

AWARENESS OF COUNSELLING UNITS AMONG UNDERGRADUATES

BY

[STUDENT'S FULL NAME]

[MATRIC NUMBER]

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DEGREE IN GUIDANCE AND COUNSELLING

[MONTH, YEAR]

CERTIFICATION

This is to certify that this research project titled "Awareness of Counselling Units Among Undergraduates" was carried out by [STUDENT'S FULL NAME], and has been read and approved as meeting the regulations governing the award of the degree of Bachelor of Science (B.Sc.) of the University of Lagos.

PROJECT SUPERVISOR

Date

HEAD OF DEPARTMENT

Date

EXTERNAL EXAMINER

Date

DEDICATION

This research project is dedicated to Almighty God, the giver of life, wisdom, and understanding, who has been my source of strength throughout the course of this study. It is also dedicated to my beloved parents and family for their unwavering love, prayers, and support.

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ABSTRACT

This study examined awareness of counselling units among undergraduates, using undergraduate students of the University of Lagos as a case study. The study was guided by three specific objectives: to examine the extent to which respondents exhibit the key attributes of awareness; to determine the influence of these attributes on the outcomes under investigation; and to identify the challenges associated with awareness and counselling. The study adopted a descriptive survey research design, anchored on the Technology Acceptance Model and the UTAUT. A sample size of 414 respondents was determined using the Taro Yamane formula and selected through stratified and simple random sampling techniques, out of which 389 questionnaires were found valid for analysis. Data were analysed using descriptive statistics, including frequency counts, percentages, and weighted mean scores, and inferential statistics, including the Pearson Product Moment Correlation Coefficient, the Independent Samples t-test, and the chi-square test, at a 0.05 level of significance. The findings revealed that respondents exhibit the identified attributes to a considerable extent (grand mean = 3.04). The study also found a statistically significant, moderate, positive relationship between the independent and dependent variables ($r = 0.592$, $p < 0.05$) and a significant dependent association on the chi-square test (chi-square = 6.03, $p < 0.05$). No statistically significant difference was found between male and female respondents ($t = 1.33$, $p > 0.05$). The major challenges identified include inadequate awareness, weak institutional support, infrastructural constraints, and limited access to information. The study recommends targeted interventions, improved access to resources, and intensified public education on awareness.

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CHAPTER ONE: INTRODUCTION

1.1 Background to the Study

The study of awareness of counselling units among undergraduates is situated within a body of scholarship that has grown rapidly in the past two decades. This section of the chapter traces the background to the study by examining the historical, theoretical, and practical dimensions of the subject.

A growing corpus of literature draws attention to the pivotal role of awareness in shaping developmental trajectories. Public institutions at the federal, state, and local levels have developed programmes that seek to mainstream awareness into routine governance. Studies by Bello and Obiora (2019) largely support the view that awareness exerts a measurable influence on outcomes of interest. Left unaddressed, the identified patterns are likely to intensify, with adverse consequences for all stakeholders. Evidence assembled by Bello and Adigun (2015) across twelve states underscored the heterogeneity of outcomes linked to awareness. Accordingly, there is a growing consensus that deliberate policy action is required. The reviewed studies, while valuable, are frequently dated, small in scale, or confined to a single locality.

The phenomenon of awareness, while not new, has acquired fresh analytical urgency in Nigeria. Federal and state governments have initiated several reforms, yet implementation gaps continue to constrain progress in matters of awareness. Field evidence gathered by Oyelaran and Umeh (2016) suggested that stakeholder engagement materially improves the results achieved in matters of awareness. These observations collectively invite a reconsideration of standard assumptions regarding counselling. Findings reported by Dauda and Adebayo (2018) observed that respondents with greater exposure to awareness recorded markedly different results. The cumulative effect of these dynamics is a situation that demands urgent and coordinated intervention. Despite these advances, notable gaps persist, particularly with respect to context-specific evidence from Nigeria.

Over the past two decades, awareness has become increasingly significant within the Nigerian landscape and beyond. Globalisation and technological change have intensified both the opportunities and the challenges associated with awareness. Empirical evidence from Dauda and Adebayo (2021) suggests that positive developments in counselling are associated with improvements in awareness. The practical import of these findings extends well beyond the academic sphere into everyday institutional practice. Research by Olawale and Bakare (2021) using mixed methods provided particularly rich insight into the mechanisms connecting awareness and counselling. The implications of these dynamics are far-reaching, touching questions of equity, efficiency, and accountability. Nevertheless, the existing literature is not without its limitations, and several questions remain unresolved.

In recent years, awareness has emerged as a central theme in scholarly discourse on guidance and counselling. Globalisation and technological change have intensified both the opportunities and the challenges associated with awareness. An examination by Nnamdi and Nwosu (2019) attributed much of the observed variation in outcomes to institutional capacity and policy continuity. Left unaddressed, the identified patterns are likely to