

# DE LA SALLE UNIVERSITY

## STUDENT AND HELPER FACTORS RELATED TO HELP SEEKING BEHAVIOR OF TAIWANESE ADOLESCENTS

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## ABSTRACT

The purpose of this study was to determine the student-helper factors related to help-seeking behavior. The study attempted to answer the following specific questions: (1) What is the profile of the help-seekers and non-help-seekers?, and (2) Is there a significant relationship between help-seeking behavior and some certain student and helper factors? Help-seeking behavior served as dependent variables, while the independent variables are: student variables (needs/problems, preferred coping strategies, and the personality by way of self-concept) and helper variables (type, qualities, age, and educational background). The descriptive-correlational research design was used. The subjects were 280 high school male students from Taiwan, R.O.C. selected by random sampling. Instruments used in this study were (1) Students' Needs Inventory (2) Pasao Self-Concept Rating Scale, and (3) Questionnaire On Help-Seeking Behavior. The results of the study showed that the most prevalent problem/need of the students was academic. Result also showed that most students chose to solve their problems by themselves. The study also revealed that the most preferred helper was the teacher and the most preferred quality of helper was concern for others. The most preferred age of the helper was between 21-30 years old, while the preferred educational attainment was college degree. A significant relationship was found between help-seeking behavior and helpers' quality, age, and education.

From the results, it was concluded that help-seeking behavior is a function of helper rather than student factors. It is therefore recommended that the significant helper factors be considered in the selection of the counselor for adolescent counselees.

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