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Effective Christian Counseling for Secondary School Students with Low-Academic Status: A Case for Integration of Biblical Counseling and Psychology

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Abstract:

In Nigeria, the need for guidance and counseling in schools has been recognized. There is great need for a clear rationale and guidelines for guidance and counseling programs, and also the Guidance counselors (Chike- Okoli, et al 2018). Over the years several researches have been carried out to establish the need for counselors and their services. However, there exists a dearth of empirical studies on the effective strategies to increase impact of guidance counseling services on academic achievement of students. The main aim of this research work was to examine the perception of church and school-based counselors in integrating Biblical counseling and psychology for effective counselling of students with low academic performance status in Public Senior Secondary schools in Niger State of Nigeria. A population was studied and the acquired data collected. Data was analyzed using frequency and simple percentages. The people that participated in the survey all believe that any counseling that is not built upon a solid biblical theology has no authority. Majority of them stand with the integrated view of counseling. They strongly believe that the counselor has the ability to put together the truths of psychology and the bible in a harmonious way. Findings reveal that students with low academic status could be motivated to perform better using effective counseling strategies that integrate biblical principles and psychology. The debate for integrating Biblical Counseling and Psychology is on-going.

Keywords: *Biblical counseling, secular counseling, psychology, low academic status, effective counseling*

1. Introduction

According to Ojeishekhoba (2019) the roles of guidance and counseling have increased overtime. In the schools in Nigeria its effect is mostly noticed in the academic performance of secondary school students. The adoption of guidance and counseling services in most secondary schools in Nigeria was a result of behavioral pattern of students in the schools. This is implied because guidance refers to a broad area of all educational activities and services aimed at assisting individual students to understand themselves and adjust to school life (Makinde, 1984).

According to Watanabe-Muraoka (2007) the goal of high school guidance counseling services is to help every student develop abilities of self-understanding, decision-making, life planning studies on the modification of behavior among students and action taking to be able to respond to social and emotional adjustment. In a school, the program assists students in harmonizing their abilities, interests and values and enables them to develop their full potential. It directs students on appropriate career and subject choices, solving discipline, education, social and psychological problems; and general adjustment to school life (Gerardo, 2006).

In Nigeria, the need for guidance and counseling in schools has been recognized. There is great need for a clear rationale and guidelines for guidance and counseling programs, and also the Guidance counselors (Chike- Okoli, et al 2018). Over the years several researches have been carried out to establish the need for counselors and their services. However, there exists a dearth of empirical studies on the impact of guidance counseling services on academic achievement of students.

The main goal is to help the student learn to deal more effectively with himself anytime he/she is in trouble and the reality of his environment so as to improve the academic performances. Schools are social organizations which have several objectives to achieve and role in guidance of students in shaping their academic performance.

School administrators in Nigeria are searching for stability as a way out of disruptive behavior crises and a means to restore some lasting teaching/learning conditions that promote academic achievement in schools. Recently, dramatic increase in violence, indiscipline and revolutionary behavior among students has almost attained a high proportion throughout the world. Guidance and counseling services are needed in order to find lasting solutions to some problems

that have plagued institutions of learning for a very long time (Chike-Okoli, 2016). Students need counseling programme as a result of these unruly behaviors. Through such services, students are made to understand the nature and complexity of their problems and better means of solving the problems. School guidance programs have therefore been introduced to assist students overcome numerous challenges they experience at home and at school in order to yield positive result in their academic achievement and performances. It is also good to know that, the secondary school students are basically adolescents, there is need to guide them if the purpose which they are in the school is to be achieved.

Also, majority of students are faced with anxiety and stress, to be able to handle situation like this, they need counseling. The society imposes many environmental pressures on the family, and parents tend to spend little time with their children to give them the necessary guidance which might go a long way to affect their academic performances. However, the parents expect the school to provide solutions to the undesirable behaviors caused by their negligence in their children (UNESCO, 2002).

Denga (2003) is of the opinion that the need for guidance and counseling in our educational system is increasingly pressing as educational, economic, technological, social and ideological advancements are being made. Each student will need to be helped to strengthen his own abilities to make meaningful and realistic choices and to face problems encountered in the society.

UNESCO (2000) describes guidance as a process, developmental in nature, by which an individual is lead and assisted to understand, accept and use his/her abilities, aptitudes and interests, and attitudinal patterns in relation to his/her aspirations.

Earlier research studies reveal that Guidance programmes in African schools, according to Kesson (2013), have been observed to be lacking and ineffective. In Botswana, Montsi (2000) surveyed that most schools actualized guidance and counseling programmes with varying degrees of compliances. In Nigeria, Okeke and Okerie (2006) reported that there was an absence of guidance and counseling units and offices in most of the schools. This, they noted, had influenced the basic decision-making of students and brought about maladjustment conduct. Ofor (2008) noted that guidance and counseling services in most Nigerian schools were not available to students as a result of ineffective implementation of the programmes. Nwokolo, Anyamene, Oraegbunam, Anyachebelu, Okoye, and Obineli (2010) found that group guidance and counseling which can be effective and powerful in addressing students' needs in large schools was not carried out.

2. Statement of the Problem

Guidance helps to facilitate development of effective study habits, motivation, identifying learning or subject related problems, helping students to see the relevance of school years in life and for future, developing skills, right attitude and interests to help making a choice in career. Guidance is a rudimentary ingredient that plays a crucial role of upholding the social and moral values of students within the school system.

The study on the impact of guidance and counseling services on the academic performance of students is justified by the evident high level of poor academic performance of students despite the numerous ways in which they are guided either by their teachers or parents (Ojeishekhoba, 2019).

Despite the fact that, guidance and counseling programs are made available in both homes and in schools, there is still great personal issues among students which contributes influence on their academic performance (Franken, 2008). Previous research has established a link between high school students' level of engagement in school, self-concept, self-efficacy, and goal orientation (Katarina Scheffer, 2014).

3. Statement of the Problem

In Niger state, little is known about the influence self-concept has on students' academic performance, but it appears students' low academic performance could be linked to poor self-concept (WAEC, 2012; Saani, 2014). The gap as indicated motivated the researcher to examine students' perception on self-concept and the direct or indirect influence of self-concept on students' academic performance in the secondary schools in Minna metropolis of Niger State of Nigeria. The researcher specifically investigated the effectiveness of motivational interviewing in relation to the self-concept and academic performance (Chike-Okoli, 2018).

The findings showed a need to increase teacher and parent involvement and support of student, which could increase students' general levels of confidence and competence in making grades in school while being more engaged in school (Caraway, et al; 2003). Thus, school counselors are challenged with creating a wide range of programs to address three developmental domains; personal/ social, career, and academic, with an increasing requirement to provide accurate and sufficient data substantiating their professional contributions to students' academic performance (Heather D, Hadraba, 2011). As a result, students are often referred to school counselors. Such referrals leave school counselors in want of strategies to enhance students' motivation for academic success.

The researcher is of the opinion that with growing Christianity there is need to integrate the principles of secular Psychology and Biblical principles in counselling students.

The main aim of this research work is to examine the perception of church and school-based counselors in integrating Biblical counseling and psychology for effective counselling of students with low academic performance status in Public Senior Secondary schools in Niger State of Nigeria.

Most Christians often say they do not trust Psychology and they try to avoid using psychological concepts or principles when it comes to biblical counseling. They base their distrust on the fact that some of the tenants of Psychology are incompatible with Biblical Christianity. Psychology believes that self-esteem is paramount. Biblical Christianity recognize that positive self-esteem should come from knowing that we were created, valued and loved by God his creator. Biblical

Christian can have good-esteem not because of what he thinks of his work but because of God grace, mercy, love and divine redemption.

Psychology can be defined as a scientific study of behavior. As a scientific discipline, psychology attempts to provide understanding of how and why organisms behave as they do. Biblical Christianity is the belief and acceptance of Jesus Christ through faith. It believes in the finished work Jesus did at the cross then allowing Him to live His life through the believers so that others might know him and see His love. A Biblical Christian is therefore a person who wholeheartedly believes the divine terms for obtaining the divine provision for sin. These divine terms are repentance and faith. Narramore C.M (1960:pp245) states that

Some psychologist and psychiatrists around the world are in agreement that human beings need a faith. Faith they say is a necessary ingredient in the development of a well-integrated personality.

A Biblical Christian believes that any answer to mankind's problems that does not take the spirit realm into account is not going to the root of the problems. We were given brains to exploit our environment and since Psychology studies how man think and behave, they strongly believe that it can be a helpful tool in Biblical counseling for man as long as it does not contradict the Biblical principles. Since Psychology is not a religious system it can be wholly accepted by Christians, they should use wisdom to select and make use of the concepts from psychology which will enhance and promote the effectiveness of Biblical counseling.

4. The Nature of Counseling

Counseling is a two-way communication where one person with questions, problems and troubles seeks assistance from the other person they believe has answers, solutions and help they are looking for. It is believed that we all had engaged or will engage in this kind of communication either on the lay level or on professional level one or many times in our lifetime. Jesus sat on a well and had a conversation with the Samaria woman. A woman with diagnosis of depression talks with a man with degree and license by his state, who later charged fees, billed her insurance company for their conversation. The Pastor of our church talks with a man considering leaving his wife and came to him for an advice. A fifth-grade student went to a staff in her school and explained that she feels threatened by one of the bullies in the school. A lady talks to the Pastor's wife after service about a man asking her hand in marriage. All these are examples of both formal and informal counseling that we often engage at different times in our lifetime. It is God's way and it is effective way to help people and meet their personal needs. Whether is a decision about who to marry, the better job, discussing the voices you are hearing or a suicidal thought you are having this conversation always involves the person with the concern or the dilemma and the person trying to help or bring change. The helper is called the counselor while the person that requires the help is called the counselee and Counseling is essentially, between people who care.

5. Biblical Counseling

God has given us provisions and answers to our various human needs in the Bible. This word of God is meant to come alive for our physical, mental, social and spiritual well-being. The word of God is instrumental to our brokenness in the world. The bible talks about joy, love, freedom and recover. Jesus made it clear in the book of John 14:6 Jesus saith unto him,

I am the way, the truth and the life; no man cometh unto the father but by me.

Christians believe that God has revealed Himself to man through the general creation and through the Bible. Christians acceptable of the authority of the scripture rests upon the presupposition of biblical infallibility. The Holy Spirit was given to Christians to abide them forever and Jesus called the Holy Spirit as "the Counselor". In the book of John 14:16, Jesus said "And I will pray the father and He will give you another comforter that he may abide with you forever". The Holy Spirit is the one that reminds us the word of God and actually applies the truth of God's word to the believers' life. The presupposition of Biblical counseling is that God has provided every essential truth the believer needs for a happy and fulfilling life in our Lord Jesus. God has never left us without a helper to our needs. 2 Peter 1:3 assured God has divinely provided us everything we need for life through our knowledge of him who called us by his own glory and goodness.

Biblical counseling aims at helping us to escape the corruption of the world through obedience to the truth of God's word. Unlike the psychology's inherent goodness of the human heart and which sees man as a victim, not a sinner. This man's denial of sin leads to his confusion. Man has the tendency to fall into stronghold and lies of Satan. For instance, an alcoholic often defends himself "I do not really have a serious problem, I can stop drinking when I want to", the woman indulging in lust quickly says "it is not that wrong to watch blue films". Jeremiah explained why we are confused and always in denial in the Book of Jeremiah 17:9, "the heart is deceitful above all things and desperately wicked. Who can understand it? We do not understand our heart and others cannot understand our inner thoughts and motivations without the light and the revelation from God. Biblical Counseling believes in man's total dependence on God. The primary goal of Biblical counseling is to share the "blessings, hope and future victory in Christ and provides hope for the counselee through innovative techniques of psychotherapies. Psychology points abuses to victims to their past.

The Bible is God's infallible, inspired revelation in propositional form. In the book of Isaiah 40:8 we learnt that "the grass withers and the flower fades, but the word of our God stands forever". Biblical counseling describes the two-way communication where the scriptures are used as a helping tool. This approach of counseling is often more effective when the parties involved are believers. Or the non-believer counselee is open and willing to accept the word of God in his or her helping process. Dr Crabb L. Jr (1977) Effective Biblical Counseling feels that

Every Christian is called to a Ministry of encouragement and helping others, especially those of the household of faith..." Pastors, elders and other Church leaders have responsibilities and opportunities to teach and other Christians and to do the

biblical model of counseling themselves. The understanding of psychological dynamics and therapeutic procedure by the counselor will greatly enhance the effectiveness of this helping relationship.

When dealing with this distressed sisters and brothers in the Church, the trained counselors in the local church often mobilize resources of friendship, care, practical helps and prayers in order to help their counselee. Effective counseling requires a caring relationship and a deep understanding of human emotions, functioning and behavior. Man is a creature made in the image of God who is intended to having fellowship with God, any counseling relationship which de-emphasizes the interpersonal relationship with God, has no trust, care and faith cannot be truly effective. Matured believers who are part of the local church seek to acquire professional training and they are open to draw intelligent resources of a caring and supportive community to help meet the needs of their counselee.

To be effective Counselors, we must have the right fruit. The Bible calls it the fruit of the spirit within us; these fruits of the spirit includes: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. The counselor must let the Lord take charge of their lives so they can have the "wisdom that comes from above". Bible maintained that those who help others should be spiritual. Galatians 6:1 "who are responsive to and controlled by the spirit should set him right and restore and reinstate him without any sense of superiority and with all gentleness, keeping an attentive eye on yourself, lest you should be tempted also". To develop a Christian counseling strategy assessment of the client and where he is having conflict becomes necessary in order to achieve our goal in counseling.

6. Christian Counselor

This term is used by different people to refer different categories of Christian counselors, to some, they are counselors who uses only the Bible in counseling session, some refer them to be as therapist who attends church service on Sundays but practice secular counseling as his career while others refers to Christian counselors as only born-again believers who integrates biblical and psychological principles into their practice of psychotherapy. Journal of psychology and Christianity (1990) in their research observed that this problem of defining a Christian counselor is a serious case they stated:

There is more diversity in counseling style and theory among counselors who are Christian than there is unity of style and theory.

In this writing the writer sees a Christian counselor as the counselor who carries out his counseling session in accordance to Christ bearing in mind that it is through salvation that we receive forgiveness of sins and new spiritual life in Christ Jesus. IN THE BOOK OF Colossians 2:6-7, Paul stated that we should first be rooted in Christ, and then we can be built up in him so we can be able to walk or live in him. This means that the progress we make completely depends on our relationship with Christ. Jesus said in the book of John 15:5;

I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruits, apart from me you can do nothing.

Anderson N.T, et al (2000, pp72-81), identified four different counselors namely; the Bible-only counselor who may or may not acknowledge various therapeutic approaches of psychology, but see no need to integrate such techniques into his counseling session. The biblical counselor thinks only spiritual in his orientation and his methodology of counseling. He believes and condemns sin as the source of all psychopathology therefore he relies on the scriptures, the Holy Spirit and the fellowship of God's people for his treatment. Some advocates of the bible-only will not endorse only academically trained therapy who are not ordained counselors. They believe that counselors should be ordained ministers. The next is the closed counselor who is a Christian practicing in a secular organization. He drops his faith at the office door and practice secular counseling instead of Christian counseling. He uses psychological methodology and techniques from his humanistic training experience. This counselor takes out Christ in the office and aligned closely with psychology in the practice. Another counselor is the closet counselor who believes that biblical principles is a great tool for psychotherapeutic process but he is limited or are not allowed to practice this faith or avoids spiritual treatment because of various reasons either he works in a secular environment, due to unresolved issues related to personal insecurities or professional experiences. Closet counselor may fear rejection, failures or embarrassment.

Psychotherapy aims to improve an individual's well-being and mental health, to resolve or mitigate troublesome behaviors, beliefs, compulsions, thoughts, or emotions, and to improve relationships and social skills. This approach can be compared to spoiling the Egyptians. The last kind of counselor is the Conjoint Counselor who integrates Christian principles in his therapy. He counsels from a Christian worldview and embraces both spiritual resources and compatible insights and methodologies from the sciences of mental health. A conjoint approach combines counseling and discipleship which help client to understand that their unresolved past contributes to their present struggling. He then helps his clients to resolve their spiritual and personal conflicts, establish relationship with Christ and claim their freedom in Christ. The counselor's character and commitment have great impact on the counseling process and outcome. Narramore C.M (1960: pp23) The Psychology of Counseling said that

We are called to counsel and that those we counsel should see godly wisdom in us. He concluded that Wisdom that is from above- first Pure, then Peaceable, Gentle, and Easy to be entreated, full of Mercy and Good fruits, without Partiality and without Hypocrisy.

When we listen to the challenges of two counselors one, a new licensed psychologist who feels uncomfortable introducing prayer into his counseling session He explained that he actually feels strange to be praying with his client. His training and education never offered him such experience like the use of prayer, the role of Holy Spirit, demonic attacks or Spiritual warfare. On the other hand another licensed Counselor who was trained as a pastor explained his challenges trying to apply the principles from the American Psychiatric Associations Diagnostic and Statistical Manual of Mental Disorders, 4th ed (DSM-IV) .With his training and education on Spiritual warfare, the role of the Holy Spirit and the fruit of

the Spirit and the mastery skills in using the word of God in meeting his clients emotional, Psychological and Spiritual needs He is finding it challenging with some clients cases and their case management. Many scholars show interest in the integration of Psychology and Christianity, among them are trained professional psychotherapists or counselors, Christians and Pastors. They are interested in practical integration, balancing psychological values with Christian beliefs which they think will result in an effective Christian Counseling.

7. The Research Question

For effective Christian Counseling: A case for Integration of Biblical Counseling and Psychology. The Following Questions were raised:

- Explain Psychology, Biblical Counseling, Worldviews, and Christian Counseling?
- What is the relationship between Psychology, Biblical Counseling and Christian Counseling?
- Is Psychology helpful in Christian Counseling? Should Biblical Counseling be allied or enemy to Psychology?
- What are Counseling Positions and Models of Counseling?
- A case for integrating Biblical Counseling and Psychology. Will this integration lead to effective Christian Counseling?

8. Hypotheses

The researchers assume that "Integrating Biblical Counseling with relevant tools of psychological assessment and treatment that does not compromise or contradicts the truth of God's Word will lead to effective Christian Counseling".

9. Purpose of the Study

The purpose of this study is to research, collect relevant data and Literatures and systematically review and analyze them so as to disagree or support the hypothesis "Integration of Biblical Counseling and Psychology leads to effective Christian Counseling. If Bible can give insights which will enhance counseling skills and increase its effectiveness, we want to know and embrace the concept.

10. Delimitation of the Study

Many people have defined Christian counselor based on their beliefs, world view and from different school of thoughts. These believes includes those who use bible during counseling section, those who go to Church on Sundays and practice secular counselling Monday to Friday and those who are born-again Christians. For the purpose of this research, the researcher will refer and use the opinions of only born-again Christians. They believe that Jesus died on the Cross for their sins and they confessed with their mouth that Jesus is Lord according to The Book of Romans 10:9.

The research work will be limited to sample Evangelical/Pentecostal Christians, traditional churches Biblical Counselors, and Pastors, selected. However, sample secular psychologists, counselors and traditional churches will be selected.

The researchers will maintain the evangelical concepts and understanding of the full gospel, based on the finished work of Jesus Christ as well as recognizing the role of the Holy Spirit and upholding a scholarly approach in throughout the discussion.

11. Description of Population/Sample

A population was studied and the acquired data collected with emphasis on Biblical counseling, Christian Counseling and Counselors, Secular Psychologists and therapists, Counseling Models and approaches, Worldviews, related Psychological Concepts, other literatures on integration of Biblical Counseling and Psychology to determine if Integration of Biblical Counseling and Psychology leads to effective Christian Counseling.

This research was conducted after the Easter Sunday Service. This study was done on a day many Christians usually attend service therefore there was no manipulation of the selected respondents. No respondent was given prior information about what was being asked which could have affected the outcome of their responses. The study was done also on the normal school day both during the morning and evening sessions for the students' populations of five (5) selected Christian schools in Minna metropolis of Niger State of Nigeria. Ministers, Pastors, Christian Counselors and Students were sampled. This was an advantage because the researchers were able to interview pastors and counselors who are counseling clients in their various church communities. Before tackling the debate of whether integration of Biblical Counseling and Psychology leads to an effective Christian Counseling, the researchers established the fact that the populations used were born again Christians. It was also important that they understood the subject matter so to increase the authenticity of the findings. All those who responded to the survey were born again Christians and majorities have experienced being a Christian counselor, a counselee or know someone who has utilized the help of a Christian counselor. A qualitative research in form of in-depth interview was used to satisfy the objective of this research. The aim is that qualitative data is more efficient, able to test hypotheses and the researchers remain objectively separated from the subject matter. The research design is descriptive survey. In depth interviews are personal and unstructured interviews that aim to identify participants' emotions, and opinions regarding the research topic. A quantitative research tool was also used in form of questionnaires to collect numerical data in form of numbers and statistics. Instrument used to assist in the collection of data was the Likert scale Strongly Disagree, Disagree, Undecided, Agree, Strongly Agree, questionnaire type. The data collected was analyzed to identify, if majority of sampled population believe that integrating psychology and Biblical Counseling leads to effective Christian counseling.

A total of 125 questions were issued out but only 120 participants completed the survey and returned their answers. This represented a 96% success. Question 1a- Do you believe that you are a born- again Christian? Out of the 120

respondents, 100 answered # 5 (Strongly Agree = 83.3%) while 20 respondents answered # 4 (Agree =16.67%). Question 1b- Have you been the counselor or counselee? Out of 120 respondents, only 20 responded yes (16.67%), 80 answered yes to someone they know (66.67%), while 20 responded none to the above question (16.67%).

Question 3- Do you believe that psychology is the Science that study Human behavior and mind? All 120 respondents answered # 5 (Strongly agreed = 100%). QUESTION 4- Counselors who rely on any form or shape the counseling insights of techniques of secular people are called integrationists, Christian Counselors or Christian psychologists? All 120 respondents choose # 5= (100%). Question 5a - Only Bible no psychology should be used when counseling Christians? 80 respondents answered #1 (strongly disagree; 66.67%), 30 respondents answered # 5 respondents answered (Strongly Agree 25%), while 5 answered # 2 (disagree= 4.17%) and 5 also answered # 4 (Agree= 4.17%). Question 5 b. - Any Counseling for Christians that is not built upon a solid biblical theology has no authority? Everyone answered #5 (Strongly agreed 100%). Question 6- Both Biblical and Christian counselors should pray with their counselees? Question 7- Do you believe that Biblical counselors and Christian Counselors disagrees mainly on the necessity of secular counseling/ psychology techniques? All 120 respondents answered # 4 (Agree 100%). Question 8- Are you familiar with the four basic counseling Positions (w as defined in the questionnaire). All responded "yes" # 4 (Agreed 100%).

Question 9- Which view position do you stand with?

1.Empiricism (Unchristian View)	5= 4.17%
2.Spiritualized View	5 = 4.17%
3.Parallel View	20 = 10%
4.Integrated View	90 = 75%

Table 1

Question10a -Psychology and Christianity should work together? 100 out of 120 choose # 5 (strongly agree 83.33%)while 20 respondents choose ## 1(strongly disagree 10%). Question 10b Do you think integration of Biblical Counseling and Psychology will have positive outcome and more effective Christian Counseling?

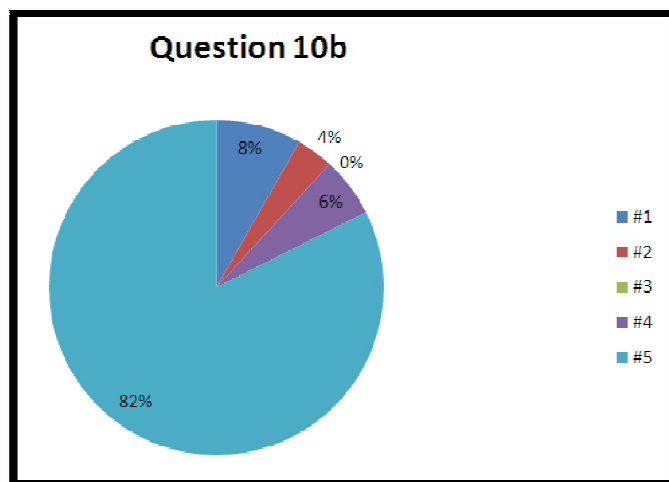


Figure 1

12. Summary of Findings

The main findings from the study indicates:

- The people that participated in the survey all believe that any counseling that is not built upon a solid biblical theology has no authority.
- Majority of the respondents believe that every Christian counselor should pray with their counselee.
- Most of the people that participated in the study disagrees that only bible, no psychology insights should be used in Christian counseling.
- All participants strongly agree that the Holy Spirit has a major role in counseling among Christians
- All studied group agrees to the fact that the major disagreement of biblical counseling and Christian counseling is in the necessity and use of secular counseling techniques in counseling instead of using only Bible.
- Majority of them stand with the integrated view of counseling. They strongly believe that the counselor has the ability to put together the truths of psychology and the bible in a harmonious way.
- Most of the respondents were of the opinion that Christianity and psychology should work together instead of in isolation or in parallel.
- Majority of the Christians that participated strongly believe that psychologist make true observation that are helpful in counseling and did not contradict the scripture.
- The result from the survey shows that majority feels that the best method to utilize that psychology and its insight is to filter the concepts and reject the ones that contracts with the biblical concepts.

- The study revealed that integration of biblical counseling and psychology will have positive outcome and result to effective Christian counseling
- The study revealed that most of the people surveyed prefer that Christian sort counseling from only Pastors, Ministers, Christian psychologist and Christian psychiatrists.
- Unfortunately, only small percentage of the surveyed group has deep knowledge of Nouthetic counseling by Jay Adams. Nevertheless, those that knew about it believe that this form of Christian counseling is effective.

13. Recommendation

After all, said and done, the researchers, confidently believe that the key to integration of biblical counseling and psychology is for the Christian counselor to look at psychology through the glasses of the scripture with an open mind.

It is of the writers' opinion that any Christian counselor should:

- Embrace the bible as the infallible, inspired, inerrant revelation word of God.
- Get holistic knowledge of the Bible and psychology. Knowledge is power.
- Acknowledge the biblical principles over non- biblical concepts. Agrees that psychology must come under the authority of the scripture. That means that whenever the psychological ideas contracts with the bible even the one supported by empirical truth, that idea must not be accepted as truth in Christian counseling.
- Filter, Accept and integrate psychological insights and concepts in the counseling section if they are completely consistent with biblical truth and will be helpful in the counseling session.
- Yield to and be sensitive to the guidance of the Holy Spirit who is the Divine counselor. To stay plugged in with the Holy Spirit.
- Always pray with his client at the beginning of a counseling session.
- Maintain fellowship with in a Bible-believing local church and by engaging in regular and systematic Bible studies and meditating on the Word.
- Live a righteous life, a person of integrity and humility producing the fruit of the spirit and receiving Spiritual gifts.

14. Conclusion

Psychology is the science that studies Human behavior and mind'. Biblical counseling is an approach that uses only the Bible to address the issues in the lives of individual, couples and families. Counselors who use any form or shape of secular psychological insight or techniques are called Christian Counselors, Christian Psychologists or Integrationists. The debate for integrating Biblical Counseling and Psychology which evidently will lead to effective Christian Counseling is on- going. Always remember that every Christian is called to a ministry of encouraging and helping others, especially those in the household of faith. We need to challenge, encourage, and assist members of local churches to get on with the job of loving one another, bearing one another's burden, and praying for one another. Encouragement is a counseling Ministry available to every Christian. Evidently, students with low academic status could be motivated to perform better using effective counseling strategies.

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