



THESIS REPORT

**ENHANCING PSYCHOLOGICAL COUNSELLING
CAPACITY IN COLLEGE AND UNIVERSITY SETTINGS**

Pham Van Giao





PHAM VAN GIAO

- Director, Institute of Applied Psychology – Education
- Member at Vietnam Psychotherapy Association
- Founder/ CEO Vietnam Soft Skills Educational Council
- Head of The Creative Student Village – TechFest VN
- Former Deputy Director of the Institute of Science and Technology Development and Education.
- Former Deputy Director, Head of Soft Skills Education Department – Institute of Education and Business Administration Research

1 ISSUE

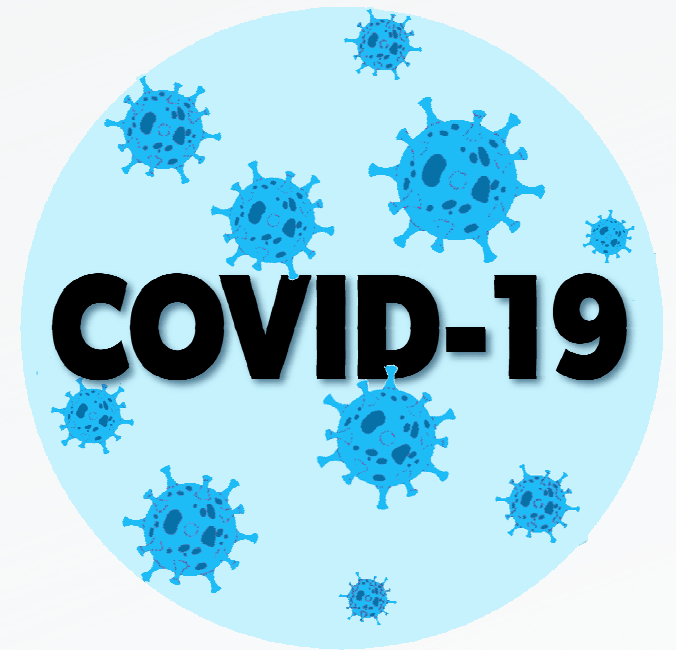
Gene Z – Threats and Pressures

- Striving to catch up with daily knowledge changes
- Efforts in learning to keep up with evolving information
- Pressure for success and fear of failure
- Negative and unreliable information sources across various online platforms
- Influenced and controlled by social media
- When material possessions become the measure of human worth
- Decreased quality of life: relationships, family, health
- Mental well-being and emotions are not given due attention.

1 ISSUE

State

According to UNESCO, as of April 8, 2020, 188 countries and territories worldwide have had to close schools, affecting 91.3% of the total number of students due to the impact of the Covid-19 pandemic.



1 ISSUE

State



In Vietnam, all 63 provinces and municipalities have suspended classes for students. As of now, there have been 43,092 deaths due to the Covid-19 pandemic.

**1****ISSUE****State**

Statistics from the Ministry of Education and Training, in collaboration with the World Health Organization in April 2022, reveal a doubling of sexual relationships among adolescents under 14 within six years. The Vietnam Family Planning Association reported nearly 300,000 abortions annually nationwide, with 70% involving students aged 15 to 19.

1 ISSUE

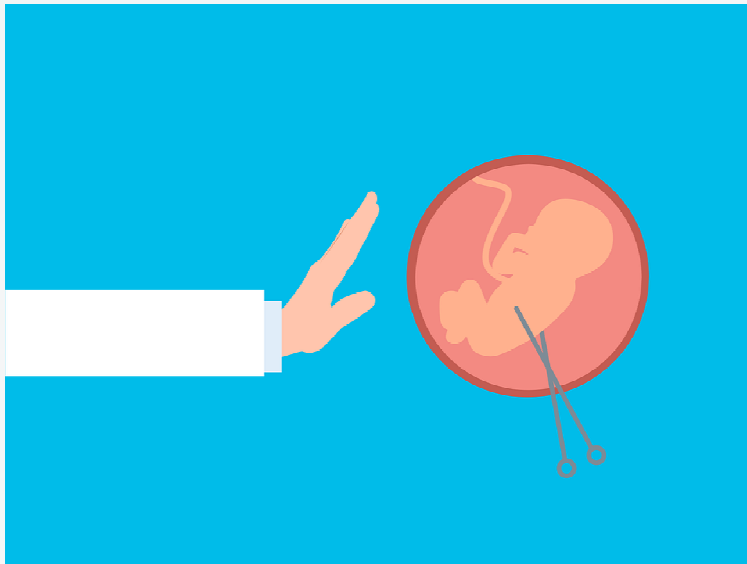
State

The rate of sexual relationships among adolescents under the age of 14 has doubled over the past 6 years - Statistics from the Ministry of Education and Training, in collaboration with the World Health Organization in April 2022.

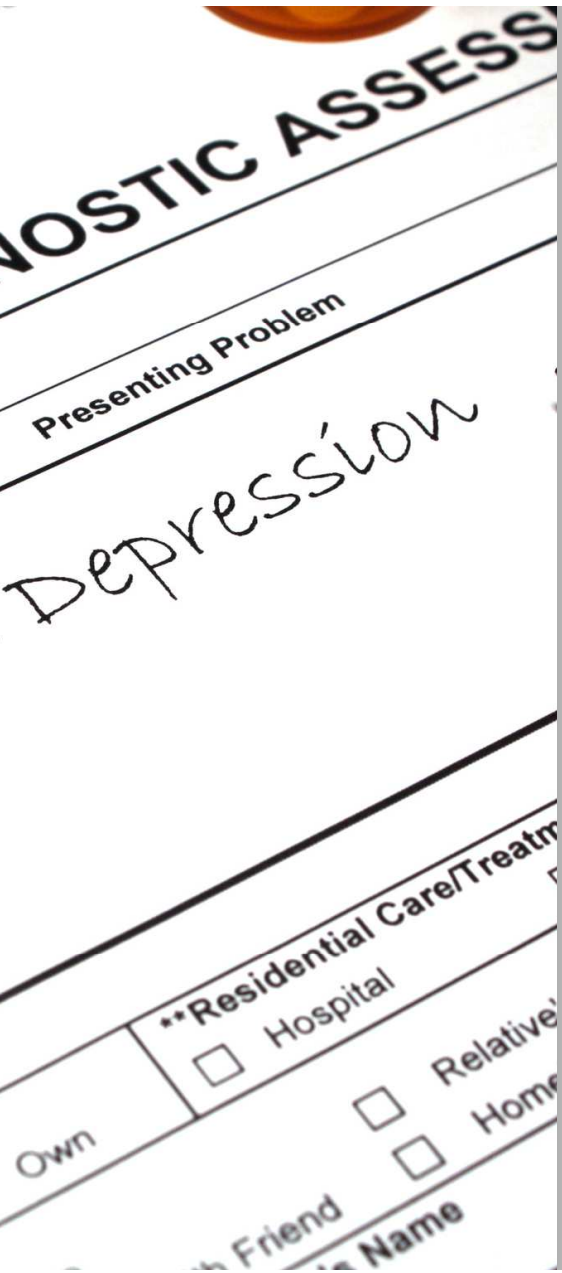


1 ISSUE

State



On average, there are nearly 300,000 cases of abortion nationwide each year, primarily among individuals aged 15 to 19, with 70% being students.



1 ISSUE

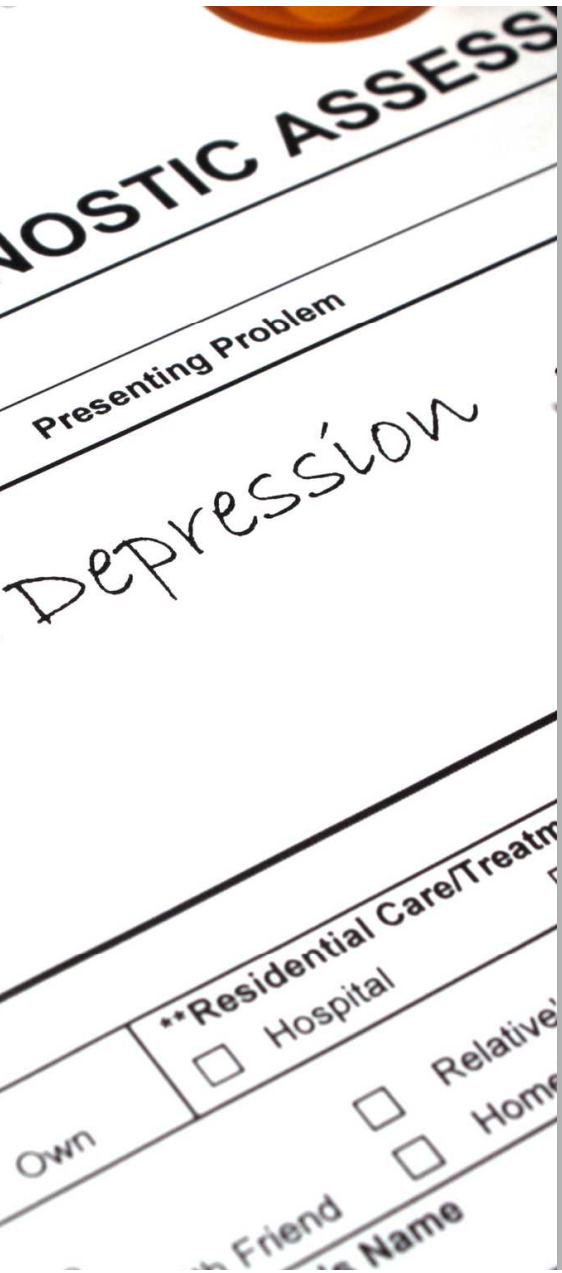
From 2011 until the end of the first quarter of 2018

18.571

cases of legal violations and school violence involving officials, teachers, students, and pupils.

with **32.418** people

and **15.757** victims



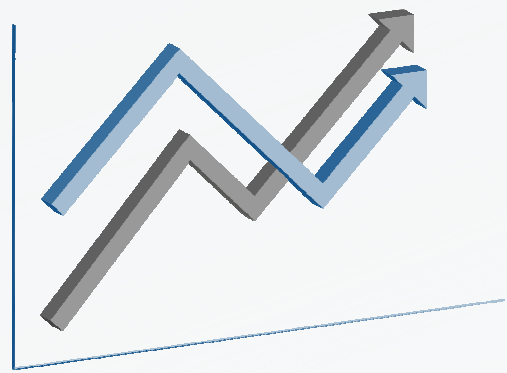
1 ISSUE

40.000

people commit suicide due to depression

more **2.5** times

than people die from traffic accidents



2

RESEARCH METHODOLOGY

SCALES

Depression (DASS-21), Anxiety Disorder (DASS-21), Stress (DASS-21)

Loneliness (UCLA)

Suicide Behavior (SBQ-R),

Satisfaction with Life (SWLS)

Future Orientation (Meaning in Life Questionnaire).

MENTAL HEALTH SCREENING PROGRAM



Study participant:

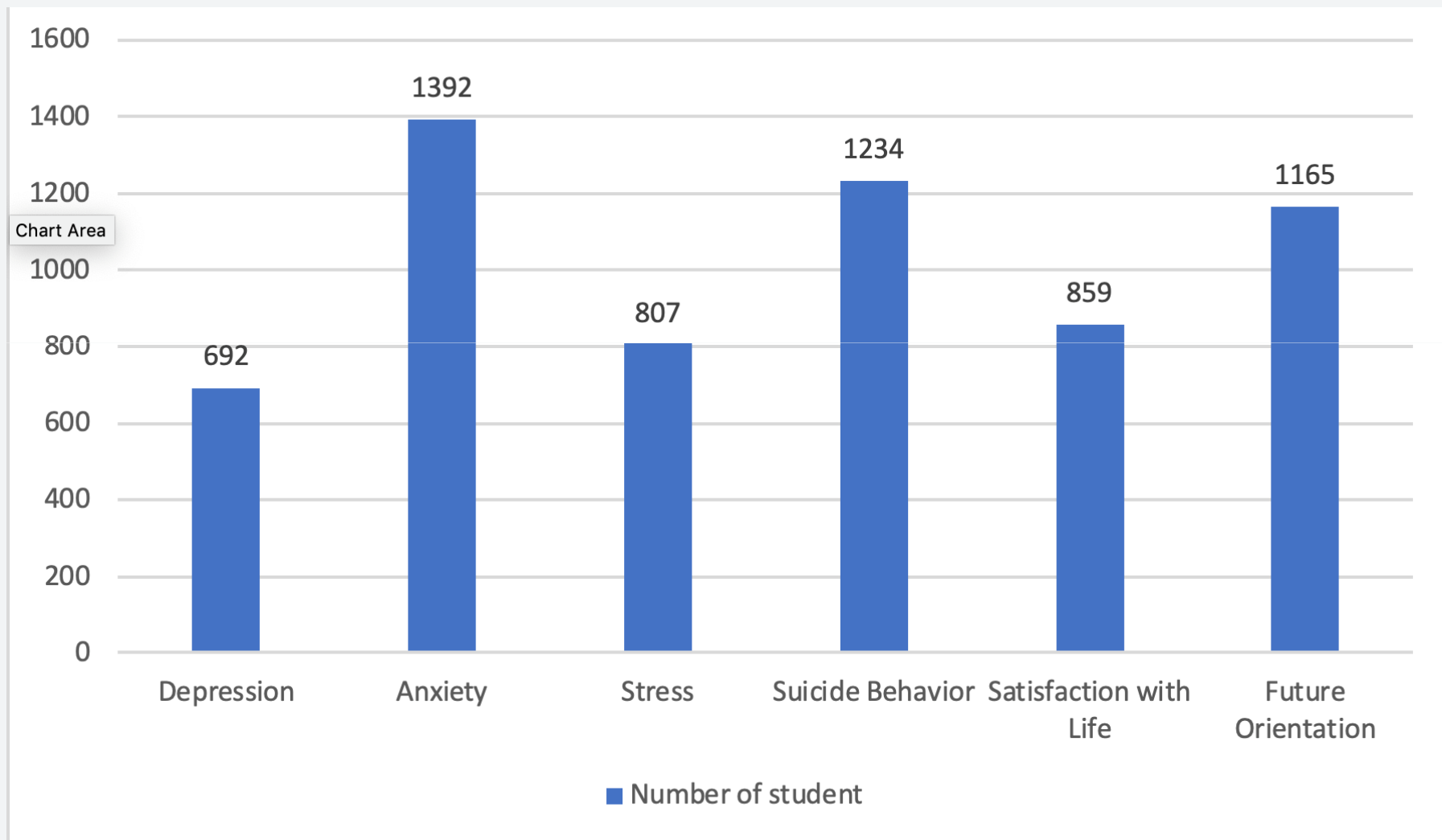
Students from:

- Banking University Ho Chi Minh City
- College of Culture and Arts Ho Chi Minh City
- Humane Job Training School



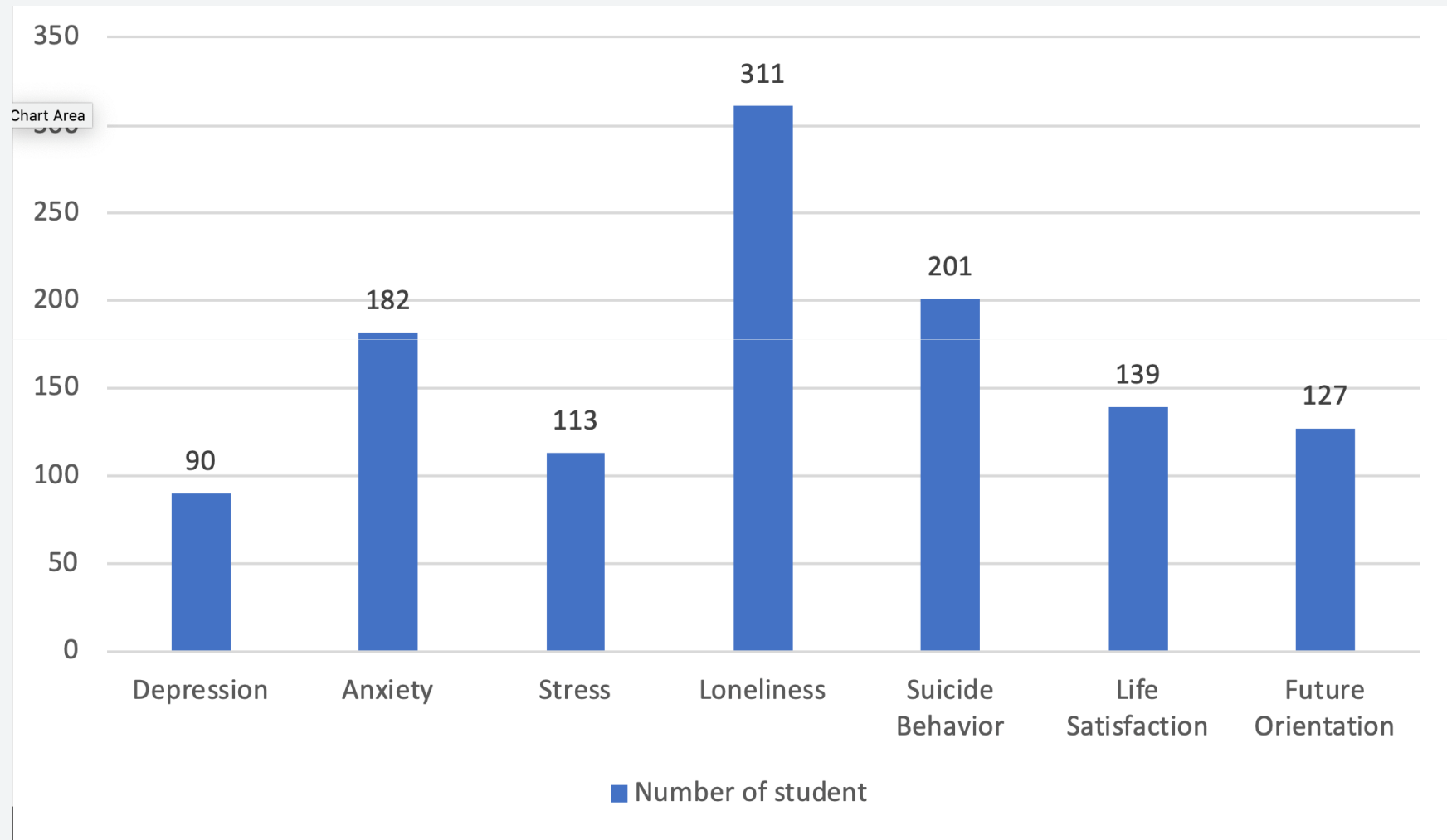
RESULT

The current state of mental health among students at Banking University Ho Chi Minh City



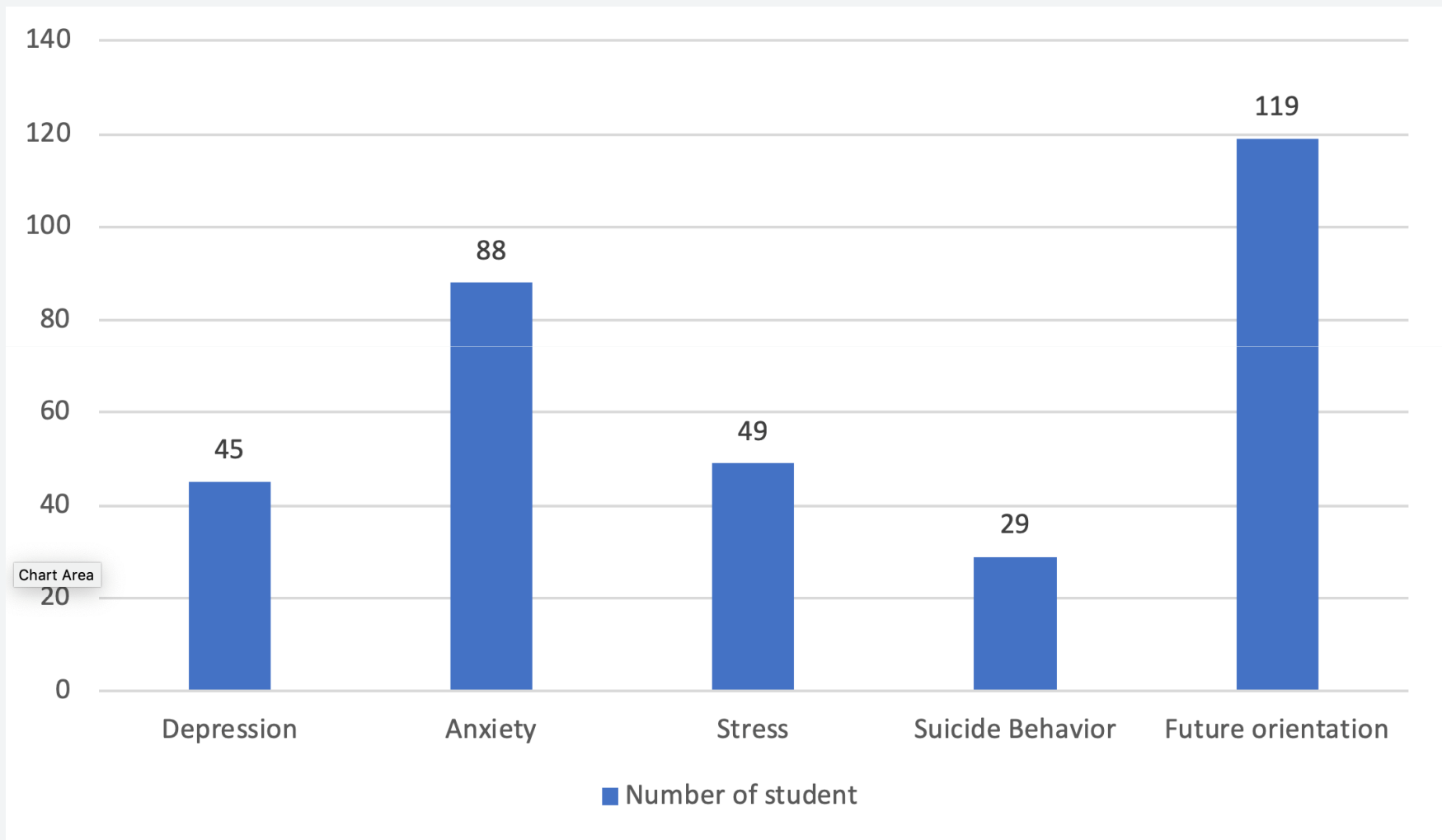
RESULT

The current state of mental health among students at Ho Chi Minh City College of Culture and Arts



RESULT

The current state of mental health among students at Humane Job Training School





4. CONCLUSION

- The mental health of students needs to be prioritized for resolution.
- Serious issues are emerging at a high level.
- There needs to be coordination between the family, the school, and society.

THANK'S FOR WATCHING

**VIETNAM PSYCHOLOGY – EDUCATION ASSOCIATION
INSTITUTE OF APPLIED PSYCHOLOGY – EDUCATION**

Contact Details:

Hotline: 0888 90 80 69

Website: thamvantamly.org.vn

Address: No 9F, 4F Street, Tan Thuan Tay Ward, District 7,
Ho Chi Minh City