

# APPLICATIONS OF COACHING PSYCHOLOGY WITH STUDENTS IN HIGHER EDUCATION: MAPPING OUT RECURRING RESEARCH THEMES AND GAPS USING A SCOPING REVIEW METHODOLOGY

## 01. INTRODUCTION

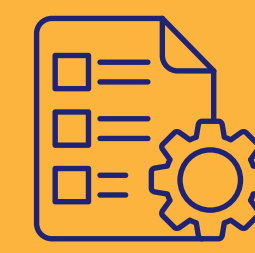
- Coaching psychology – scientific study and application of coaching in reaching personal and professional goals (Australian Psychological Society, 2003; Grant & Palmer, 2002)
- Rapid growth of coaching psychology in education setting (van Nieuwerburgh, 2018).
- Students entering higher education may struggle with stress, social obligations and finding a sense of community (Sam, 2021; Yikealo et al., 2018).
- Studies suggest coaching psychology interventions helps students attain higher levels of functioning and well-being - there is a discrepancy of opinion

## 02. AIMS

- To explore the nature and scope of existing literature on coaching psychology interventions in higher education institutions;
- Research findings; and
- To identify potential directions for future practice and research.

## 03. METHODOLOGY

- Six-stage methodological framework (Arksey and O'Malley, 2005; Khalil et al. 2016; Levac et al. 2010).
- Protocol was developed in advance.



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## 06. CONCLUSION

- Most of the research on coaching psychology intervention on higher education student were being conducted in the United States.
- Universities are adopting different coaching psychology approaches, tools, and duration of intervention.
- Coaching psychology intervention does contribute to student's academic success, well-being, critical thinking skills and positive learning disposition.

## 05. RESULTS/FINDINGS

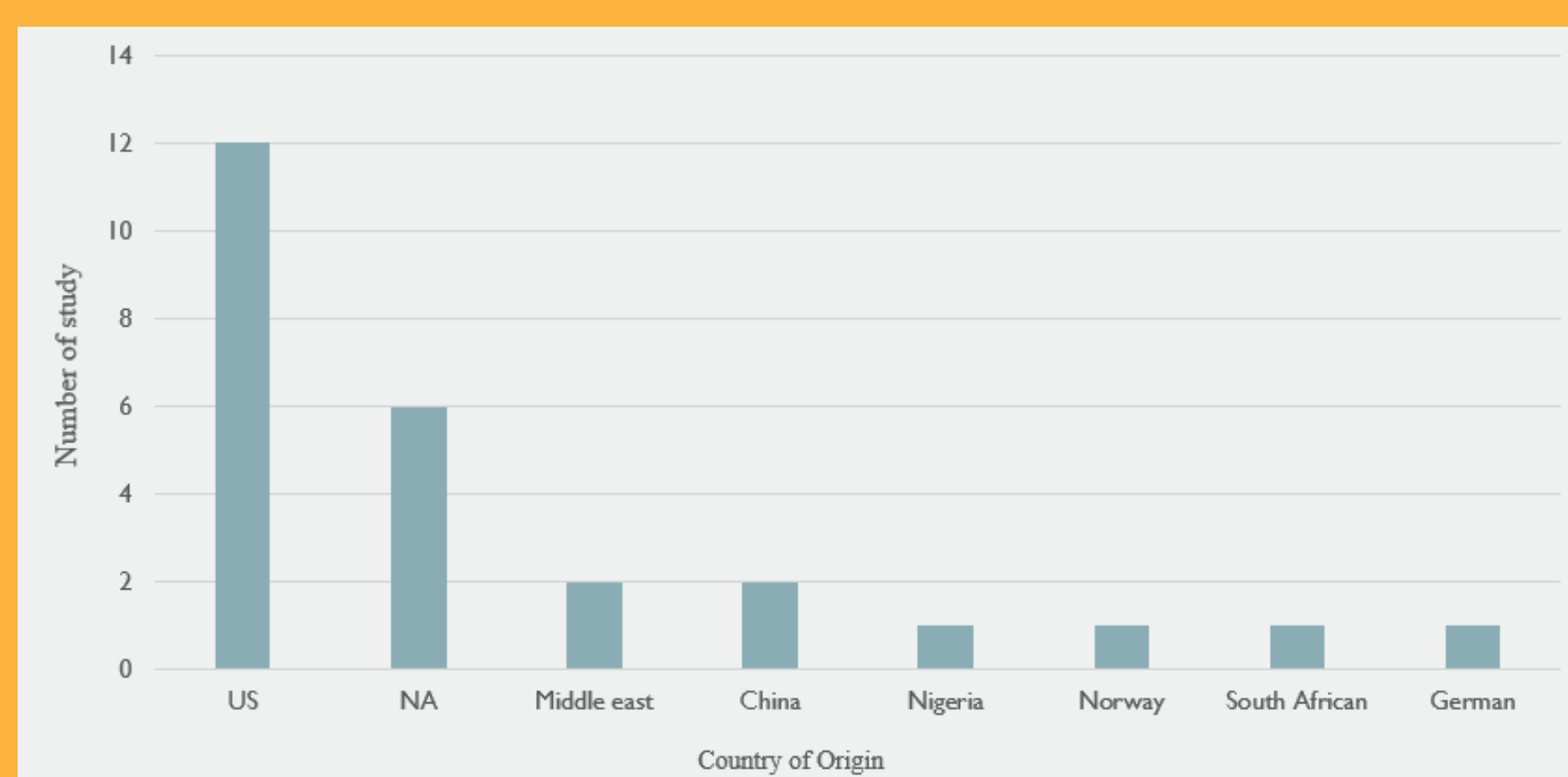


Figure 2. Country of origin of the study selected.

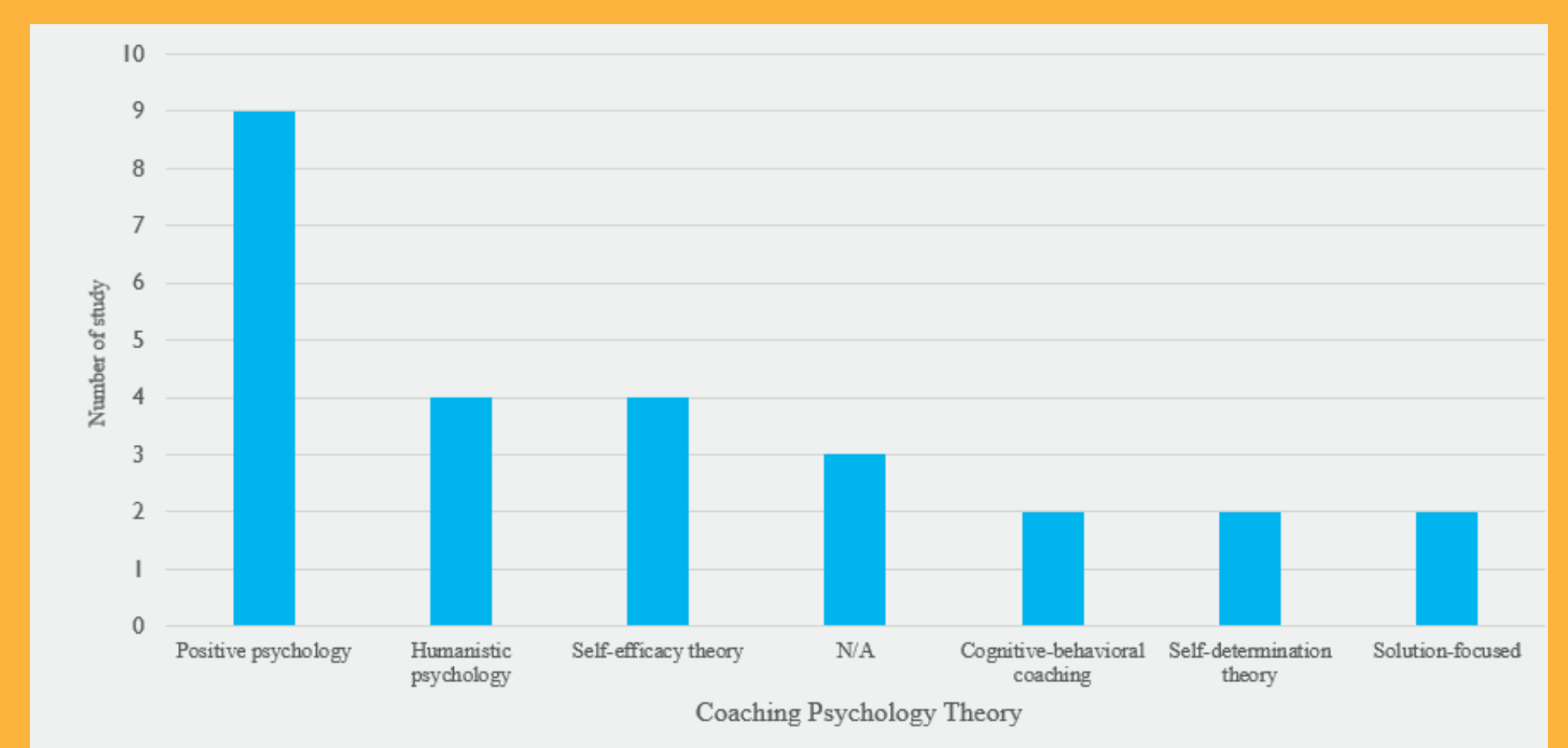


Figure 3. Coaching psychology theory applied in the coaching intervention

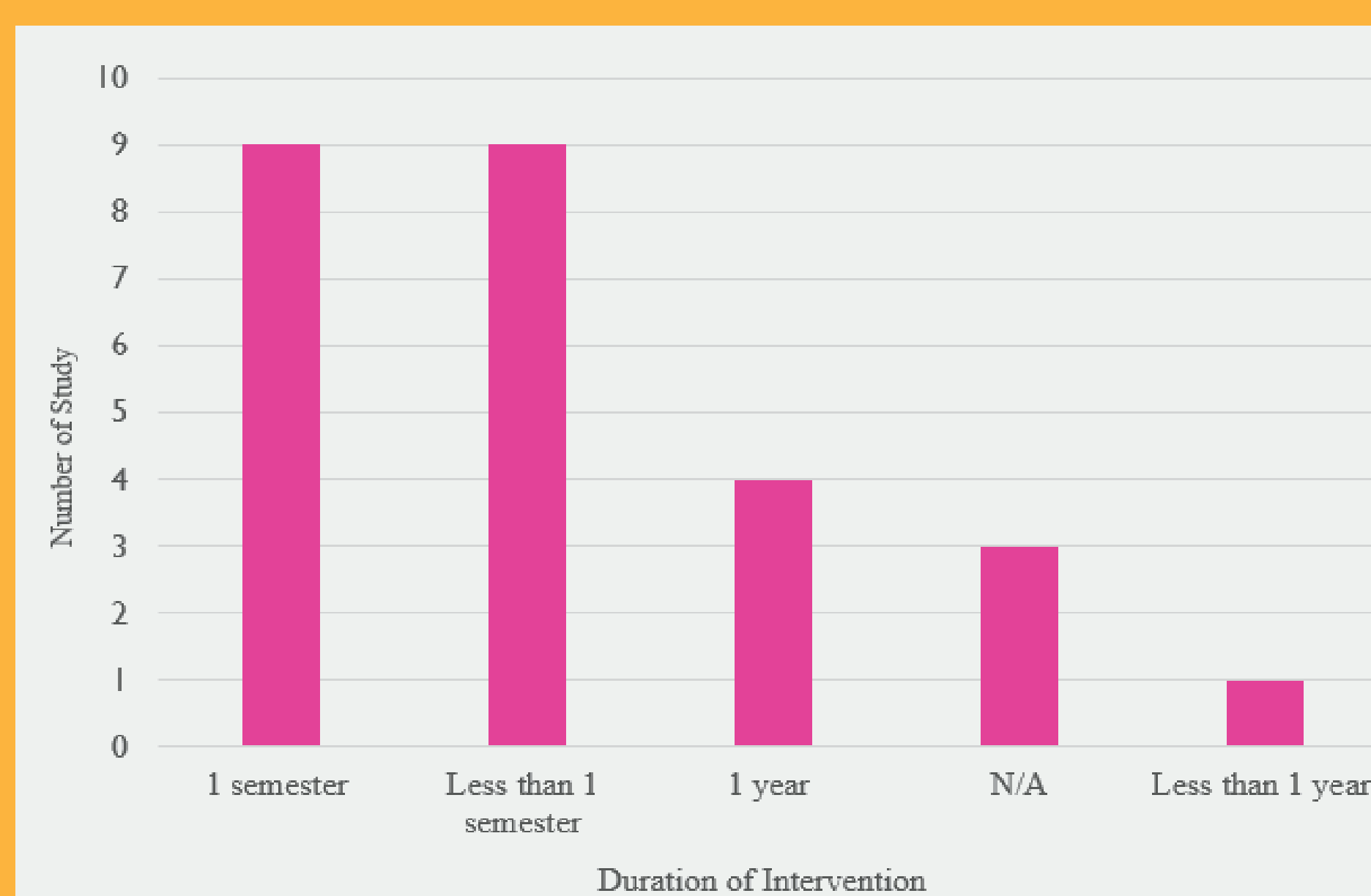
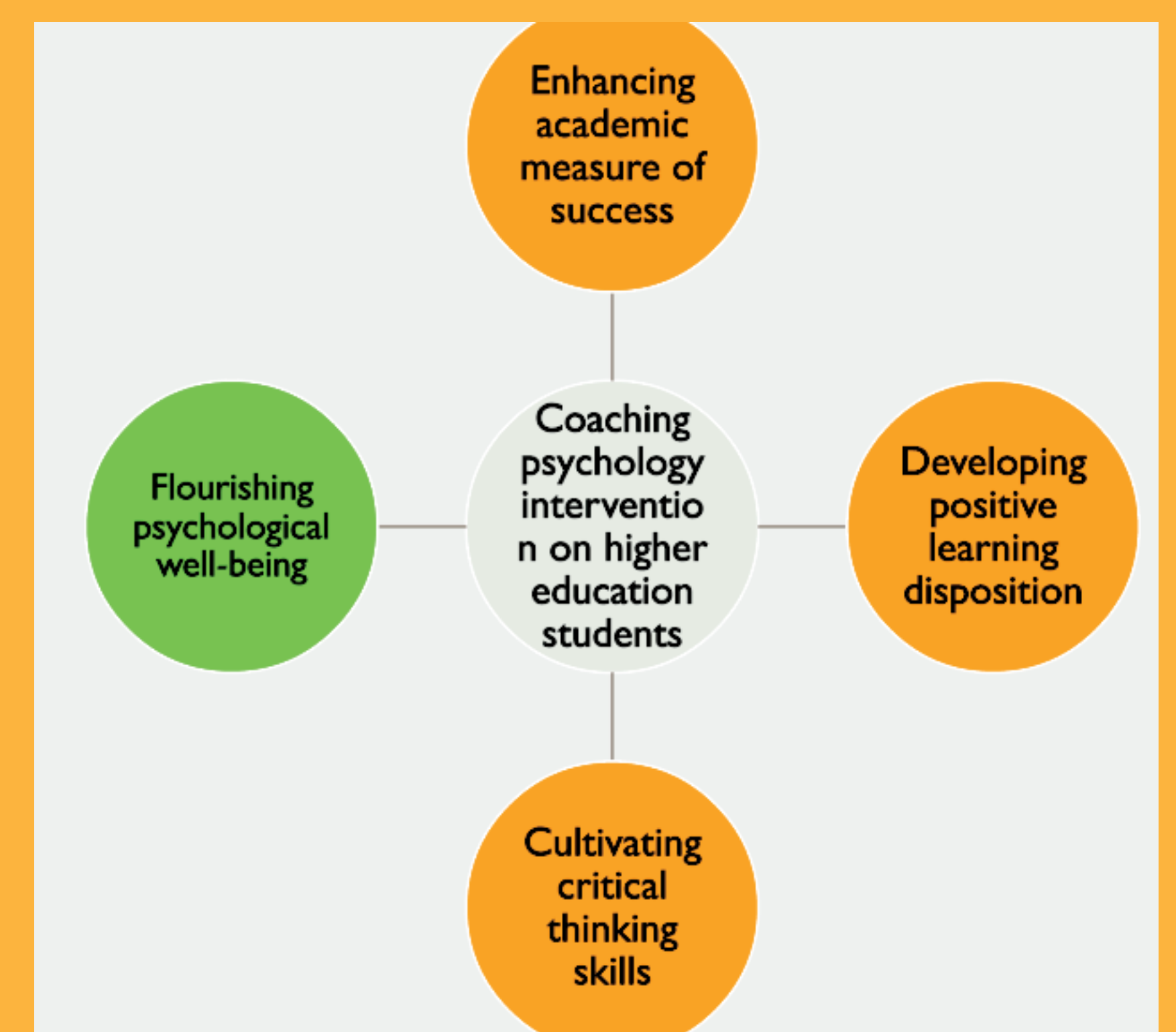


Figure 4. Duration of the coaching intervention.



## 04. ANALYSIS

Stage 1: Identifying research question

Stage 2: Identifying relevant paperson

Stage 3: Study selection

Stage 4: Charting the data

Stage 5: Collating, summarising, and reporting results

Stage 6: Consultation with stakeholders

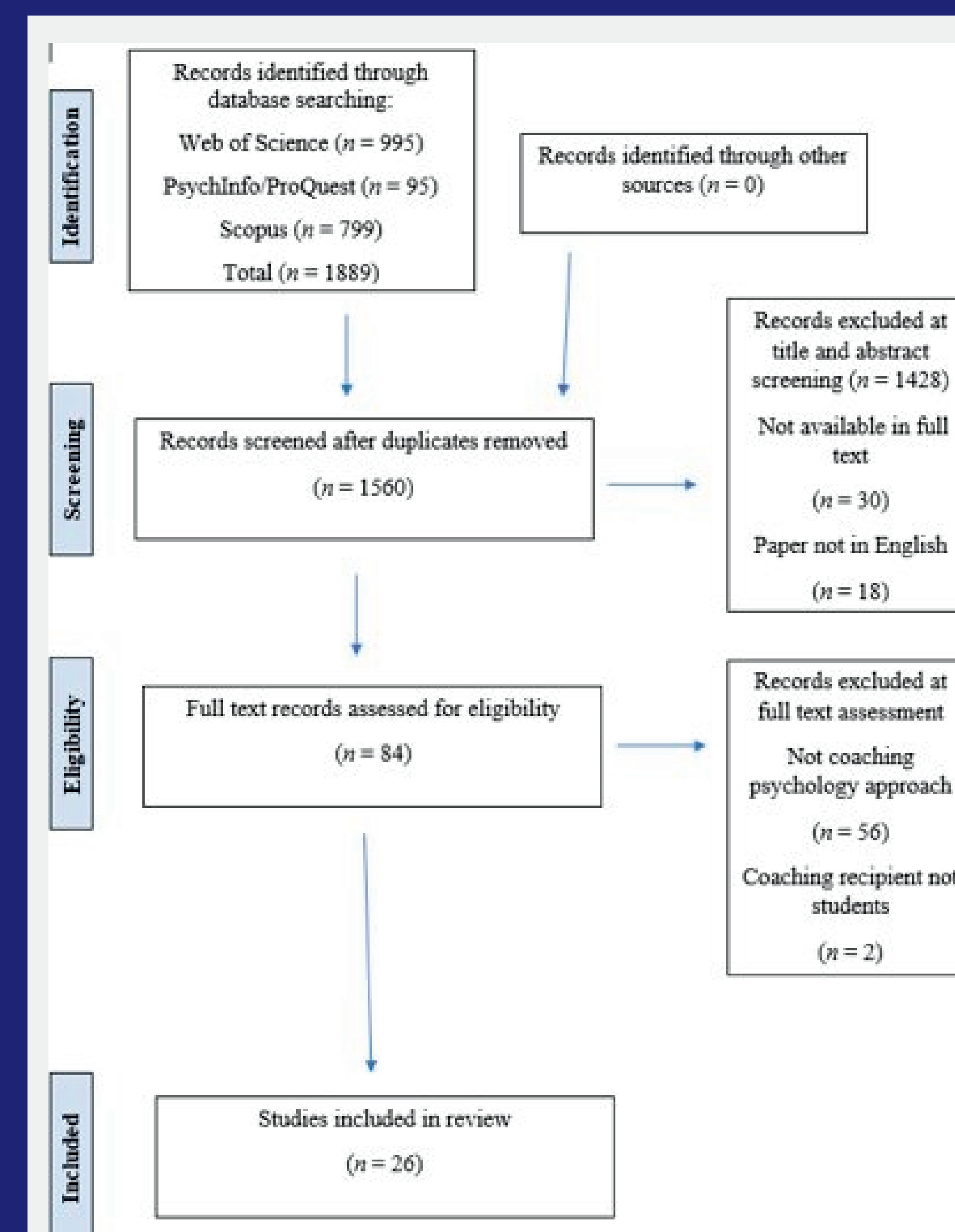


Figure 1. PRISMA diagram of study selection.