Teenage girls today are undergoing immense and intense pressure from many spheres, educationally they feel pressured, society is either blaming them for misdeeds or presumed responsibility and they are also pressurized economically and culturally. Cultural changes have put local traditions and values at serious conflicts with new life styles; drugs, alcohol and other abused substances have not spared the adolescent girls either. Indiscipline and crimes have hit the roof of homes, schools and the streets. Promiscuity and irresponsible sexual trends are on the rise among teenage girls. Their adolescent teenage struggles are also destabilising them.

This study will aim at investigating the psycho-social guidance and counselling needs of adolescent girls in the society. The sample will consist of 200 girls stratified randomly from various schools, and selected guidance and counselling teachers will be interview. Questionnaires will be used to obtain information from girls. Graphics, charts and percentages will be used to analyse the information given. The results obtained from this study will be useful in finding ways and means of helping the adolescent girls cope with the problems they are experiencing.