

Effectiveness of Intervention Activities Rendered by the Counseling Center to Maritime Students

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ABSTRACT

This research work was pursued to gain insights on the effectiveness of intervention activities rendered by the CATC to maritime students. This study could be a help to determine if the intervention activities rendered by the CATC to maritime students are effective and the problems encountered by the maritime students to the services rendered by the CATC. This study utilized a descriptive research method with (240) Maritime students that were chosen on the basis of random sampling. Results showed that the intervention activities rendered by the CATC to maritime students are effective. The observed problem encountered by the maritime students on the interventions rendered by the CATC was confusion of students who have already taken up the given enrichment program but are still included on the list who failed to take it up.

Keywords: *Maritime students, Intervention, Enrichment program*

INTRODUCTION

Discipline plays a vital part to a cadet's life as a student. Self-discipline gives the power to stick to decisions and follow them through, without changing one's mind, and is therefore, one of the important requirements for achieving goals. This is needed to be instilled to the cadets for them to be competent enough to be aspiring maritime officers. Frequent absence from college is associated with failing grades, poor performance, disciplinary problems and long term social difficulties (Menia, 2014).

The Counseling and Testing Center with the collaboration of the university guarantees that the students will be disciplined through the services given by them. Kamau et al. (2014) emphasized that guidance and counseling programs in schools are geared towards promotion of the development of students.

The Counseling and Testing Center is a department of the university which offers students access to a wide range of counseling services,

resources, and referrals. Many students experience a variety of difficulties including stress, depression, anxiety, and relationship problems during their college years, and find that it is helpful to discuss their personal, educational, or career concerns with a professional. The Counseling and Testing Center provides a supportive and confidential environment for students to explore their concerns and learn new skills to deal more effectively with problems that may be interfering with their personal well-being and academic goals. Enhancing self awareness in utilizing the result of psychological tests as spring board to facilitate group counseling is also being emphasized (Arguelles & Bay, 2014). It is necessary to identify the causes of problems encountered by the students and the guidance counsellors served as the instrument or channel to resolve or remedy the difficulties identified (Laguador & Pesigan, 2013).

According to Braddock (2001) the purposes of guidance and counseling services in school are to improve academic achievement, foster positive