

Student Counselling: An Effective Tool for Brighter Future

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Abstract—Guidance counselling is generally misinterpreted as career counselling. Today the concept of guidance and counselling is a much wider term. It refers to dealing with everything emotional, physical as well educational. The students undergo some of the most difficult stages in life, especially during their transition period of childhood to adulthood. Counselling and guidance can provide a good basis for a broader education for life. The paper discusses the challenges that are being faced by the students all over the world. It explains the importance of need of guidance and counselling in a person's life in today's time. It is an introduction to the profession of a counsellor and an overview how it works in school counselling. The contemporary issues of counselling include mental health issues, student development, varying lifestyles of families and communities, student success and step towards career. Counsellor identity, functions, and ethics will seek to understand how a counsellor comes to relate personally and professionally to the client. It also describes how the functions of a school counsellor are ever-changing, and what impact ethics have upon the profession.

Keywords: Guidance, Counsellor, School Counsellor, Students, Issues.

1. INTRODUCTION

Guidance and Counselling is a professional field which has a broad range of activities and services aimed at assisting individuals to understand themselves, others, school environment and attain abilities to adjust accordingly (Gatua, 2014). Adjustment leads to general adaption to the changing environment and demands of life such as interpersonal behaviour, dealing with stress and life satisfaction. Here is when the guidance and counselling come into play. The need for the same occurs due to increasing complexities of modern life that have placed heavy demands and responsibilities on students. These students are faced with numerous personal, academic, social and emotional needs and problems when unattended could lead to host patterns of undesirable behaviour (Weiten, 2007).

Guidance counselling is generally misinterpreted as career counselling. There was a time when children of doctors become doctor, teachers become teacher and engineers become engineer. Earlier it was just the career guidance in

which students were given the options for what they can opt for their higher studies and was governed by the marks obtained in various tests conducted. The interest of students, his background and his ability was not given the utter importance. Whereas today the concept of guidance and counselling is a much wider term. It refers to dealing with everything emotional, physical as well educational.

The students undergo some of the most difficult stages in life, especially during their transition period of childhood to adulthood. The influencing factors are not only the family, but also the peers, society and the school environment. Guidance and counselling have therefore been introduced to assist and guide the students to overcome and adjust in changing social and emotional challenges at home as well as school. It plays an important educational tool in shaping the orientation of a student from the negative to positive ideas that are planted by his/ her peers. The counsellors by their training are expected to be friends with the school child, listen to the child's complains, short comings and proffer guidance to the child in a quest of molding the child in the right part to take in their life pursuit (Nkechi, 2016).

Counselling and guidance can provide a good basis for a broader education for life. While being non-medical and non-psychiatric, it can be used as therapy for individuals with specific personal problems, or it can be the foundation of a more general "life skills training programme" for the student who, though not suffering from any particular problem, should be assisted in building up his/her personal resources in order to cope effectively with their future lives (Stokes, 1986).

2. LITERATURE STUDY

The term "guidance and counselling" has been known differently around the world. According to UNESCO it means the services and programs to promote the personal/social, educational, and career development of students. Guidance and counselling (G & C), has been recognized globally as the most integral part of educational and training institutions, owing to its role in improving all the aspects of quality

education. Since 1970, the Kenya have followed the G&C programme in their institutions, but are still facing the problems which are expected soon to be solved.

A guidance counsellor is an indispensable part as they work as advocates in a student's life administering the guidance of both their personal and school life. A counsellor is licensed in their respective field. They have an advanced training in Psychology and Sociology to address the different needs and assess the student's lives.

Makinde (1987) defined them as an interaction process co-joining the counselee, who is vulnerable and who needs assistance and the counselor who is trained and educated to give this assistance, the goal of which is to help the counselee learn to deal more effectively with himself and the reality of his environment.

2.1 Guidance:

Guidance is a process through with an individual is able to solve their problems and pursue a path suited to their abilities and aspirations (Brewer). **Hamrin and Erikson** defines the guidance as an aspect of educational programme which is concerned especially with helping the pupil to become adjusted to her present situation and to plan his future in line with her interests, abilities and social needs.

According to McDaniel Guidance is a facilitative service, which provide aids to pupils and staff:

- To help pupils determine the courses most appropriate to their needs and abilities
- To find instructors who will be more sympathetic to their individual requirements and seek out activities which will help them to realize their presentation.

2.2 Counselling:

Counseling is essentially a process in which the counselor assists the counselee to make interpretations of facts relating to a choice, plan or adjustment which he needs to make (**Glenn F. Smith**). We can also say, counselling can be defined as a series which directly contact two individuals where one offers assistance to other to change his behaviour and attitude towards life.

Counselling is a learning process in which a counsellor helps an individual or individuals learn, understand themselves and their environment and be in a position to choose the right type of behaviour that will help them develop, grow, progress, ascend, mature and step up, educationally, vocationally and socio personally (Egbo, 2013).

It is a helping relationship which includes:

- Someone seeking help.
- Someone willing to give help.

- Capable or trained to help.
- In a setting that permits, help to be given and received.

"Counselling is a method that helps the client to use a problem- solving process to recognize and manage stress and that facilitates interpersonal relationships among client, family and health care team".

2.3 Difference between guidance and counseling:

The two words guidance and counselling generally have different meanings. The former is an overall term used to help a person. It can be through a family, teacher, peer or a counsellor. On the contrary, the latter is frequently targeted to help people with problems and is generally done via professionally trained counsellor. In other words, guidance work is preventive and developmental in nature whereas counselling is more of supportive, developmental & remedial work (Lai- Yeung, 2014). Intellectual attitudes are the raw material of guidance but emotional rather than pure intellectual attitude are the raw materials of counseling process. Discussing in educational context, counseling service is one among various service offered by guidance programme.

3. OBJECTIVE OF THE STUDY

The basic motive of this research was:

- To study the major problems in world that need counselling.
- To understand the role of counsellors in the respective problem.

4. METHODOLOGY

The study done is mainly theoretical in nature. The information has been collected through various publications, reports, periodicals, books, journals and newspapers, etc. The help of websites has also been taken to complete the study.

5. ISSUES AROUND THE WORLD

Counsellors try to find the motivation which lead to a student's desires and skills. It becomes sometimes frustrating for the counsellors to complete the challenge in their job as their job require exceptional communication skills to deal with students as well as parents. If a counsellor does it right, they may serve as a second parent. The issues being faced in counselling profession are varied and depend on the different perspective such as what the professional title should be and how it can be evaluated.

5.1 Professional title:

The title itself plays a wide role. Some professionals prefer to be called as guidance counsellors whereas few tend to be known as school counsellors. The increasing trend marks them to be seen as professionals in a large system that work almost

in all and every aspect. Terming them possibly, they can be associated to term surrogates, as counsellors are the people who interfere in the lives of students by getting into the given situation.

5.2 Prevention vs Remediation:

Prevention is the growing trend in recent years. In past times, the counsellor used to interact and find a solution only when a crisis occurred. But now there's a shift and counsellors have become proactive in developing and enacting school wide prevention plans. There are lots of students who need to talk or someone who can listen to them, for which a counsellor should be a patient listener.

5.3 Elementary School Problems:

- A student entering school is fun and challenging. This is the time when they are most imaginative and free spirited. Making them disciplined is the most challenging activity because this is when they have new experiences and opportunities.
- Social behaving is another aspect of students at elementary level. In this aspect bullying is the most common problem as every student has either been bullied by their classmates or senior, or have taken part in bullying someone. In this case, a counsellor can help a child being bullied by giving them ideas to cope and eradicating their fear of going to school. Also, a counsellor can assess the one bullying and find the reason behind his behaviour.

5.4 School Violence

The violence in school is the major problem that is being experienced with the kids. The kids may misbehave in the school as well as in society. The reason behind this may be to grab everyone's attention. Another reason that may lead to this behaviour can be bullying, fighting, vandalism, disruption of class and loitering around. The counsellors here intervene the students behaviour and try to turn it to a positive one. This can more efficiently be done with the support of school administrators, teachers and staff.

5.5 High School Problems:

- The problems at this stage get more complex as the students enter into the transition phase of adulthood. They enjoy the new attained enthusiasm and confidence and the ability to challenge the peers. The peer pressure becomes very powerful in influencing their decisions. The role played by counsellor here becomes very challenging and important as it forms the base of the student's adulthood. He helps to make a child's decision sound in their academic, social and individual lives.
- Another high school problem is seen to qualify the 12th class exams with good marks. In this case, parents transfer their own anxiety to their children by comparing them to

others and forcing to achieve the best in their field. The counsellor motivates a student not to compete with anyone. He helps to build his own confidence and explains how every individual is different and have their own capabilities.

5.6 Teen Problems

- Gangs:
 - a. Students these days' love to show their "macho" effect by getting involved in gang-type activities. Students generally end up in such an activity if family members are involved or by the influence of peers. It becomes difficult for a child to leave once he gets involved in such activities. In this stage, counsellors are in a position to work with family in helping child to avoid gang-type activity.
- Dropouts:
 - b. According to recent survey, around 25 percent of students do not complete their high school education. Terminating schools at a very young age is increasingly becoming the highest found problem as maximum careers require education beyond the high school level. Counsellors here in a position to assist and guide students with education and career guidance and encourage the demotivated students in completion of their basic education.
 - c. Recently, an example of a dropout is floating on Facebook, where a youngster Trishneet Arora of just 23 years is earning crores by following his passion and setting a TAC cyber security company. He was an 8th standard dropout. His passion for computers and internet brought him up to this level but not every person in the world gets fortunate to get settled without studies like him.
 - d. Another example was quoted by a well known architect, where he informed about the incidence where majority of students dropped out from an architecture college in Mumbai (almost 25 out of 40). After investigating from the teachers, the reason behind this turned out to be the inefficiency to cope with the studies. The students admitted had a very low IQ level and were not from the science background. This proves that a right direction is needed for the students. The counsellors need to guide students the right path for their education so that they do not drop out and lead to play with their careers.
- Teen Pregnancy:
 - e. Teen pregnancy is not only a student but also a social issue. Love, courting and marriage (LCM) can provide help in making teenagers understand about the pros and cons of getting pregnant at a very young age. Counsellors work with NGOs and community agencies to prevent

student pregnancy and assist students who do become pregnant.

5.7 Relationship with Family and Parents

Relationship with family is the major issue that has been seen at every stage of a person.

- For students, it can be a hard time talking to their parents regarding personal matters, where they need an unbiased advice from an adult time to time.
- The student may also be undergoing the divorce situation of the parents which is very common nowadays between the couples. They find it difficult to handle the separation and start confiding their problems within themselves.
- Another major issue these days is that a child doesn't get a homely environment at home. The families have tendency to live as a nuclear family and where both the parents are working. A child in such situation stays away from the elderly care and love and leads a stressful life.

5.8 Decision about career, or Higher Education

A counsellor has great responsibility in helping students after their high schools. They need ideas and prospect for secondary schools. Students are unsure of what they want to do after graduation or what is their capability of doing. Judging a student just on the basis of marks attained in a test does him no justice. He need to be counselled and advised on the basis of his background, interest, passion, and his dedication to a particular subject.

5.9 Substance abuse

Alcohol, drugs and tobacco has been a serious problem in the youth. Despite the efforts taken by the government and banning the sale of products to the youth as well as in various areas, students still find their access to these products. Counsellors are specially trained to make students understand the effects of different drugs available in market. They also collaborate with communities to provide social awareness about the adverse effect of these drugs.

Recently, movie "Udta Punjab" was also made to show the effects and the way these drugs are ruining the youngsters lives.

5.10 Diversity

People have a wide variety of cultures and human societies running among them. Students study together in school with different cultures, practices and traditions. Some may come out to have different languages and ideas. The schools must have the concept of "unity amidst diversity". Tolerance within the diversity is the important goal of the varied cultured society. Counsellors can help students to be accepting of others regardless of sex, age, race, sexual orientation, culture,

disability, or religious beliefs and have a friendly atmosphere within the school and the society.

5.11 Terrorism

The advancement in a field always brings a negative impact along with it. Similar is the situation in which development in India is bringing the increasing problem of terrorism. Directly, or indirectly, students or adults are affected by the acts of terrorism. Counsellors are able to intervene a student or an adult who are affected by the terrorist act.

5.12 Not visiting counsellors

People generally believe psycho or mentally challenged people visits counsellors. The clients fear to go and visit a counsellor, feeling what the society may say. But the fact is everyone goes through a stress. It may be a problem where a person is not able to find a solution or able to discuss it with anyone. Here is when counsellors come into play, to support the clients and help them finding out a solution to a problem.

5.13 Cyber bullying

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content. Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior. [16]

The most common places where cyberbullying occurs are: [16]

- Social Media, such as Facebook, Instagram, Snapchat, and Twitter.
- SMS (Short Message Service) also known as Text Message sent through devices.
- Instant Message (via devices, email provider services, apps, and social media messaging features).
- Email.

Cyberbullying on social media usually has been student-to-student. But now students have started bullying teachers on the social media. Researchers have suggested the programs to be incorporated in the school curriculums. These programs work together with the counsellors and support of teachers. They together guide students about online safety and instruction to use internet properly. They can also guide the victim proper methods of potentially avoiding cyberbully, such as blocking messages or how to increase the security on their respective computers.

Blue whale game has been the recent and most dreadful example of cyberbullying. The students mind set was not known to anyone who were designing or playing this life taking game.

6. CONCLUSION

The student counselling in today's world is highly needed and recommended for the students. The counsellor helps the students as well as adults to deal with the contemporary issues, education, structure and challenges. The professional service will always be unique and provide a help to students and promote their academic, physical and social well-being. This as a result helps to enhance the individual performance and raise the holistic well being of students.

A test known as DMIT has been recently introduced. Dermatoglyphics Multiple Intelligence test (DMIT) is a truly scientific study of the fingerprint patterns. This helps in understanding a great individual's potential & personality type. DMIT is based on understanding from Neuroscience, Genetics, Dermatoglyphics, Psychology and Embryology. Traditionally only IQ test was used to be a measurement tool for degree of intelligence. Now Dermatoglyphics Multiple Intelligence Test Using in the field of School college and educational institutions. It helps in Human resource management, Children memory Enhancements Programs, Career Guidance and Career Counseling.

The counsellors need to build the confidence of the child, so that a person can trust the counsellor and can be provided with the rightful information. Today, a guidance counsellor has become essential for the success of both an individual and a society.

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