



# GUIDANCE AND COUNCELLING NEEDS FOR SECONDARY LEVEL SCHOOLS

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## ABSTRCT

A large number of students are going to colleges and universities without proper planning. They think of selecting a career after finishing their education. Consequently round pegs are inserted in square holes and square pegs at round holes, resulting in wastage of human services. Due to this reason it is therefore necessary to have well-organized guidance program to remove the defect. Society itself and its demand are continuously changing and becoming more and more complex and without any guidance program it is not possible for a child to cope with the changing society. So, the program of guidance is needed for all the children in every aspect of their harmonious development. According to Kochhar (2004), “The Guidance programmed assumes a lot of importance for secondary schools as the Indian society is undergoing rapid change, socially as well as economically coupled with the changes in the values and life style of people”. Thus the guidance programmed, like any other educational programmed, requires careful and consistent development.

School guidance is developing very rapidly in many countries around the World. As with any practice as far as role of counselor is concerned in a secondary school setting, challenges and special issues are often identified, discussed and managed. At secondary level, there is though competition among the students to secure good marks in the exam and to select a bright future vocational option and this leads to frustration among students. In such a scenario the role of school guidance programmed is very much important to help the students in order to know their abilities, to come out of stress and problems and to lead them smoothly to pass the journey of education. Therefore it is recommended that every school should have proper guidance unit and its proper functioning should be there to help the students for their varied problems, which will help in enhances the overall quality of education.

Key Words: Guidance, Counseling, Physical and Mental Health, Secondary School, and Achievement.

## INTRODUCTION

School counseling takes place in public and private school settings in grades K-12. Counseling is designed to facilitate student achievement, improve student behavior and attendance, and help students develop socially. Mental health professionals with master's degrees or beyond, school counselors both provide counseling and serve an educational role in and around schools. Many schools have full-time counselors on staff in order to support students who are experiencing personal or academic challenges, help students choose careers and plan for college, and intervene when students face behavioral, physical, or mental health challenges.

## HISTORY OF SCHOOL COUNSELING

In the early 20th century, as industrial centers grew throughout the United States, secondary schools began to increase their focus on courses that would help prepare students to enter the workforce. Some teachers doubled as vocational counselors in order to assist in these efforts. 1917: Specific legislation is drafted to provide funding for vocational guidance programs. Following this, the school guidance counseling profession grows. 1920s: New York becomes the first state to develop certification requirements for school counselors. 1930s: Urban elementary schools begin to offer school counseling services. 1950s:

## DEFINITIONS

“Guidance as a process through which an individual is able to solve their problems and pursue a path suited to their abilities and aspirations”.

-JM Brewer.

“Counselling is a series of direct contacts with the individual which aims to offer him assistance changing his attitude & behaviors”.

-Carl Rogers.

Definition of the Guidance counseling, byname counseling and guidance, the process of helping individuals discover and develop their educational, vocational, and psychological potentialities and thereby to achieve an optimal level of personal happiness and social usefulness.

## IMPORTANCE OF GUIDANCE & COUNSELLING FOR THE SCHOOL

Guidance and counseling is the process which helps the students to know their skills, interests, personality that will help students in further career selection. Initially, I will explain about guidance and counseling. Guidance is the process in which person able to know their ability, interest, a capacity that will help in the encounter of problems faced by them. Guidance is the process of a dynamic interpersonal relationship that is prepared to influence the person's attitude and follow-up behavior.



According to McDonald, The objective of Guidance is to assist students and teachers in making available desirable qualifications and skills rather than achieving the goals of educational programs. Counseling is the sharing of thoughts, reciprocal logic and guidance between groups or two. According to J. E. Smith, Counseling is the process in counselor has a broad discussion related to counselee's interest, planning, and adjustment. So now the question is how guidance and counseling are related to school/college going students. Students are very much focused on academic performances but they never assess themselves because they haven't explored in Schools/colleges.

They choose/plan their career not assessing self but with the influence of others expertise. It is quite obvious that if I am an Engineer, definitely I will suggest for engineering because I have expertise in this field only. Same is applicable for Doctor, Lawyer, designer etc. Here, students made mistakes during the selection of streams and career. Due to this reason, self-assessment is very important. The earlier trend was not quite often because there were the limited scope and limited options but in recent days, scope and career options are quite broad that cannot be explored easily, then the trend of self- assessment came into existence and treated as very important. By self-assessment, students can be able to know about their Interest area, abilities, personalities, analytical level, and suited work styles.

These factors play a significant role in stream and career selection. Modern time, most of the students depressed related to a career decision. The simple and straight reason is lack of knowledge of current trends and developments, available streams, unable to know themselves. I have observed personally, students good in academics may be a topper in his/her respective classes but when the matter comes to a career decision, they are often failed to take the right decision. Hence, guidance and counseling come into the existence and trend is increasing day by day.

## PRINCIPLES OF GUIDANCE AND COUNSELING

According to Dr. Siti Rahayu Hadotono in his guiding principle of Guidance and Counselling suggested 9 principles of guidance and counseling as follows:

1. Guidance and counseling is intended for children, adults and people who are old.
2. Every aspect of determining a person's personality rather than behavior that person. So that the guidance effort that aims to promote adjustment of individuals, individuals should try to also promote it in all aspects of it.
3. Efforts must be comprehensive guidance in principle to everyone, because everyone would have the problems that needed help.
4. Guidance to the principle of no. 2, then all teachers in schools should be a coach, because all students need guidance.
5. We recommend that all business education is the guidance, so the tools and teaching techniques should also contain a basic view of the guidance.
6. in providing some guidance should be remembered, that all people though mostly the same in nature, naminghas individual differences. And a difference is what we must pay attention.
7. so that guidance can be successful, dibutuhkanlah insights about the man who guided it. It is therefore necessary to hold the programs evaluation (assessment) and the individual's quest-investigation. Both memerlukan kumpulan records (cumulative records) on the progress and state of the person or child who had been mentored.
8. It must be remembered that the social upheavals, economic, political and can cause behavior that is difficult or incorrect adjustment (maladjustment). Associated with it also needed guidance bahkanatara cooperation with agencies or foundations in the community who have business relationships with guidance
9. For children we must remember, bahwasikap parents and the home atmosphere greatly affect the child's behavior. Associated with this sometimes for some much needed difficulty understanding, willingness and good cooperation with the parents.

## PROBLEMS OF GUIDANCE AND COUNSELLING FOR SECONDARY SCHOOLS

Different committees and commissions before and after independence have mentioned various aims of secondary education. But secondary educational institutions in practice do not try to materialize those aims. The so-called aims are practically paper-aims. During pre- independence days the only aim of secondary education was to secure white-collar jobs, this is no doubt a very narrow aim. Even secondary education is not complete by itself. It is a stepping-stone for admissions in colleges and universities. Secondary education is thus regarded as a passport for higher education. Hence the main defect of secondary education is its aimlessness.

Secondary education must have definite aims related to practical life and the secondary schools should try to realize those aims in every possible manner. The secondary education in our country is not helpful for economic development of the nation and rapid social transformation. No man-power training is possible in the present set-up of secondary education in India. Secondary education must prepare an adolescent for India's technical and industrial growth through proper utilization of the natural resources. Secondary education also does not provide opportunities for leadership training.

Students are the future leaders in different walks of our national life and as such their traits of leadership should be cultivated when they are young and sensitive enough. Secondary stage can be regarded as the breeding ground for leadership training. Organization of and participation in co-curricular activities can help in this regard to a great extent. The curriculum poses a great problem in the field of secondary education. It is difficult to have a universally accepted curriculum because the needs of one state differ from the others. Our country is a multi-lingual and multi-religious country.

The NCERT and the All India Council for Secondary Education are trying to forge out a universally accepted curriculum. In recent years the Secondary School Curriculum is almost uniform with some variations according to local needs. Inspire of this there are some inherent defects in the curriculum. Both the Mudaliar and Kothari Commissions made some fruitful suggestions to make the secondary- school curriculum up-to-date and useful. But these have not produced the desired results. Many defects still persist in the curriculum and new defects have appeared. It does not properly reflect the needs of the individual as well as the society. It is narrowly conceived and is largely of unilateral character. There is not sufficient variety and elasticity. It is theoretical bookish unpractical and not life-centered. "The education imparted in most secondary schools is, generally speaking, of the academic type leading at the end of the school course to university admission rather than entry into a vocation". The curriculum is heavy and overloaded particularly at the plus-two stage.

### **NEED OF GUIDANCE AND COUNSELLING FOR SECONDARY SCHOOLS**

The student life is getting complex day by day. Guidance is needed to help the students for optimum achievement and adequate adjustment in the varied life situations. Need analysis of the students in the schools shows the need of Guidance and counseling services, in the education, profession, vocation, social, health, moral, personal, and marital areas. Guidance and counseling programmer needs to be introduced in our colleges and universities to meet the varied needs of the educational system, administration, and students.

#### *1. To help in the total development of the student*

Guidance and counseling helps the students to have a better self-understanding and proper adjustment to self and society. Developing of proper motivation and clarification of goals and ideas to pupils in conformity with their basic potentialities and social tendencies are important. Total development of the student necessitates that individual differences among them are expected, accepted, understood, and planned for. And all types of experiences in an institution are to be so organized as to contribute to the total development of the student.

#### *2. To identify and help students in need of special help*

There are such students as the gifted, the backward, and the handicapped who need special opportunities. They need special attention and opportunities.

#### *3. To ensure the proper utilization of time spent outside the classrooms*

The manner in which students spend their non-class hours clearly affects their success in achieving both academic competence and personal development of alltypes. A positive direction to students should be provided by influencing how they can use those non-class hours.

#### *4. To help in checking wastage and stagnation*

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competence and personal development of all types. A positive direction to students should be provided by influencing how they can use those non-class hours.

*5. To minimize the incidence of indiscipline.*

Majority of the students lack a sense of direction, a sense of purpose and a sense of fulfillment. And indulge in destructive activities, which lead to social damage and loss. Adequate guidance and counseling facilities is the only answer to help and guide the youth to worthwhile channels and help them realize the goals of optimum academic, personal and social development.

*6. To help in the proper choices of courses*

*7. To help the students in vocational development*

*8. To develop readiness for choices and changes to face new challenges*

*9. To minimize the mismatching between education and employment and help in the efficient of manpower.*

*10. To motivate the youth for self-employment*

*11. To identify and motivate the students from weaker sections of society.*

*12. To help in tackling problems arising out of students population explosion*

*13. To make up for the deficiencies of home.*

Pupils have to deal with many different development tasks. Not all challenges in the family, school or social environment can be managed by the young people alone. Young people need to be accompanied and supported in particular when they have difficulties at school or social difficulties and during developmental crises. Here they can be supported by students' counselors and educational counselors, Counseling teachers and tutors and also psychologist educational psychologists, mediators (peer coaches and school mediators), school social workers and youth coaches.

*14. Health*

Learning and teaching succeed when learners and teachers are healthy in a broad sense and feel good physically and mentally. Sometimes there are indications of health problems at school – this need to be recognized in good time. Initial support at school can also be provided for eating disorders, early pregnancy, alcohol abuse, addictions, etc. School doctors and educational psychologists are available to offer advice to pupils in these areas and to give them support.

*15. Psychological Counseling*

The School Psychological and Educational Counseling Service Unit is a psychological establishment integrated in the school system which is available to pupils, their parents, teachers and officials from the school supervisory authorities to help them in their search for problem-preventing, problem-reducing and problem-solving insights, experiences and their implementation in the respective field. In addition it promotes individual, social and organizational development at school as an area of life by providing psychological information, Counseling, support and treatment. The use of all services is voluntary, confidential, bureaucratic and free of charge for the beneficiaries.

## CONCLUSION

Education Review Office found growing numbers of students seeking guidance and Counseling support. The provision of good guidance and Counseling in schools and wharekura requires a shared understanding and a strong whole school ethos of care that values positive and caring relationships as an essential foundation.

The varying importance schools and wharekura place on the role of guidance and Counseling in promoting student wellbeing, and student achievement, contributes to the variable quality of provision highlighted in this report. Schools need to give priority to the provision of guidance and Counseling for students through their strategic planning and associated self-review. Consideration also needs to be given to how the Guidance Staffing Entitlement funding is used as part of a strategic approach to guidance and Counseling that responds to students' needs and takes into account both the approach to such provision and the wider school context.

Guidance and Counseling staff in schools and wharekura are faced with the increasing complexity and interconnectedness of the problems facing students. The main student problems schools and wharekura were facing were those arising from household poverty, poor mental health, family dysfunction, bullying, relationships, and drugs and alcohol. The nature of many of these student problems suggests that the 'circle of care' around a student extends well beyond that of the guidance and Counseling team at a school or wharekura. Students highlighted the importance of them knowing how to access guidance and Counseling support in their school along with having assurances about confidentiality.

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