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EDITORIAL COMMENTS

The Journal of Professional Counselling (JPC) serves as the official publication of the Association of Professional Counsellors in Nigeria (APROCON). It is dedicated to advancing the theory and practice of Guidance and Counselling in Nigeria and worldwide through publishing well-researched and original articles. The journal welcomes submissions from authors in the field of counselling psychology and related disciplines, aiming to enhance knowledge and skills in counselling practice. Each article undergoes a blind peer-review process and plagiarism tests to ensure a high level of originality prior to publication.

This volume presents a diverse range of contemporary empirical studies that illuminate critical issues at the intersection of psychology, education, counselling, and social development in Nigeria. It captures the changing landscape of youth behaviour, family dynamics, and educational experiences, offering fresh insights and practical guidance for mental health professionals, educators, and policy stakeholders.

Highlights of this Issue include:

- ◆ **Adolescent Behaviour and Therapeutic Interventions:** The issue tackles behavioural challenges among youth, such as truancy and kleptomania. It highlights the success of cognitive-behavioural approaches like Rational Emotive Behaviour Therapy (REBT) and relapse prevention in reshaping behaviour and restoring self-control.
- ◆ **Mental Health and Academic Achievement:** Studies explore the interrelations between academic performance and psychological factors such as test anxiety, self-regulated learning, and reading comprehension. Findings from multiple Nigerian states point to the urgency of integrating mental health support within school systems.
- ◆ **Family Structure and Adolescent Development:** Several contributions investigate how family settings—especially those marked by instability, conflict, or violence—influence the moral and emotional development of children and adolescents. The significance of family-based counselling interventions is a recurring theme.
- ◆ **Career Guidance and Youth Empowerment:** This edition places a strong emphasis on the role of counselling in shaping career aspirations, with a focus on parental influence and structured mentorship. It draws connections between effective guidance and long-term socio-economic mobility for Nigerian youth.
- ◆ **Technology and the Digital Age:** The aftermath of the COVID-19 pandemic revealed a new wave of digital learning and behaviour. Studies in this volume investigate the implications of e-learning and digital behaviour on students' academic adjustment and

mental well-being.

- ◆ **Social Cohesion and Conflict Management:** The volume addresses counselling strategies for promoting national unity, emotional healing, and conflict resolution. It presents practical tools for managing trauma—especially among vulnerable groups like police officers and internally displaced persons—and enhancing the emotional intelligence of trainee counsellors.

This collection underscores the transformative power of professional counselling in navigating today's complex personal and societal challenges. With data-driven insights and culturally responsive recommendations, Volume 8, No. 2 offers timely contributions to the advancement of counselling practice and national development in Nigeria.

The Editorial Board expresses her gratitude to all contributing authors and peer reviewers for their valuable efforts and time. The Board remains committed to continuously improve the quality of The Journal of Professional Counselling (JPC) to meet globally expected standards. The association maintains a functional journal website, www.aprocon.org.ng where published articles are available online, ensuring increased visibility and readership.

Professor Mary O. Esere

Editor-in-Chief,

JPC.

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