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Guidance and Counseling: A Panacea to Students' Career Choice among Senior Secondary School Students in Port Harcourt Metropolis

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ABSTRACT
The study focused on guidance and counselling: a panacea to students' career choice among senior secondary school students in Port Harcourt Metropolis. The factors under investigation include how educational counseling, vocational counseling and personal social counselling enhance students' career choice in senior secondary school. In spite of the importance of career awareness for the growing generation, students are still beset with a myriad, of career choices which make their career adjustments difficult. The study made use of descriptive survey. The population of the study consists of 9,600 SS 2 students in all the public senior secondary schools in Port Harcourt Metropolis. The sample size of the study was 400 students, the figure was generated using Taro Yamane formula: The sampling technique used was simple random sampling technique. The instrument used for data collection was self-developed questionnaire. The data gathered were analyzed using descriptive analyses, mean and standard deviation for the research questions while the null hypotheses were tested using z-rest statistical tool at 0.05 level of significant. However, the findings of the study reveal that educational counseling, vocational counseling and personal social counseling enhance students' career choice in senior secondary school. Therefore, the study recommends that: government should establish and equip guidance and counselling unit in all the public secondary schools in Rivers State hence it enhances students career choice, government and non-governmental organization should organize seminar or enlightenment campaign for staff and students on the importance of vocational counselling, school management should always arrange awareness programme for the students on the need of personal social counseling because of its important in their career choice.
Keywords: Guidance, Counseling, Panacea, Students' Career Choice, Senior Secondary School, Students.

INTRODUCTION

In accordance with the knowledge and wide assumption that the increasing complexities in the society, industrial and technological development, all going hand in hand, the succeeding generation will gradually find it difficult to adjust themselves both to the society, work and schools. Failure in proper adjustment to tell the facts mentioned could affect the education of young people and expose them to environmental hazard as well as personal problems associated with development. All these can cripple any developing country, due to the vulnerability of a growing child; these experiences can be too terrible. They need some sort of guidance and counseling if he/she can survive. The absence of counselors in our society perhaps has to some extent been one of the high crime rates today. Some of these factors might have necessitated such urgent need for guidance and counseling services in Nigeria.

Vocational counseling means help rendered to a person to take a rational decision on occupational choice, taking into consideration his individual characteristics, demands of the labour market and opportunities for vocational educational (Aronson, 2014). Vocational counselling is defined as individual contacts with those counseled, in order to facilitate career choice or development. Vocational counseling is a set of services designed to develop the skills and abilities of a person to the point they can perform a specific vocation in a productive way. It is often provided following an accident to help an individual transition to a new job. Counselling may be done in-house by counselors provided by an employer or be outsourced to companies who specialize in vocational aspects of employment (Barker, 2010).

According to Blustein (2013), vocational counseling often begins with a job analysis in order to gather information through vocational rehabilitation. This focuses on the description of the job and then compares the job to the individual's capabilities. This is typically done to determine if the employee can continue in their current capacity with accommodations. If the employee is not capable of continuing their current position, the vocational counselllor and employee will work together to find suitable alternatives that may include educational opportunities on the job training. In order to assist with vocational counseling, the counselor must determine an individual's abilities, aptitude and skills through a vocational assessment. Counselors use both standards (tests) and non-standard interviews, observations) approaches to obtain information (Brown, 2012). The results of these tests allow for strengths, needs and career potentials to be evaluated. It can also help determine whether an individual is a good candidate for vocational training and has any interest in vocational benefits. The counselor can also determine if there are any barriers to learning that will need to be addressed prior to the start of a vocational programme. For example, if an employee has the skills, aptitude, and desire to be retrained but is not medically stable enough to start the process often an injury, the counselor will work with that individual to ensure vocational training begins as soon as possible.

Educational counseling is the counseling that is being rendered to learners in order to enhance their achievement in education.

It is an academic counseling which aims at improving the performance and achievement of learning in programmes of study. Mohammade (2010) averred that educational counseling is essential in school because it enhances, if performance of students in school academically. The researcher goes on to say that by ensuring a successful educational counseling, a counselor may intervene on issues that may include test anxiety and procrastination or truancy. Sampson (2014) opines that, educational counseling in schools can bring about the attainment of students career. He continues that educational counseling should involve interpreting of library services as well as the need for placement services to students. It is therefore concluded that educational counseling in schools could advance the academic achievement of learners and consequently have influence on their career.

Vocational counseling; refers to the practice of providing advice and direction on career-related decisions. According to Sampson (2014), vocational counselling, sometimes called school or career counselors are available to help people decide on and take the next steps in their careers. They do this by helping clients to assess and understand their strengths and capabilities and encourage their clients on appropriate career goals. This requires counselors to access and work with clients on appropriate career goals. This requires counsellors to access and work with clients and keep to access and work with clients and keep to up-to-date with employment option to provide timely advice. Busel (2019) says that general skills needed to become a successful vocational counselor include communication skills, an attitude for testing and assessment good organizational skills.

Personal social counseling; This is the counseling relating to the psychosocial needs of the learners in school. Herbert (2015) observed that learners come to school with varying social problem that a counseling needs to intervene into the learners decisions so as to enable him forget about worries and learn successfully. Busel (2010) says that personal social counseling in schools always neglected by school authorities, through usually neglected guidance. Busel (2010) also noted that it can facilitate the attainment of career and educational pursuit. It is admitted here that students who have emotional problems cannot learn successfully. This can also bring about problems in their career choice.

The Concept of Guidance and Counselling According to Anagboga, (2018), guidance and counseling is a process of helping an individual towards overcoming obstacles to his or her personal growth which could be educational, vocational, social or personal, whatever it may be encountered. In this regard, the individual strives to achieve optimum development of his personal resources. He went on

to say that guidance and counseling aid the child to develop the most effective ways of identifying and achieving desirable goals for better adjustment and living. The function of counseling is to facilitate normal development and prevent great frustration, anxieties and stress. The effect of guidance and counseling on career choice cannot be overlooked. This is because right from the beginning, the main aim of guidance and counseling was on career choice as stated in Kolo (2012).

Garba (2014) looked at guidance and counseling as a programme of service to individual as well as group of people with peculiar but similar needs. The problem consists of services which are designed to help individuals as well as group to adjust to their environment and or new conditions. The services are directed towards assisting individuals to develop the ability to set realistic goals and to improve one's own way of life. Specifically, counseling as a service within the general guidance programme is designed to help individuals to understand their confused feeling, ideas, fear and hopes.

According to Shertzer and Stone (2016) guidance is a process of helping individuals to understand themselves and their world. They also defined counseling as a learning process in themselves, their inter personal relationships and behaviours that promote their personal development. Durojaye (2012) defined guidance as a complex process which cuts across the total needs of individual students to be directed or guided. This guide is also applicable to the individual's educational, moral, health and leisure time needs and for the individual's preparation for a suitable career future. Denga (2013) defined counseling services as a personal dialogues or interview between the counselor and the counselee or direct during which the client seeks expert's assistance from the counselor, regarding the solution to his problem.

Shartzer and Stone (2012) defined guidance to mean to direct, pilot or guide. Bakare (2016) refers to guidance as a more directive or prescriptive form of assistance. Idowu, (2018) sees it as a family name for all the helping services within the general educational and community systems to make the meaning to be more explicit. Akinade (2012) remarks that some specialists assert that guidance is a broad term used to cover a number of specialist services available in schools.

Students Career Choice

Kayode (2019) defined career choice as an individual's expression of his intention to enter a particular occupation. The author maintains that career choice has different meaning at different age level because decisions made at tender age levels are not highly related to reality as those made at old age because he or she may not consider such factors as psychological and non psychological that may affect his/her choice, choice normally based upon considerations of various factors which are likely to affect future occupational satisfaction and success. Achebe (2013) opines that career choice is the choosing of a job by an individual. He further stated that choosing a job should be taken seriously; this is because a wrong choice may have everlasting consequences on the person and his dependents. This is why there is need for career guidance. One's career has a tremendous impact on his life. Patterson (2011) observes that it determines his social class, his homework and hours at home, his interests, attitudes and opinions, his goals and values including the way he feels about education, life, relation and polities. If career exerts so much influence on an individual's life, then care should be taken by those who wish to or enter into any of them.

Guidance and counseling can positively influence the attainment of one's career. Prelovsky (2012) says that career guidance and counseling is designed to help individuals attain their career. Prelovsky (2012) maintains that the concept of career guidance has been widely used since the early seventies, although only lately, it has been insisted on a comprehensive approach of managing career during the entire life time. Professional orientations and career guidance represent organized systems of social and professional work on providing continuing help to the individual for the entire duration of his career development, in free choice of direction and orientation, in education and professional activity with the goal of achieving a professional identity, in line with personal traits and the labour market demand for specific occupations.

Concept of School Counsellor

Many authors have devoted time in defining guidance and counseling. Shertzer and Stone (2012) define guidance as a process of helping individuals to understand themselves and their world. This definition underpins the fact that guidance is an interrelated action that continues for a lifetime, aimed at achieving certain desirable goals. In this direction with guidance, the individuals will understand

themselves, their strengths, weakness and those characteristics that make them unique with this understanding they interact better with themselves and the world around them.

Counselling is a process of helping individuals or group of people to gain self-understanding in order to be themselves. Burks and Steffler (2019) see counselling as a professional relationship between a trained counsellor and a client. They also defined it to be a process whereby a person is helped in a face-to-face relationship while Makinde (2013) explained counselling as an enlightened process whereby people help others by encouraging their growth. Counselling is a process designed to help clients understand and clarify personal views of their life space, and to learn to reach their self-determined goals through meaningful, well-informed choices and a resolution of problems of an emotional or interpersonal nature. It believes that every human individual has the potential for self-growth, self-development and self-actualization.

Guidance plays a vital role in removing the educational, personal, social, mental, emotional and other similar problems of' the students. Guidance as a term refers to a broad area of educational activities and services aimed at assisting individuals in making and carrying out adequate plans leading to achievement of desired life, Gibson, 2018. It is meant to equip the individual (student) with knowledge and techniques that will enable him or her to identify and find ways of anticipating and solving problems.

Counselling is the skilled and principled use of relationships that self-knowledge, emotional acceptance lead to personal growth. It is more concerned with addressing and resolving specific problems such as making decisions, coping with crises, working through Feelings and inner conflicts or improving relationships with others. It is a process in which the helper expresses care and concern towards the person with a problem so as to facilitate that person's personal growth and positive change through self-understanding.

Guidance and counselling is concerned with individuals' behavioral process. However the two terms can be looked at differently. Many authors have defined counselling differently though they all agreed on some basic facts. Kiriswa (2018), renowned counsellor defines counselling as an enabling process designed to help an individual come to terms with his or her life as it is, and ultimately reach a greater maturity through learning to take responsibility and to make informed decisions for sell. Guidance and Counseling is a professional field which has a broad range of activities and services aimed at assisting individuals to understand themselves, others, school environment and attain abilities to adjust accordingly. As individuals develop through stages of life and educational attainment, they encounter problems, challenges and conflict situations. These individuals also need to develop value systems, make decisions, set goals and work towards them. All these cannot he achieved without self-understanding and decision-making skills, which are not innate, but need to be developed. The need to address these challenges and to promote educational success and healthy life therefore, call for exposure to guidance and counselling programs by individuals/students.

Guidance and counselling is therefore designed to help individuals/students in their different problems and concerns, so that they grow up well-adjusted individuals capable not only of living productive lives, but are also prepared to contribute their quota to the development of their society. Gibson (2018) states that Guidance and counselling services prepare students to assume increasing responsibility for their decisions and grow in their ability to understand and accept the results of their choices. There are different aspects of guidance and counselling such as family guidance and counselling, marriage guidance and counselling and pastoral guidance and counselling among others. The researcher's concern however, is on school guidance and counselling. The focus of school guidance and counselling is on three major areas namely: educational, vocational, and personal-social. Educational guidance and counselling according to Ifelunni (2013), is aimed at assisting both the students and their parents to develop educational plans that will help them plan their school work such as study habit, examination techniques and how to choose subjects, among others. According to Ifelunni, the planning is such that they benefit from their schoolwork and hence able to progress to the next level of schooling. Ifelunni (2013) also view vocational counselling as aiming to assist a person match his personal attributes and his background with suitable jobs and employment opportunities. Personal-social counseling according to Ifelunni (2013), takes care of the problems of the students that may not be educational or vocational such as boy- girl relationship, leisure time activities, personal appearance, social skills, home and family relationship, among others.

Guidance is the purposeful direction of the growth of an individual in his five worlds. These five worlds in which individuals live are the physical, mental, social, emotional and psychological worlds which lead to how a person perceives the world. According to Denga (2010), guidance aims at, maximizing the intellectual potentials of the students so that they may live up as learners of subject matter.

In a more elaborate definition, Peters and Farewell (2012) state that it is the assistance given to pupils individually and through group techniques to help them function more effectively in their school progress. Educational guidance assists pupils to know and to act in terms of their present and future educational needs and opportunities. At the Senior Secondary level, the role of the counsellor as Unachukwu (2011) puts it is that the students should be properly channeled to their interests, aptitudes and abilities, and proper adjustments among their colleagues.

In this regard, the students should be made aware by the counsellor, of the courses available in the tertiary institutions and the importance and relevance of all the subjects they will come across. They should also know the minimum qualifications required for the courses in the tertiary institutions and the ambition to undertake a particular course guided by the school counsellor. In totality at this level as Anagbogu (2012) rightly puts it: Counselling should aid the students to clarify what preparations are needed for their future careers and in addition to that, provide them with programmes which would help them come in contact with the world of work. In all levels of education as Akinboye (2013) succinctly states, the role of counsellors is to effectively utilize all the basic counselling principles to support their learner to overcome their development and maturational problems including guidance and counselling so that the learners can make better decision on personal, social, educational, career and family marital issues. These definitions underline the fact that guidance aims at helping, aiding, directing or assisting an individual towards better understanding of himself and his world which leads to adjustment of the individuals. Based on these definitions, it shows that guidance is a part of counseling. As Amadi (2012) explains, the purpose of counselling reflects training value system, perceptions of role and the needs of the individual being helped. Shertzer and Stone (2012) point out the fundamental goals of counselling is to effect change in behaviour, so that the recipient may live a more productive and self-satisfying life.

Counselling therefore, aims at assisting the individual to explore and understand himself. This shows that the definition of counselling is implicit in what it aims at achieving for the person counseled. Makinde (2013) in his own definition states that it is a service designed to help an individual analyze himself by relating his capabilities, achievements, interest and made of adjustment to what new decision he has made or has to make. He went further to say that counselling is designed to provide an interacting relationship where the counsellor is attempting to help the counselee to better understand himself in relating to his present and future decisions or problems.

Infact, as Amadi (2012) points out, counselling is also defined as a learning process by which the client or counselee is helped by the counsellor to behave in a more rewarding or satisfying manner. Ipaye (2013) also regards counselling as concerned with creating opportunities and suitable environments for personal social, educational and vocational growth of the individual. Though guidance and counselling are not synonymous, they are similar in the sense that they have as their basis a relationship that aims at assisting the individual in attaining self-direction. While guidance is a broad term usually applied to a total school programme of activities and services geared towards assisting student's .to make and carry out adequate plans and to achieve satisfactory adjustment in life, counselling is usually regarded as a part of guidance services. As Shetzer and Stone (2012) explain, both guidance and counselling usually deals with situational and environmental conditions. Both guidance and counselling stress rational planning problem solving and support in the face of situational problem.

The Role of Counsellors in Secondary Schools

Following the rapid changes in our society which has affected educational development, the role of counsellors has become manifest in our school system. This has become ever more pronounced with the 6-3-3-4 system. As Amadi (2012) puts it, during the first three years of secondary school career every student is expected to carry all the subjects in the school curricular. This is irrespective of individual differences in ability, background, experience, social status, maturation, motivation, interest, attitudes, aptitudes etc.

Consequently there is continuous assessment that constantly reminds them that they are lacking in some areas. This type of situation creates frustration and feeling of inadequacy in these students who are affected and hence the need for guidance and counseling. Also hinting on the importance of guidance and counselling in schools, Fafunwa (2010) states that guidance and counseling, particularly at the junior secondary school level, would play an important role in the education and social growth of individuals. While Awokeye (2013) stated that the purpose of the 6-3-3-4 system of education would not be achieved without academic and career guidance and counselling especially in junior secondary schools. As Oladele (2013) observes that guidance services are professional and to individuals and small groups in dealing with common personal, educational and vocational needs and problems.

Statement of the Problem

Students preparing for a career is one of the developmental tasks in secondary schools and because of its important role in the achievement of adult independence. Secondary school students' future satisfaction and security largely depends on career role. In spite of the importance of career awareness for the growing generation, our secondary school students are still beset with a myriad of career choices which made their career adjustments difficult. Experience and personal interactions with students shows that majority of them still have very limited majority of them still have very limited knowledge and vague ideas about different kinds of jobs available in the labour market, their demands and general characteristics. Uppermost truth is that, most of our secondary school students do not have enough knowledge about themselves in relation to different careers.

A lot of students' particularly secondary school students believe that their future is a glorious adventure in which they are bound to succeed. Many of them have the idea that they would be able to work in the public or private establishments as soon as they complete their school programme. Some have planned to become lawyers, engineers, medical doctors, accountants and so on. Therefore, to facilitate confidence and competence, such students need an intensive group and individual counseling career choice. It is against this problem that the student examines guidance and counseling: a panacea to students' career choice among senior secondary school students in Port Harcourt metropolis.

Purpose of the study

The main purpose of the study is to examine guidance and counselling: a panacea to students' career choice among senior secondary school students in Port Harcourt Metropolis. Specifically, the objectives of the study are to:

1. Examine the extent educational counseling enhances students' career choice among senior secondary school students in Port Harcourt Metropolis.
2. Determine the extent vocational counseling enhances students' career choice among senior secondary schools students in Port Harcourt.
3. Find out the extent personal social counseling enhances students' career choice among senior secondary schools students in Port Harcourt Metropolis.

Research Questions

The following research questions guided the conduct of the study:

1. To what extent does educational counseling enhance students' career choice among senior secondary school students in Port Harcourt Metropolis?
2. To what extent does vocational counseling enhance students' career choice among senior secondary schools students in Port Harcourt Metropolis?
3. To what extent does personal social counseling enhance students' career choice among senior secondary schools students in Port Harcourt Metropolis?

Hypotheses

The following null hypotheses guided the study.

1. There is no significant difference in the mean ratings of the male and female students' responses on the extent educational counseling enhances students' career choice among senior secondary schools students in Port Harcourt Metropolis.
2. There is no significant difference in the mean ratings of the male and female students' responses on the extent vocational counseling enhances students' career choice among senior secondary schools students in Port Harcourt Metropolis.

3. There is no significant difference in the mean ratings of the male and female students responses on the extent personal social counseling enhances students' career choice among senior secondary schools students in Port Harcourt Metropolis.

METHODOLOGY

The study adopted descriptive research design. Victor (2012) asserts that the purpose of descriptive research design helps to elicit information from the respondents. According to Wimmer & Dominick (2011), population is a group or class of subjects, variables, concepts or phenomena within the area or scope of research. The population of study consisted of 9,600 SS 2 students in all the public senior secondary school in Port Harcourt in Rivers State. The sample size of the study is 400 SS 2 students. The sampling technique used was simple random sampling technique. This sampling technique gives the entire population equal chance of being represented. The instrument that was used for this study was self-structured questionnaire. The questionnaire or instrument is divided into 2 parts. The first part is on demographic information about the respondents while the second part seeks or aimed to assess the respondents' idea on the subject matter. The instrument was rated based on the 4-point rating scale. The data gathered were analyzed using weighted mean and standard deviation for the research questions while the null hypotheses were tested using z-test statistical tool at 0.05 level of significance.

RESULTS

Data Presentation

Research Question 1: *To what extent does educational counseling enhance students' career choice among senior secondary school students in Port Harcourt Metropolis?*

Table 1: Mean and standard deviation/analysis on the extent educational counseling enhance students' career choice among senior secondary school students in Port Harcourt Metropolis

S/ No	Questionnaire Items	Male Students = 180			Female Students = 220		
		Mean $\bar{x}$	SD	Remarks	Mean $\bar{x}$	SD	Remarks
1.	Educational counseling helps students in understanding of their key strengths thereby enhancing their career choice.	2.89	0.85	High Extent	2.95	0.86	High Extent
2.	Students finding the right career path is the major functions of educational counselling	2.86	0.83	High Extent	2.86	0.84	High Extent
3.	Skills and talent matched to a set of roles that the students are suited for is the benefit of educational counseling.	2.78	0.83	High Extent	2.91	0.85	High Extent
	Grand Total	**2.84**			**2.91**		

Source: Field Survey, 2023

The analysis in Table 1 revealed that the respondents accepted the point that Educational counseling helps students in understanding of their key strengths thereby enhancing their career choice. The study still indicated that the respondents agreed on the view that Students finding the right career path is the major functions of educational counselling. It was also observed in the analysis that the respondents accepted the fact that Skills and talent matched to a set of roles that the students are suited for is the benefit of educational counseling.

Research Question 2: *To what extent does vocational counseling enhance students' career choice among senior secondary schools students in Port Harcourt Metropolis?*

Table 2: Mean and standard deviation analysis on the extent vocational counseling enhance students' career choice among senior secondary schools students in Port Harcourt Metropolis

S/ No	Questionnaire Items	Male Students = 180			Female Students = 220		
		Mean $\bar{x}$	SD	Remarks	Mean $\bar{x}$	SD	Remarks
4.	Vocational counselling help the students to make a good vocational adjustment thereby assisting them in making right career choice.	2.86	0.84	High Extent	2.91	0.85	High Extent
5.	Vocational counseling facilitate the smooth functioning of the economy through the effective use of manpower.	2.83	0.84	High Extent	2.95	0.86	High Extent
6.	Vocational counseling has helped the students to make right decision concerning their career.	2.97	0.86	High Extent	2.98	0.86	High Extent
Grand Total		**2.89**			**2.95**		

Source: Field Survey, 2023.

The data analysis in Table 2 indicated that the respondents agreed on the view that Vocational counselling help the students to make a good vocational adjustment thereby assisting them in making right career choice. The analysis also showed that the respondents accepted the point that Vocational counseling facilitate the smooth functioning of the economy through the effective use of manpower. It was also noticed from the study that the respondents agreed that Vocational counseling has helped the students to make right decision concerning their career.

Research Question 3: *To what extent does personal social counseling enhance students' career choice among senior secondary schools students in Port Harcourt Metropolis?*

Table 3: Mean and standard deviation analysis on the extent personal social counseling enhance students' career choice among senior secondary schools students in Port Harcourt Metropolis

S/ No	Questionnaire Items	Male Students = 180			Female Students = 220		
		Mean $\bar{x}$	SD	Remarks	Mean $\bar{x}$	SD	Remarks
7.	Personal social counseling promote and assist students in conducting lifestyles that are emotionally and socially healthy thereby helping them in making right career.	2.72	0.82	High Extent	2.86	0.84	High Extent
8.	Personal social counseling help in providing room for students/staff to share issue or challenges.	2.67	0.82	High Extent	2.87	0.85	High Extent
9.	Personal social counseling helps in shaping students self-concepts thereby enhancing their career choice.	2.89	0.85	High Extent	2.95	0.86	High Extent
Grand Total		**2.76**			**2.89**		

Source: Field Survey, 2023.

The data analysis in Table 3 above revealed that the respondents agreed on the view that Personal social counseling promote and assist students in conducting lifestyles that are emotionally and socially healthy thereby helping them in making right career. The analysis still indicted that the respondents accepted the fact that Personal social counseling help in providing room for students/staff to share issue or challenges. The study showed that the respondents agreed on the fact that Personal social counseling helps in shaping students self-concepts thereby enhancing their career choice.

Test of Hypotheses

Hypothesis 1: There is no significant difference in the mean ratings of the male and female students' responses on the extent educational counseling enhances students' career choice among senior secondary schools students in Port Harcourt Metropolis.

Table 4: Z-test Analysis of significant difference in the mean ratings of the male and female students' responses on the extent educational counseling enhances student's career choice among senior secondary schools students in Port Harcourt Metropolis

Status	N	Mean $\bar{x}$	Standard Deviation	Df	z-cal	z-crit	Decision
Male Students	180	2.84	0.84	398	1.29	1.96	Accepted
Female Students	220	2.88	0.85				

The analysis on Table 4 revealed that the z-cal of 1.29 is less than the z-crit of 1.96. Therefore, the calculated z-ratio is not statistically significant at a 0.05 level of significance since it is smaller than the given critical value of z-ratio. So, the hypothesis 1 is thus accepted and the conclusion is that there is no significant difference in the mean ratings of the male and female students' responses on the extent educational counseling enhances students' career choice among senior secondary schools students in Port Harcourt Metropolis

Hypothesis 2: There is no significant difference in the mean ratings of the male and female students' responses on the extent vocational counseling enhances students' career choice among senior secondary schools students in Port Harcourt Metropolis.

Table 5: Z-test Analysis of significant difference in the mean ratings of the male and female students' responses on the extent vocational counseling enhances students' career choice among senior secondary schools students in Port Harcourt Metropolis.

Status	N	Mean $\bar{x}$	Standard Deviation	Df	z-cal	z-crit	Decision
Male Students	180	2.90	0.85	398	1.24	1.96	Accepted
Female Students	220	2.97	0.86				

The analysis on Table 5 indicated that the z-cal of 1.24 is less than the z-crit of 1.96. Therefore, the calculated z-ratio is not statistically significant at a 0.05 level of significance since it is less than the given critical value of z-ratio. Therefore, the hypothesis 2 is thus accepted and the conclusion is that there is no significant difference in the mean ratings of the male and female students' responses on the extent vocational counseling enhances students' career choice among senior secondary schools students in Port Harcourt Metropolis.

Hypothesis 3: There is no significant difference in the mean ratings of the male and female students' responses on the extent personal social counseling enhances students' career choice among senior secondary schools students in Port Harcourt Metropolis.

Table 6: Z-test Analysis of significant difference in the mean ratings of the male and female students' responses on the extent personal social counseling enhances students' career choice among senior secondary schools students in Port Harcourt Metropolis.

Status	N	Mean $\overline{X}$	Standard Deviation	Df.	z-cal	z-crit	Decision
Male Students	180	2.78	0.83	398	0.19	1.96	Accepted
Female Students	220	2.89	0.85				

The analysis on Table 6 revealed that the z-cal of 0.19 is less than the z-crit of 1.96. Therefore, the calculated z-ratio is not statistically significant at a 0.05 level of significance since it is less than the given critical value of z-ratio. Therefore, the hypothesis 4 is thus accepted and the conclusion is that there is no significant difference in the mean ratings of the male and female students' responses on the extent personal social counseling enhances students' career choice among senior secondary schools students in Port Harcourt Metropolis.

DISCUSSION OF FINDINGS

The finding of the study in research question one: to what extent does educational counseling enhances students' career choice among senior secondary school students in Port Harcourt Metropolis reveals that educational counseling to a high extent has enhanced student's career choice among senior secondary school students. The finding is in collaboration with chamberlain (2018) who observed that educational counseling helps students in understanding of their key strengths thereby enhancing their career choice. The analysis also shows that students, finding the right career choice or path is the major functions of educational counseling. The respondents also accepted the view that educational counseling ensures that skills and talent matched to a set of roles that the students are suited for.

The study in research question two: To what extent does vocational counseling enhances students career choice among senior secondary school students in Port Harcourt Metropolis indicates that vocational couselling to a high extent enhances students' career choice among senior secondary school students in Port Harcourt Metropolis. The study is in the same view with Barker (2010) who admitted that vocational counseling helps the students to make a good vocational adjustment thereby assist them in making right career choice. The study still shows that vocational, counseling facilitate the smooth functioning of the economy through the effective use of manpower. It was also noticed from the study that vocational counselling has helped the students to make right decision concerning their career.

The finding of the study in research question three: To what extent does personal social counseling enhances students career choice among senior secondary school in Port Harcourt Metropolis shows that to a high extent personal career choice among senior secondary school students. The finding is in line with the work of Blustein (2013) who asserts that personal social counseling promote and assist students in conducting lifestyles that are emotionally and socially healthy thereby helping the student to make right career choice. The finding still reveals that personal social counseling help in providing room for students or staff to share issues or challenges. It was also observed in the study that personal social counseling help in shaping students self-concepts thereby enhancing their career choice.

CONCLUSION

Guidance and counseling as a panacea to students' career choice among senior secondary school students in Port Harcourt Metropolis cannot be over emphasized. However, the study concludes that educational counselling, vocational counseling and personal social counseling enhance students' career choice to a high extent. The study also deduced that guidance and counseling is a process of helping an individual towards overcoming obstacles to his or her personal growth which could be education, vocational, social or personal, whatever, it may be encountered. Also that counselling and education generally enable an exceptional child or student to overcome largely his exceptionality and make him an effective ad useful individual.

RECOMMENDATIONS

Based on the findings of the study, the study made the following recommendations:

1. Government should establish and equip guidance and counselling unit in all the public secondary schools in Rivers State hence it enhances students' career choice,
2. Government and non-governmental organization should organize seminar or enlightenment campaign for staff and students on the importance of vocational counselling,
3. School management should always arrange awareness programme for the students on the need of personal social counseling because of its important in their career choice.

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