



FEASIBILITY OF WELLNESS GARDEN: A FACILITY FOR OUT DOOR COUNSELLING OF THE UNIVERSITY OF ZAMBIA, LUSAKA.

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Abstract

The purpose of this study was to ascertain students and staff's perceptions on outdoor counselling at the University of Zambia. This study adopted a descriptive survey research design. The target population were all UNZA students, academic and non-academic staff, and counsellors. 150 students were randomly selected using simple random sampling, 10 academic staff, ten non-academic staff and six counsellors. A total sample of 176 respondents were selected. Students', academic staff and non-academic staff were randomly selected using simple random sampling while counsellors were purposively selected. Questionnaire and interviews were conducted to establish feasibility of wellness garden as a counselling facility at the University of Zambia also to determine benefits of wellness garden at UNZA and to establish accessibility of wellness garden for use as a counselling facility at UNZA. Quantitative data were analyzed using the Statistical Package for Social Science (SPSS) version 16. And Data collected through face to face interviews was analyzed through interpretative phenomenological analysis which revealed emerging themes from the study. The findings of the study established that the participants were not aware of the wellness gardening at UNZA. The conclusion of this study was that the participants' health and wellness play a role in addressing the expectation by serving as a catalyst for restoration if fully developed at UNZA. Therefore, maintaining best level of wellness is absolutely essential to UNZA community. Based on the findings, the following recommendation are made: The researcher recommends that Jubilee Garden be an alternative facility for counselling. The University of Zambia should sensitize UNZA community of the benefits of wellness garden and also the counsellors should be re-oriented by the University Management to enable them use the facility as an outdoor counselling place.

Key Words: Wellness, Counselling, Feasibility, Accessibility, Outdoor, Gardens, Services, Students', Staff, University

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