



## Role of Guidance and Counseling in School Education

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### Abstract

Guidance and counseling play a very crucial role for attaining human growth especially during the adolescent stage of students studying in schools. Teenage is characterized by brisk growth and transformation in physical, societal, spiritual, moral and academic sphere of life. Most of teenagers are in secondary schools, that is why guidance and counseling services are required at this stage. Guidance and counseling are the helps provided by qualified and trained persons to a student of any age to help him to manage his own life activities, develop his own points of view, make his own decisions and bear his own burden. The purpose of guidance and counseling in schools is to foster academic attainment, accomplishing positive study attitudes and habits, increase acquisitions and application of conflict resolution skills, and decrease school dropouts. Lack of guidance and counseling in schools has resulted in increase in unpleasant outcomes in the society. These include school dropouts, drug abuse, crimes, and even failure to secure jobs. The task of educational guidance and counseling is to enable a student to adjust himself to his studies by improving his study attitude and removing subject matter difficulties. So we can say that guidance and counseling are important educational devices in shaping the orientation in a student. Guidance and counseling helps in understanding the physical, mental, emotional and attitudinal aspects of students in relation to the opportunities, plans and adjustments. This paper attempts to highlight the importance of guidance and counseling in school going students.

**Keywords:** Guidance, counseling, teenage.

Teenage is the most momentous period of human life as it begins in biology and ends in culture. In a student's life, teenage is that period which begins at the end of the childhood and ends at the beginning of adulthood. It is best regarded as a recapitulation of the period of life and is a second turn on the curve of development. In this period, the child again becomes unstable because it is the stage of development that comes between childhood and adulthood. It is a period of drastic changes in physical, social, spiritual, moral and intellectual aspect of life. The needs of teenage students are entirely different from earlier stages of life cycle. If these needs are not properly gratified the teenager becomes a problematic youth. Due to innumerable biological and emotional stresses such students face various problems related to their day-to-day life. Moreover, these problems deeply effect their field of study. Guidance and counseling are two very important services to be provided to the teenagers by the family as well as by the school and college authorities. Guidance does not mean giving directions, nor it is an imposition of one's point of view on another person. The person, who is guiding another, does not take the onus of making decisions on behalf of the receiver. We can see that guidance is more about assisting people to find their way rather than giving instructions or providing readymade solutions. Counseling is an interactive learning process in which the counselor, also called the therapist, helps the counselees to understand the cause/s of difficulties and guides them to sort out issues and arrive at decisions. The approach in counseling is holistic and it addresses social, cultural, economic and emotional issues. Counseling can be sought at any time in life, although many people



reach out only in times of problems or crisis. The qualified professional counselor speaks with the counselee in a way to help that person to solve a problem or helps to create conditions that will help the person to understand and improve life circumstances. Teenage is a stage of rapid growth and development characterized universally by certain degree of increased turmoil, anxiety and stress because of the rapid changes that take place within an individual which are necessary for their growth and development. Teenage is a period of transition and is full of ups and down and stress and strain. Teenage and young adulthood are considered to be extremely important stages in the development phase of human life. The teenage students must be guided in the following areas:

**Vocational guidance:** It is the assistance provided for selection of a vocation, concerned with enabling students to acquire information about career opportunities, career growth and training facilities.

**Personal guidance:** It refers to the guidance of the students to enable them to adjust themselves to their environment so that they turn into efficient citizens. Teenage behavior, to a great extent, depends upon the moods and attitudes of the students. Emotional instability is characteristic of teenagers and it is often the cause of many of their personal problems.

**Social guidance:** It is the guidance to students to enable them to make sizeable contributions to the society, assume leadership, conform to the social norms, work as team members, develop healthy and positive attitudes, appreciate the problems of the society, respect the opinions and sentiments of fellow beings, acquire traits of patience, perseverance, fraternity, friendship. The main purpose of social guidance is to enable the students to transform them into efficient citizens.

**Health guidance:** It implies the assistance rendered to students for maintaining sound health. Strong health is a prerequisite for attaining stout mental health. A sound mind is possible only in a sound body. This type of guidance focuses on enabling students to appreciate conditions for good health and take necessary steps for ensuring good health.

**Educational guidance:** It refers to the guidance of students in all areas of education. The emphasis is on providing assistance to students to perform satisfactorily in their academic work, choose the appropriate courses of study, overcome learning difficulties, foster creativity, improve levels of motivation, utilize institutional resources optimally such as library, laboratory. This guidance plays an important role in the field of education. The true scope of guidance is very vast and can't be expressed in a few words. It is applicable to the student's educational, social, moral, emotional health, vocational and leisure time needs.

Guidance, which is a relatively more comprehensive process, includes counseling as a most specialized activity. Counseling service forms the central part of the overall assistance given to the individual through guidance programme. Counseling is a process of enabling the individual to know himself, his present and the possible future situations in order that he may make substantial contributions to the society and also solve his own problems through a face to face relationship with the counselor.

Guidance and counseling in the modern age have become indispensable because of a multiplicity of problems that the individual faces in important domains of life. Guidance is regarded as a conceptualized programme of activities that offers a gateway to the existing problems in the present era of complex scientific and technological developments. The aim of guidance and counseling is to assist behaviour change, enhance coping skills, promote decision making and improve the relationship and to facilitate users' potential. Guidance and counseling help to recognize and understand about one's talents and abilities, help to develop an optimistic outlook for removal of undesirable traits, aids to develop resourcefulness and self-direction in adapting the changes in society. Guidance and counseling earn recognition through their services rendered in enhancing human happiness by being healthier, productive,



providing valuable lessons and also helping in eliminating the later stage problems in life. The major aim of guidance and counseling services is to encourage students' academic, social, emotional and personal development. These are thus, an integral component of education as well. Guidance and counseling have become very imperative for young children and schools have a massive role in fetching out the best in children, as at today's time young minds need guidance to polish their personality and also help to attend to the physical, social, psychological, educational and vocational needs of the school students which go a long way in removing the impediments in learning. Emotional highs and lows may persist and these new behaviours can go beyond boundary-pushing and start causing strain in parent-teen relationships, and can even cause anxiety or depression. These mental and physical changes underline the importance of meeting the emotional, physical and mental health needs of the students, who are filled with queries and confusions. Counseling supports these growing kids with the mental and physical changes that they go through and can help to provide them with a safe space to process their thoughts and emotions, where they are treated with empathy, dignity and respect.

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