

## Recent Trends In Guidance And Counselling

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### Abstract

The complex and changing nature of the world of work poses a great challenge to the young learners today. Many students in secondary school's experience difficulties in making informed career decisions due to lack of adequate career decisions due to lack of adequate career information and guidance which hampers their career development. Guidance and counselling play a role in schools for the child future success of the child. The study recognizes the fact that counselling is a transformative process of helping people to learn all that are to be learnt both in and outside the school. The paper acknowledges the fact that it is necessary for counselors to build confidence of the child to trust him/her to be able to give him/her the rightful information needed in helping the students. The guidance counselors should encourage students to under the therapy session to be able to help the child in their future success. The paper deals with the recent trends in guidance and counselling and role of guidance and counselling in effective teaching and learning in schools for the child future success.

**Keywords:** Guidance and Counselling, Teaching and Learning, Schools, Present Education System, teacher's role

### Introduction

Human life has problems and problems. A man has always tried to best efforts to overcome the difficulties or adjust to his environment. The present education system scenario primarily based on ICT. The students learn from various media like T.V newspapers internet etc. Some time they did not except the knowledge because they face some confusion in a particular knowledge which has come from various sources. We can see that many students are faces stress, depression, anxiety and so on. Their behavior is not appropriate in classroom as well as educational institutions. Student's mental health is being undermined. The fundamentals

principles of mental health are being ignored. If we can make a student as a good human being, the development of mental health within him is the prior task of education. Mental health makes our life beautiful and meaningful. The guidance and counselling are important and need to be availed in all educational institution and other places of human interaction. This is needed to be introduced and strengthened in schools and colleges to help in the total development of the students. Guidance and counselling 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 programmed” 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).

### **Concept Of Guidance And Counselling**

Guidance is a democratic process which is one person help or advice to another person. According to Crow and Crow – “Guidance is assistance made available by properly qualified and adequately trained men or women to an individual of any age to help manage his own life activities, develop his points of view, make his own decisions and carry his own burdens” (1962, p. 14)

Counselling is an educational process, where a trained experienced person is help to Others to solve his/her problems by talking face to face with another person. According to E. Vedanayagam–“Counselling is an accepting trusting and safe relationship in which clients learn to discuss freely what upsets them to define their goals, to acquire the essential social skills , and to develop the courage and self-confidence to implement desired new behavior.” (NCERT, 1998).

Teacher is that person who has essential role in the field of education, basically he maintains student’s health. To era of ICT, guidance and counselling is very essential for the development of child.

### **Objectives Of The Study**

1. To study the present trends in guidance and counselling.
2. To study about the importance of guidance and counselling.
3. To study about the role of a teacher in present educational system of guidance and counselling.

## **Methodology**

The study is analytical in nature. It is based on the secondary sources of data like journals, books and different websites regarding this topic.

## **Importance Of Guidance And Counselling**

Many students can't adjust to his environment or society which is changeable in all times. Education system is no exception than that. So, nowadays we can feel the importance of guidance and in various areas of human life.

1. Development of personality: Students development of intellect, physical development, mental development emotional development etc. is indicate the development of personality. The importance of Intellectual development is given in classroom of school, but other fields do not get that too much importance, i.e. other areas of personality of development are neglected. Under the guidance, the emphasis is on the other developmental aspects of the students. So, it can be said that Guidance and counselling program is essential for the all-round development of students.

2. Adjustment: Students come to schools from various socio-economic status or environment, so the school environment seems to be new to them. In this new environment, they do not always have to adapt themselves., as a result of running away from school. Those who have4 such, the Guidance play an important role in adaptation to the school environment.

3. Maintenance of mental health: Students may be pressurized for various activities of the school. For this, the mental health of students is interrupted. Due to the physical degradation of the students, mental health is also damaged. That's why Guidance and counseling services are needed for these students. Because through this instruction, the students are overcome with various mental problems like stresses, frustration, conflict etc.

4. Time management: Students think they have a lot of time. They spend most of their time lying down, sitting and sleeping. But when the examination comes, thye4 can't use the time properly. Some time they confused, how could be manage the time properly. Therefore, Guidance and counseling is absolutely necessary for the students to be use time wisely.

5. Decision making: When students face any problem, they can't sometime choose the right decisions, whether it is studying or personal life. So, there is no alternative to guidance to make the right decisions.

6. Achieve the goal: Students have a goal in life as well as educational life. It is not easy to achieve that goal. How competent students are able to make themselves, see where there are errors. The Guidance and counselling help to reach just the right goal.

7 Individual Difference: Every person or children are different from each other's. It differs in I.Q., E.Q. attention, memory, thinking, imagination, attitude, abilities, interests, etc. Guidance and counselling are care of these aspects and fix different functions in education. Guidance and counselling are care of these aspects and fix different functions in education.

### **Functions Of Educational Guidance And Counseling In Different Stage Of Education**

Guidance and counseling programs are another part of education. But this program plays different roles in different stages of education.

Primary level: The guidance and counseling for this stage are – enhance interest in education among the students, reduce the drop out, make suitable for secondary school level, help to solve of emotional problem, help to adjust with different matters, identification of low achiever students and help them to achieve.

Secondary Level: The tasks of this level- Students awareness of the purpose of education, help to know the relationship between career and education, prognostic educational system for how achiever students, arrange vocational education for the students and may take the job of choice, assist to the students to solve various adolescents' problems, to provide various information related to higher education.

Higher Secondary Level: This level is very important for future career. So, the tasks of this stage are to know the eligibility of admission to the upper level curriculum and where it is taught, provide information about distance education, help in preparing for higher education, to provide alternative education for those who are not getting traditional education etc.

### **Types And Areas Of Guidance**

Personal: The following are the types of guidance and the areas where guidance is needed the most: Personal guidance helps in the emotional, physical, spiritual, social and mental development of an individual. Personal guidance maybe needed by students who face

personal problems. These problems can be treated to family, friends, parents, teachers and so on. If personal guidance is not provided to the students at the right time, they may develop low self-esteem which will eventually make them insecure in whatever they do. Thus, personal guidance helps an individual to understand himself and deal with personal problems in a mature manner.

**Educational:** Educational guidance addresses the several educational problems that the students face during the years when they receive education in educational institutions. Educational guidance is associated with every aspect of education. It covers curriculum, the methods of instruction, extra-curricular activities, discipline, problems with teachers and so forth.

**Vocational:** Technological development has opened the avenues for several occupations and specialized jobs. This leads to an increased need for vocational guidance. Vocational guidance deals with assisting with an individual opt for the right occupation or job,

### **Advent Of A New Approach -Counselling Psychology**

Counselling Psychology is a relatively young discipline officially recognized by the British Psychological Survey (BPS) as a distinct profession in 1994 (Come and Callahan , 2000). Counselling has been responsive to changing needs and emerging trends over the last decade as evidenced by shifts in client's needs and professional issues. It has been recently cited as the third largest and fastest growing division of the BPS (British Psychological Society Division of Counselling Psychology, 2011), Counselling psychologists occupy various roles in a mounting range of settings like private practice, forensic settings, voluntary sector and charities (Hanley, Seffi, Cutts and Lennie, 2013). Although counselling is a humanistic discipline, it is not limited to the practice of humanistic therapies alone (Gillon, 2007), rather it is base i.e. the humanistic value offers the discipline a direction of research and therapeutic approach (James, 2013), it employs various methods of therapeutic enquiry and practice in order to meet the client's needs in a non-prescriptive manner ( Copper and Mcleadl 2011).

### **Role Of Teacher In Educational Guidance And Counselling:**

The recommendations of the Education Commission said that the teachers have to take the role of guidance and counselling, because the teachers are aware of the student's personal characteristics.

1. **Data Collection:** Collection of information related to the student like, information about mental traits, home environment information, achieving information is very essential. Based on these analyzes, ideas are available about the student's interest, needs, power, etc. He is enrolled in the cumulative record out.
2. **Identification of needs of the students:** Students are not aware always of their need, as a result they suffer from decisiveness. Teachers help in determining their needs.
3. **Selection of Career:** one of the responsibilities of a teacher is to provide educational and professional information. The teacher discusses with the students about the career.
4. **Discussion with guardian:** Teachers and parents have equal contribution for students in Guidance and Counselling. But if they provide information differently, then the student will be confused. So, teachers and guardians need mental discussion. Then they provide the right information.
5. **Selection of Curriculum:** In the curriculum, the seeds of future life of students are hidden. So, the selection of the right curriculum is very important. He helps in the selection of curriculum to considering the mental aspect of the student.

## **Conclusion**

When a problem arises, it should be resolved. Instead of blaming people or institutions for the results of a lack of guidance and counselling in schools, we should focus our efforts on finding ways of successfully implementing positive education into schools. The best and the greatest profession in the world is that of a teacher, because the future of a nation depends upon the type of teachers who shape the future generations. Teachers role in guidance and counselling for improving personal life and social life is impeccable.

Guidance and Counselling also help students in career choice to vying to their appropriate area that they are good at instead of following their peers in choosing a wrong career part. The education of a child needs constant mentoring hence guidance is inimical to their growth and development in a complex society that we are today.

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