



# Role Of Guidance And Counseling Regarding Academic And Behaviour Problems Among Secondary School Students: A Study

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## Abstract

Guidance and counseling is essential for secondary school students. This paper focuses on the various effects of guidance and counseling programs at the school level and highlights its effect on academic performance. In addition, this paper describes the previous studies in the field of guidance and counselling. It highlights challenges and the overall effectiveness of guidance and counseling in enhancing students' educational experiences and preparing them for future challenges. By offering personalized support, these programs assist students in managing academic pressures, social dynamics, and personal challenges. Furthermore, guidance and counseling programs create a positive and inclusive school environment, address bullying and anxiety, and foster a safe and supportive educational community. This paper aims to analyze secondary school students' guidance and counseling requirements. The study finds that it is essential to introduce holistic guidance and counseling into school curricula to enable students to thrive as they progress into the 21st century.

**Keywords:** Guidance and Counseling, Secondary Students, Academics, Challenges, Strategies.

## Introduction

The term "Educational Guidance" combines the concepts of "education" and "guidance," making it crucial to understand the definitions of both. Educational guidance helps students critically assess their schools, curricula, courses, and general school life, all contributing to their holistic development. The primary focus of educational guidance is students' academic success (Kumari & Malik, 2022).

According to Socrates, "Education means bringing out the ideas of Universal Validity which are latent in the mind of every man."

School guidance and counseling services assist students in assuming accountability for their choices and comprehending the ramifications of those actions. The programs provide crucial assistance, aiding students in navigating academic challenges and fostering personal development. These initiatives can enhance academic achievement, motivate students to enroll in rigorous courses, aid with career planning, and elevate

the entire school culture. According to Paolini (2019), school counselors employ counseling strategies to promote academic achievement and mental health, mitigate bullying, and tackle concerns such as substance addiction, thus enhancing academic achievement and student welfare.

## Secondary School

Secondary School in an Institution providing 5 to 7 years of general full-time education for pupils aged 11 (or 12/13 where a three-tier system applies) to 16 or 18. Admission does not generally depend on academic ability. Most Secondary Schools are Co-educational and may be denominational or non-denominational (13).

### Need for Guidance and Counseling:

Guidance and counseling are a fundamental aspects of the secondary stage. People struggle because of individual differences, emotional and psychological barriers, lack of creativity, reasoning, and cause and effect relations. Due to the critical stage, they face complex challenges that often lead to academic struggles and higher dropout rates. So, school guidance and counseling services help students take responsibility for their choices and understand the consequences of those decisions. Counseling sessions can boost academic performance, encourage students to take challenging courses, assist in career planning, and improve the overall school climate. Paolini (2019) states that school counselors use counseling techniques to enhance academic success and emotional well-being, reduce bullying, and address issues like substance abuse, ultimately improving academic outcomes and student welfare. Counselors have to play a critical role in promoting effective teaching and learning within the school setting and provide Orientation, Information, Appraisal, Placement, Evaluation, Referral, and counselling services.

Guidance and counseling typically have distinct meanings: guidance focuses on overall development, while counseling addresses specific issues. Guidance is preventive and developmental, while counseling is supportive and remedial (LaiYeung, 2014). According to Oviogbodu (2015), counseling is a process that helps individuals address their challenges, focusing on personalizing learning by dealing with emotions, beliefs, and attitudes. Counseling involves trust-based interactions between the counselor and the client.

Guidance and counseling services in secondary schools are primarily directed toward helping students fulfill their critical physiological needs, promote self-knowledge, encourage peer bonding, balance permissive and disciplinary elements of school administration, achieve and maintain success, and provide opportunities for self-determination.

- To aid adolescents with developmental problems
- To ensure that students may completely actualize their potential
- To provide technological advances to help seekers
- To enhance the collaboration and adjustment between students and educational institutions

In 1981, the Cork branch of the Institute of Guidance Counsellors created a job description outlining the responsibilities of school guidance counselors.

- Facilitating one-on-one counseling and group career guidance.
- Assisting students who face personal distress such as social or emotional issues.
- Assisting students with personal development.
- Advising on study techniques.
- Guiding job applications and interviews
- Conducting psychological testing and other forms of testing, if required
- Referring students to other relevant agencies if appropriate
- Coordinating a school-wide system of pastoral care.
- Compiling and making available occupational information to students.
- Adapt counseling activities to meet the needs of the school while enjoying freedom and flexibility in their organization.

Additionally, the report identified four primary work areas for school counsellors: individual counseling, group guidance, occupational information, and psychological testing(12). The guidance and counseling program was designed to assist students in their social, personal, vocational, and educational activities. Schools are complex environments where students learn behaviors through interactions with peers and experiences from diverse socio-cultural backgrounds (Ahmad, 2015).

Career decisions significantly impact a person's life, affecting their family, social life, economic status, personality, and happiness. Career choices are influenced by parents, friends, relatives, teachers, printed resources, scholarships, and peer pressure. Choosing a career involves matching personal qualities with suitable work. Counseling services are integral to the educational process. Implementing guidance and counseling services in schools can enhance educational programs and teaching effectiveness and reduce student costs. Schoolchildren face numerous challenges as they transition to adulthood. Even well-adjusted children face difficulties, and schools and families play a vital role in helping them navigate these challenges. Effective guidance and counseling services are necessary for assisting students in making important life decisions and growing into self-fulfilled adults.

According to Maslow's Theory (1954), fulfilling both intrinsic and extrinsic needs boosts adolescents' self-esteem, helping them understand themselves, set realistic goals, and cope with life's challenges. Positive self-esteem is essential for healthy living, reflecting an individual's belief in their worth and potential. Guidance programs should provide corrective, preventive, and developmental services to address adolescents' needs.

The introduction of the 5+3+3+4 education system in 2020 presented students with multiple options after completing secondary education with multiple exists. They could enter the workforce, pursue vocational training, or continue higher education. During this crucial adolescent period, students need to assess their abilities, understand job opportunities, and be aware of factors like higher education costs, scholarships, and admissions. Professional guidance is essential for making informed decisions and addressing personal adjustment challenges.

Despite having access to educated adults, some students hesitate to seek help, especially when parents are uneducated or too busy to provide adequate support. Adolescents may also face issues they cannot discuss with their parents, such as relationships or study challenges. Guidance services are necessary not only for students with specific problems but also for gifted students. Effective guidance is essential to prevent school dropouts and address issues of indiscipline. In co-educational schools, guidance is especially critical for helping students navigate relationships and friendships. Adolescents who lack direction or purpose benefit from ongoing guidance. In educational settings, guidance and counseling should be part of the overall framework to ensure optimal individual, social, and national development

The main goals of guidance and counseling services in schools are centered on students' holistic development. (12) These services help students meet basic physiological needs, develop self-awareness, and establish positive relationships with peers. They also assist students in balancing freedom and control within the school environment, achieving academic success, and fostering independence (Heyden, 2011). Schools offer various courses and co-curricular activities, which aim to help students recognize and develop their potential. Counselors play a crucial role in guiding students to focus their efforts on the opportunities that align with their interests and strengths.

Even students who have chosen the right educational programs may face challenges that require support. Counselors help these students address their issues, allowing teachers to focus on the entire class. Counselors gain valuable insights into students' personal challenges, aspirations, and abilities. This information can inform curriculum development, ensuring that courses are more relevant to students' needs. Unfortunately, counselors are often excluded from curriculum development processes. Guidance programs help students adjust to the school environment and foster a positive relationship between students and the school. Counselors, teachers, and students work together to improve the overall school experience. Guidance given at this stage of adolescent it will be beneficial regarding the ability of pupils to make choices with regard to occupational, social, civic and other activities which comprise major part of adult life. The effective guidance is such that when time demands healthy habits, attitudes and ideals are formed and techniques of self-help are developed. Preventive guidance in the secondary school reduces the need for remedial guidance later(13).

When guidance and counseling services are effectively implemented and aligned with national education goals, they significantly contribute to a positive learning environment.

## Review of Literature

Mutie and Ndambuki (2004) stress the importance of counseling in the guidance process, aiding individuals in achieving self-awareness and direction. Gysbers (2008) highlights the integrated nature of student planning, while Gysbers et al. (2011) argue that a comprehensive counseling program supports students' academic, career, and personal growth. Akinade (2012) and Mweemba (2016) describe counseling as a tool to help students develop personal meaning and address social issues.

Supriyanto and Wahyudi (2016) suggest that effective guidance requires collaboration among counselors and stakeholders. Keyes and Wilson (2018) see guidance as a process that helps students realize their potential, while Vostanis & Bell (2020) view counseling as a transformative journey towards self-awareness. Xien (2022) emphasizes guidance as a way to help students develop their potential, and Karan (2023) defines counseling as talk therapy to help students address their issues.

## Conclusion

Incorporating guidance and counseling into schools is essential for helping students avoid negative behaviors and make informed choices for a successful future. Counselors foster student confidence and trust, providing crucial support. Guidance helps students make better career decisions, promoting paths that align with their strengths. Ongoing mentoring through counseling is vital for students' growth in today's complex society. NEP 2020 also play a significant role for guidance and counseling. It focuses on assisting adolescents in a holistic manner. It gives students valuable insights into various career options, job trends, and skill requirements. Skills for the 21st century: integrating comprehensive guidance and counseling programs is essential to a well-rounded educational strategy.

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