andhra Pradesh. The framework adopts a multidimensional and contextual approach, recognizing that guidance needs are influenced by developmental, demographic, and school-related factors.

9.1 CORE FOCUS

The central focus of the proposed framework is the Guidance Needs of Secondary School Students, conceptualized across five dimensions:

- Physical guidance
- Social guidance
- Psychological guidance
- Educational guidance
- Vocational guidance

9.2 INDEPENDENT VARIABLES

The guidance needs are examined in relation to selected student and contextual variables:

- Gender (boys and girls)
- Locality (rural and urban)
- Community background
- Class level (VIII, IX, and X)

9.3 SCHOOL AND CONTEXTUAL FACTORS

The framework also acknowledges the influence of school-related factors such as:

- Type of school (government and private)
- Availability of guidance and counselling services
- Teacher support and school climate

9.4 RESEARCH DESIGN APPROACH

A normative survey method is proposed, using a standardized Guidance Needs Inventory to collect data from a representative sample of secondary school students in Bapatla District. Quantitative analysis through descriptive and inferential statistics can be employed to identify patterns and significant differences across variables.

9.5 EXPECTED RELATIONSHIPS

Based on the reviewed evidence, the framework anticipates:

- Higher guidance needs among students from rural areas and socially disadvantaged communities.
- Variation in guidance needs across class levels, with increased academic and vocational needs in higher classes.
- Comparable guidance needs across gender, with minor or no significant differences in most dimensions.

9.6 UTILITY OF THE FRAMEWORK

This review-informed framework provides a clear structure for conducting a district-level study and supports evidence-based planning of guidance and counselling services. It can help policymakers, school administrators, and counsellors in Bapatla District

design targeted, inclusive, and developmentally appropriate guidance programmes that address students' holistic needs.

X. EDUCATIONAL IMPLICATIONS FOR BAPATLA DISTRICT

1. Strengthening educational guidance to support study habits, time management, examination preparation, and reduction of academic stress.
2. Integrating psychological guidance and counselling services to promote emotional well-being, self-esteem, and stress management among students.
3. Introducing systematic vocational guidance through career awareness programmes, information on educational pathways after Class X, and exposure to skill-based options.
4. Promoting social guidance by developing students' interpersonal skills, discipline, cooperation, and positive peer relationships.
5. Addressing physical guidance needs through health education, awareness of physical development, nutrition, and stress-related health issues.
6. Providing special support for rural students and socially disadvantaged communities to ensure equity in access to guidance services.
7. Enhancing teacher capacity through training in basic guidance and counselling skills for early identification of students' problems.
8. Establishing structured school-based guidance programmes aligned with national and state educational policies.

XI. CONCLUSION

Secondary school years are a sensitive and formative period in a student's life, where academic demands, emotional changes, social relationships, physical development, and career concerns come together. This review makes it clear that guidance is not an optional support, but a necessary component of meaningful schooling. Students at this stage require consistent help across physical, social, psychological, educational, and vocational areas to navigate everyday challenges with confidence and clarity. The reviewed studies show that many secondary school students experience academic stress, emotional strain, social

adjustment difficulties, and uncertainty about their future. These concerns are often more pronounced among students from rural areas and socially disadvantaged communities, who may have limited access to guidance at home or in school. While policies at the national and state levels emphasize student well-being and holistic development, the actual availability and effectiveness of guidance services at the school level remain uneven. In the context of Bapatla District of Andhra Pradesh, this review highlights the urgent need for well-planned, school-based guidance and counselling programmes that are sensitive to local conditions and student diversity. When guidance services are structured, inclusive, and developmentally appropriate, they can make a real difference in students' academic progress, emotional well-being, social adjustment, physical health, and career readiness. Ultimately, strengthening guidance in secondary schools is an investment in students' present well-being and their future success, and it lays a strong foundation for further research and informed educational practice in the district.

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