

ABSTRACT

STRESS AND PSYCHOLOGICAL WELL-BEING AMONG TRAINEE COUNSELLOR

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Abstract: Trainee counsellor often face various challenges during their practicum and training process, including workload, emotional stress, and high-performance expectations. These pressures may affect their psychological well-being and overall readiness to become professional counsellors. This study aims to examine the relationship between training stress and well-being among trainee counsellor. A quantitative approach will be used, involving counselling students currently undergoing practicum or internship. Data will be collected through standardized questionnaires, including the Perceived Stress Scale (PSS) to measure stress level and the Satisfaction With Life Scale (SWLS) to evaluate well-being. The findings are expected to highlight the importance of effective supervision and emotional support in reducing stress and promoting trainee counsellors' mental health. The results can contribute to developing better training programs that enhance the growth and resilience of future counsellors.

Keywords: *Trainee Counsellor, Stress, Psychological well-being*