



FEATURE ARTICLE

Knowledge and Attitudes Towards Counseling Service on an HBCU Campus

By: Anisah Bagasra, PhD
Claflin University

ABSTRACT

Minority students' underutilization of mental health services can impact their abilities to learn and thrive in the college environment. Underutilization has often been tied to attitudes toward counseling and counselors. Previous research found that African American college students were more likely to possess a negative attitude toward counseling, and view counseling as a sign of weakness or potential source of embarrassment. The purpose of this study is to examine knowledge of, and attitudes towards, campus counseling services on an HBCU campus. One hundred twenty-seven (127) students responded to an online survey. Eighty percent of participants were aware of counseling services, but eighty nine percent never used the services. The majority of participants had a positive attitude toward counseling but there was also fear of stigma attached with seeing a counselor. Twenty six percent disagreed or strongly disagreed that they would feel safe using the campus counselor. Three focus groups were then conducted, exploring student perceptions of barriers to using counseling services. Results suggest stigma, rather than knowledge or attitudes toward counseling, may have a larger impact on the usage of counseling services by African American students on an HBCU campus.

Keywords: Counseling; Mental Health; HBCUs

Suggested Citation:

Bagasra, A. "Knowledge and Attitudes Towards Counseling Service on an HBCU Campus", *International Journal of Ethnic College Health*, Vol. 4, No. 1, p. 4-11.

The *International Journal of Ethnic College Health* is a peer-reviewed electronic journal and repository of excellence in health promotion and disease prevention at Minority-Serving Institutions worldwide published by the Institute for Successful Leadership, Inc. Full articles are available solely for subscribers to the publication at www.THEISL4Uonline.com, and distribution/reprinting without consent of the Institute of Successful Leadership, Inc. is prohibited.