

# Students Who Visit University Counseling Rooms

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## Abstract

The types of problems requiring counseling to university students were reviewed, based on my experiences as a counselor at a Japanese university. In general, students have a strong inclination to move in groups. They try to establish close relationships by making friends within groups. University students also are strongly inclined to care about how they are perceived by others and tend to be preoccupied about making a good impression. In this paper, six major problems that I have encountered during the course of my counseling at the university are discussed. The first problem concerns students who suffer distress and despise themselves for their excessive show of intimacy with friends. The second is students who demand that their friends be on closer terms. The third is students who are troubled by the difference between their own personalities and those of others. The fourth is students who are anthropophobic. The fifth is students who cannot become independent of their parents. The sixth problem concerns students who have a vague sense of anxiety in their daily lives. Finally, two case studies involving the relationship between parents and children are presented.

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