



# THE ROLE OF COUNSELLING ON THE ACHIEVEMENT OF THE STUDENT IN THE LEVEL OF SECONDARY EDUCATION

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**1. ABSTRACT :** A disciplined life style is characteristic of the human race like other animals living on earth. But the strictness of the rules in today's life style can sometimes lead a person life in a different direction . Due to which various types of mental problem.

Due to which various types of mental problem as well as coordination problems are seen in human life. The effect of which is the arise of several mental diseases including restlessness ,anxiety, depression anger in human life, that has made a part of human society mentally ill. Student can be said in this case as an important part of the human society . Those who have multiple restriction in their daily life as well as various educational Institutions to keep up with the latest course introduced in the curriculum with multiple strict restrictions, many time they suffer from mental illness. Not only the students but a large section of the mankind today is distressed by the obligation of laws due to environmental and personal reasons that disturbance has indirectly crossed the developed of the country in all kinds of ways . That is why , counseling and psychotherapy has been given special importance in the current contemporary situation which will help not the present generation but also the future generations to reach their own goals according to their own capacity and solve various problems in their daily life.

Key Words : Human society, Mental illness, various problems , Counseling.

## 2. INTRODUCTION :

Today, we enter the 21<sup>st</sup> century, applying science and technology to a variety of hard tasks such as the discovery of a cure for cancer and plans to build a home on the moon. In fact, we are thinking much less about how to make our mind happy or pleasurable than we are thinking about how to make our life style easier, attractive and comfortable. That is, while giving importance only to external beginnings, we are forgotten in our inside. As a result of which in today's world especially a large section of the Indian population is suffering from multiple mental disorders including anxiety and depression. Among whom along with people of various professions, unfortunately, students are suffering from such diseases. As a result not only the student society will be terribly affected but the future human society will fall into the face of destruction. But it was not the aim of the modern aim of education was to help the student to develop his potential. However, the counseling system has been introduced as one of the more advanced scientific methods to overcome the many adverse conditions of the society along with the dependence on additional science and technology, which is not only for the student but also a tool or medium for all our minded people to reach their respective goals.

## 3. Definition of counseling :

Different psychologists have defined counseling in different ways.

- I) Webster's dictionary defines "Counseling as mutual interchanges of opinions, deliberating together."
- II) Carl Rogers says "Counseling is a series of direct conduct with individual which aim to offer him assistance in changing his attitude and behavior."
- III) Erickson says "Counseling is a person to person relationship in which one individual with problem turns another person for assistance."

However, all the definitions provided by the psychologists suggest that counseling is a process in which a skilled and experienced person helps another person with a problem to solve a problem. Here the one who advises is the counselor and the one who takes the advice is the counselee.

## 4. Characteristics of counseling :

- a) An important feature of counseling is that establishing a close relationship between the counselor and counselee is one of the bases of the counseling process.
- b) One of the important features of the process of counseling is that the counselor helps to identify and solve the problem of an individual through discussion.
- c) One of the features of the process of counseling is continuity. Because people always make mistakes something all the time.
- d) Counseling is client-centered.
- e) Counseling is a professional activity.
- f) Counseling requires time – that is why counseling requires many meetings.
- g) Follow up is one of the features of the process of counseling that the counselee has to be kept under observation for a long time.

## 5. Objectives of Counswling :

- i) Establishing good relationship with the client. For that, it is necessary to create such an environment where the client can confide in the counselor.
- ii) One of the main objectives of counseling is to strengthen the mental capacity of the counselee.
- iii) One of the main objectives of the process of counseling is to help the counselee to reach specific goals.
- iv) One of the objectives of the process of the counseling is to help the client . Plan to solve his own problems.
- v) One of the objectives of the counseling process is to emotional –empowerment of the counselee.
- vi) To help the person introspect or to help the person understand their own good and bad qualities is one of the main objectives of the counseling process.
- vii) To help the modification of the client’s maladjusted behavior is one of the objectives of the process of counseling .
- viii) One of the objectives of counseling is to assign the counselee to different occupations according to his/her identification of interest, needs and abilities .

## 6. Types of Counseling : Counseling is of two types .

- i) Individual counseling .
- ii). Group counseling.

### i) Individual Counseling :

When a person is advised individually, it is called Personal/ Individual counseling , This types of counseling is mainly focused on individual problems. Such as behavioural problem, misunderstanding with teachers, family problem, ragging , fear for no reason, problem of adolescence period etc.

### ii) Group Counseling :

There are many problem in our life, which can not be solve individually but can be solve as a group. These types of problem s are study habits, maintaining discipline , harmful effects of drug-consumption.

## 7. Techniques of Counseling :

Psychologists mention about three types as the techniques of counseling – These are a) Directive Counseling

b) Non- directive counseling .

c) Eclectic Counseling .

### a) Directive Counseling :

E.G. Williamson is the proponent of such techniques . Such counseling is very beneficial for the individual is solving academic and personal problems .

The salient features of this counseling are

- i) It is Counselor Centric.
- ii) This plan is very well planned
- iii) In this type of counseling, counselor identifies to real problem of counselee by applying various psychological test.

### b) Non directive Counseling :

Carl Rogers is the proponent of nondirective counseling. He believed that every individual has the ability to solve his own problems and understand the causes of his problems . This types of counseling technique called Client centered counseling or indirect counseling .

The salient features of this counselings are :

- i) It is counselee centeredness.
- ii) Here the counselor's job is only to awaken insight in the counselee.
- iii) In this process Counselee expressed his/her opinion freely.
- iv) One of features of this process is establish a good relationship with counselee.

### c) Eclectic Counseling :

Eclectic counseling is a process which individuals are helped to solved their problems with the help of various counseling methods. It is developed by Arnold Lazarus starting in 1960s.

## 8. Title of the Research :

“ The Role of Guidance and Counseling on the achievement of the student in the Secondary level of Education . “

## 9. Aim of the Study :

**Principal aim :** (i) To find out the advantages of Counseling indifferent sections of the society.

**Minor aim :**

- i) To find out if there is facilities of counseling in Educational Institution .
- ii) To find out if counseling in Educational Institution is enjoyable .

**10. Objectives of the study :**

- i) To find out whether the students have benefited from the Counseling process .
- ii) To find out whether students can solve other problems in their life through counseling.

**11. Significant of the study :**

- i) Counseling is needed to eliminate inequality in every Institution of human life including school.
- ii) Counseling is essential to develop every person according to his/her own abilities and needs.
- iii) Counseling is very important for every person to find out the right solution to his multiple problems in his life .
- iv). Counseling is needed for each person to adjust to his own world .
- v) Counseling is necessary for each person to adjust not only his own world but also any changeable situation.
- vi) Counseling is very important for every person to avoid depression under any circumstances .
- vii) Counseling is very important for every individual to make a right decision at crisis period .
- viii) In a word, counseling is very necessary to solve any problem which may be critical in various situation of life .
- ix)

**12. Principle of the Study :**

- i) Solving various problems that occurs in our life .
- ii) Teaching to adapt to different situations .
- iii) Changing restless mind or developing patience of every person.
- iv) Ending social discrimination or developing progressive and liberal out look.

**13. Hypotheses of the study :**

- i) **Ho 1** – No educational problems of the students are solved by the process in counseling.
- ii) **Ho2** ---Most of the schools have not been able to introduce the counseling process regularly.
- iii) **Ho3** –The Counseling process does not solve any of the students mental problems.

**14. Delimitation of the study :**

- a) **Content.** : Only counseling is discussed .
- b) **Area** : Only school have been chosen as the area of discussion for counseling .
- c) **Sample** : Only fifty schools in Birbhum district have been taken as a sample.

**15. Procedure of the study :**

- a) **Method** : Descriptive method and probability techniques.
- b) **Tools and Techniques of the study :**

- i) Questionnaire.
- (ii) Suitable statistical techniques.

**16. Sample of this study :**

The researcher has chosen a small part of selected population to the close to the mind of the characteristics of the population . This small part is called sample . In the present study fifty students have been sampled which only Birbhum district of West Bengal and it is selected randomly and most of questions are learners related .

### 17. Data Collection of the Study :

The objective of this research is to discover new theories and to determine the validity of hypotheses. Primary data is taken in this data collection. In this case, the researcher made ten questionnaires and went to fifty schools. Before the questionnaire, every one was well informed about this matter in thirty minutes (30).

**18. Data analysis of the study :** The data obtained by the investigator is impossible to interpret without the analysis of the data obtained. In the present study, fifty schools are divided on the basis of the ten questions.

### 19. Present and Preliminary Scores of Opinions of different Schools :

**Item No—1 :** 'Is there any system of counseling in school'. In this case, out of fifty schools, thirty-five schools are favor and 15 schools are against.

**Item No.---2 :** "Counselors behave well with students during the process of counseling". In this case, out of fifty schools, forty-nine schools are favor and one school is against.

**Item No. ---3:** "Is the counseling process regular in your school." In this case, out of fifty schools, 45 schools favor and 5 schools are against.

**Item No.---4** "The process of counseling is either individual or group in the school". In this case, out of fifty schools, 42 schools are favor and 8 schools are against.

**Item No.—5** "As a student, do you like this counseling process", - In this case, out of 50 schools, 48 schools are favor and 2 schools are against.

**Item No. -6** "Do you think the process of counseling should continue?" In this case, out of fifty schools, 40 schools are favor and 10 schools are against.

**Item No. ---7** "Do you face any educational benefit in this counseling process", - In this case, out of 50 schools, 38 schools are favor and 12 schools are against.

**Item No.---8** "Not only you but also your friends are interested in the counseling process for solving other mental problems apart from education. In this case, out of fifty schools, 42 schools are favor and 8 schools are against.

**Item No. ----9** "Has your school counselor called your parents as needed". In this case, out of fifty schools, 22 schools are favor and 28 schools are against.

**Item No. ---10** "Do you think there is a need for counseling to overcome other difficulties with education in the future". In this case, out of fifty schools, 25 schools are favor and 25 schools are against.

**20. Primary Scores of fifty schools opinion :**

Item	Yes	No
1	35	15
2	49	1
3	45	5
4	42	8
5	48	2
6	40	10
7	38	12
8	42	8
9	22	28
10	25	25

**21. Description of the data analyzed according to Hypotheses :****Ho1 : Item -6,9,7****Total sample--50****Yes--- 66.67 %****No---33.33 %**

This hypotheses is not acceptable here because 'yes' opinions in this statistical analysis is more.

**Ho2 : Item---1, 2, 3, 4 ,****Total Sample ---50.****Yes---64.5 %****No--- 35.5 %**

This hypotheses is not acceptable here because 'yes' opinions in this statistical analysis is more.

**Ho3 : Item ---5, 8, 10****Total sample -50.****Yes 76.66 %****No.---23.34 %**



This hypotheses is not acceptable here because 'yes' opinion in this statistical analyses is more .

## 22 . Limitations :

- i) This study is limited to only fifty schools. More sample could be studied.
- ii) This study is limited to a few places in Birbhum district only.
- iii) Most of the schools included in this study are private schools approved . Few Govt.schools were taken here .
- iv) The schools included in this study are largely secondary.

**23. Conclusion :** Finally , it can be said that the counseling is a process which is an essential service not only for the student , but also for the whole people at different stages of their life for proper solution of their multiple problems. But due to economic reasons many times it is not possible for us to consult professional counseling. But in spite of this, the Government of India has since tried to implement the council process in various areas including educational institutions , hospitals through their programs . Because almost everyone agrees that counseling is the only way to solve the various current and extreme problems in our daily life, to get along with others and to determine the ultimate goal or purpose of life.

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