

## IMPORTANCE OF GUIDANCE AND COUNSELLING IN EDUCATIONAL INSTITUTIONS

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### INTRODUCTION

Educational institutions come across various student problems in their day to day functioning. These problems can be attributed to various internal and external factors. Teachers find it difficult to manage their students inside the classroom and outside. It is felt by all those concerned with education that students can be guided in overcoming several of their problems by providing those appropriate opportunities and experiences by diverting their energies for gainful purposes. Otherwise, students are likely to spend their energy in destructive ways by indulging anti-institutional activities. Such a trend will have disturbing influence on academic pursuits and their personality development. Teachers are expected to play a vital role in the management and development of students. This requires teachers to acquire appropriate knowledge, skills and abilities in managing students and identification of programmes for students' personnel services in different areas. The role of the teachers does not end with solving certain students' problem or creating a congenial atmosphere in the institutions. They are equally responsible for promoting mental health of the students and taking them towards self actualization.

Guidance and Counselling plays a very important part of activity in education all over the world. It is an essential tool for effective interpersonal relationship for self-understanding as well as equitable adjustment to one's environment. The guidance and counselling profession is one that is unique and of immense importance to mankind (Egbochuku 1999). In India, an attempt has been made to fulfill this need in the process of changing pattern of socio-economic, socio-educational and socio-cultural systems which

are forming complex shape owing to advancement in science and technology and changing nature of human behaviour and a person's adjustment with his family, community and society.

Individuals come across many problems in their day to day life activities. Solutions to these problems have to be found out or else this may lead to variety of other difficulties. Some problems which students may encounter are, not being able to concentrate on studies, dilemma as to what course to study, not being able to submit assignments and complete all exercises on time. In most of the cases, students are given advice by teachers and others. Thus, it is very much important to set a guidance and counseling cell for the benefit of students in all educational institutions.

Education is the greatest requirement in human resources, and can be appropriately delivered only by adequately qualified teachers. Thus, the provision of well planned and well-executed teacher education programme is a major requisite for national development. It is suggested that more practical oriented and functional guidance and counseling programme be made mandatory in all colleges of education apart of the training programme for all teacher-trainees. It is believed that the developmental challenges facing a typical youth could better be addressed through the provision of comprehensive guidance and counseling programme to the teacher-trainees. So, it is recommended to have fulltime employment of professional guidance counselors in colleges of education, nationwide, to provide full-scale guidance and counseling programme to teacher-trainees. This should give importance to the educational, social and vocational needs by assisting the students to grasp the realities of living and coping

with the challenges of the modern world. Present day Guidance and counselling is based on the process of helping individuals understand themselves which will lead to the better understanding of the other aspect of their lives (Egbochuku, 2008).

Teachers over the years have managed their students and shaped their personalities. They have also handled different types of problems arising from the students. The actions initiated have been based on common sense and experience. Solutions arising out of such actions have sometimes been permanent and many times have been temporary. Often it has led to other problems. If the same practice of solving problems and taking action for implementation is continued, the result may be less satisfactory and less credible. Subjectivity in solving problems must be given a systematic and objective strategy to be introduced by teachers. Every teacher should assume responsibility for effectively managing students; otherwise, it is certainly going to come in the way of effectiveness of instruction. Given this situation, it is desirable to consider guidance and counseling services as an integral part of teachers' roles and functions.

#### **GUIDANCE AND COUNSELLING:**

Guidance and Counselling is an integral part of the teaching-learning process. It aims at helping students to achieve their capabilities and also become well adjusted to the profession and life.

Guidance is the assistance made available to students in making choices and adjustments. This is required for every individual to manage one's life activities, develop one's own points of view, and take proper decisions at the appropriate time.

Counselling is a process involving a one to one relation between a student having a problem and a professionally trained and experienced person for the purpose of assisting him to find solution to his problem. It is a process of enabling the individual to know himself and his future and present situations to enable him make substantial contributions to the society

and solve his own problems. It aims at bringing about desired changes in the individual for self realization providing assistance to solve problems through an intimate relationship.

#### **Need of guidance and counseling in education**

Guidance and counselling services programs in education should be carried out to facilitate the resolution of educational, vocational, personal socio-psychological problems of students. These problems once resolved will lead the individual to attain the desired quality of education. The need of adequate guidance and counselling facilities will certainly influence the effective delivery of quality guidance services in educational institutions. According to Egbochuku (2008), the aims of school guidance and counselling services, which are based on a developmental hierarchy, are to provide students with:

- Opportunities to develop knowledge and appreciation of themselves and others;
- Opportunities to develop relationship skills, ethical standards and a sense of responsibility;
- Opportunities to acquire skills and attitudes necessary to develop educational goals which are suited to their needs, interests and abilities;
- Information that would enable them to make decisions about life and career opportunities

To facilitate efficient management of guidance and counselling services in educational institution guidance and counselling personnel are to be trained to the teacher trainees and sent to schools to deliver these services. Also, basic courses in guidance and counselling feature in all teachers-education programmes are to be introduced to assess its reality and provide adequate guidance for educational institutions to the forthcoming generation.

#### **Objectives**

The primary objective of guidance and counselling is to "relieve distress and get the

individual or group back to functioning normally, comfortably and effectively within the accepted norms of the society”

Some of the general objectives in guidance and counseling are as follows:-

- To enable teachers improve their school environment by identifying preventive methods and solutions to problems faced by them or groups of students.
- To assist teachers in applying the principles of Guidance and Counseling to improve the performances of students in their academic pursuits or endeavors.
- To enable the teacher trainees to assist the young people in schools to develop values and life orientations which will guide them to become mature mentally, physically, emotionally, accept, and look at themselves in context of responsibilities, duties and as members of one united family and of a wider community and thereafter live in harmony with all members of society.
- To help in identifying the career aspirations and visions of the learners in schools.
- To assist in identifying the talents and potentialities learners have and thereafter assist them develop these talents and/or potentialities.

#### **Scope for Guidance and Counselling:**

- It aims at assisting students to draw up their own plans for academic and non-academic pursuits
- It intends to help realize potentialities
- Assisting to solve one's problems
- Promoting self-direction and self-realization
- Develop in students, qualities of perseverance, dedication, sincerity, devotion, positive outlook for studies, respect for the views of others
- Assisting students to make the right decisions to implement plans

#### **Conclusion**

Counselling is a device through which guidance attains its goals. It is narrower in the sense that it is related to specific problems mainly of personal in nature while guidance covers all problems which individual faces in different aspect of adaptation and progress in life.

For students to be properly informed, they need the assistance of trained guidance and

counselling personnel. Hence, the government made it a policy that guidance and counselling should feature in teacher-education programmes because teachers are closer to the students. Furthermore, the department of Guidance and Counselling has to be established in most of the colleges of educations to equip the teacher trainees with the appropriate techniques to carry out guidance and counselling services in schools. There is also need to assess the guidance and counselling services rendered in educational institutions to find out if these services actually provide adequate guidance for students' development.

#### **References:**

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