

## Exploring the Distinctions and Significance of Guidance and Counselling in Contemporary Society

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### ABSTRACT

Guidance and counselling both are important for a student's life. It helps students' holistic development. Guidance and counselling assist the individual to overcome their life's situation. Now a days guidance and counselling are an integral part of the education system. In general statement guidance and counselling assists the individual to adjust their surroundings. In educational institution guidance and counselling plays a significant role in helps students' overall development. This process also helps student's mental and emotional well-being. It also develops students' self-confidence and self-control. Through guidance students will be a responsible person and maintain a healthy relationship among peers and family members. Guidance and counselling are an important component in modern society, which helps people to be a well-adjusted member of society.

**Keywords:** *Holistic development, Self-esteem, Cognitive behavioral therapy (CBT), Rational emotive behavioral therapy, Permissiveness*

In our present day society guidance and counselling are becoming increasingly important. Guidance and counselling both are assistance process. These are helping the students to know their strength and build their self-confidence and understand their latent talent. Guidance and counselling both are goal-oriented, client-centered and interpersonal processes. These both processes are essential for students in some areas, like educational, personal support, vocational and solve their own problems and also help them to adjust their social environment. These both processes contribute to the overall well-being and development of students.

In this study we can try to understand the distinctions and significance of guidance and counselling in contemporary society.

### **Definition of Guidance:**

According to J.Jones (1970) "Guidance is personal, expert help designed to assist individuals in making their own choices, adjustments and interpretations to solve life's problem."

Guidance is a democratic process, where a expert person helps to other person that, how to adjust their surrounding and solve their own life's problem. Guidance is a lifelong process

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and it's scope is very broad. Character of guidance depends on the age of different types of people. This is also a time consuming and life-long process.

### **Definition of counselling:**

According to Patterson (1954), "Counselling is the process involving inter personal relationship between a therapist and one or more clients by which the former employs psychological methods based on systematic knowledge of the human personality in attempting to improve the mental health of the latter."

Counselling is a multidisciplinary process. In this process involves the presence of two individuals, namely the counselor and the client. Counselling teaches the person between the advisor and the recipient. There is a mutual relationship between the counselor and the client.

### **Objectives of Guidance and Counselling:**

This educational guidance helps to understand students need, capacity and ability and according to this curriculum is selected for the students.

- Through this guidance and counselling process we can improve the technique of teaching process.
- It provides support in making carrier choices.
- It assists to identify student's strengths.
- To provide separate specialized curricula for students with advanced and under developed intelligence.
- It also helps learners to choose their subjects, overcome learning difficulties and ensuring a holistic development.
- Proper use of leisure time and motivate students to develop creativity.
- To maintain and develop all aspects of personality of the students.
- Helps the student to make best adjustment to their school environment.

### **Purposes of student Counselling:**

- Helps to get information about student which will helpful to teachers for solving student's problems.
- Through counselling, it established a mutual understanding between teacher and student.
- It helps to the students their own ability, capability etc.
- To assist the student to get success about their future.
- To encourage students for a stress free and joy full life.
- Help the students to overcome their barriers in life.

### **Principles of Counselling:**

Acceptance, respect, permissiveness (Permit the environment to be developed as per the individual need), thinking with the individual, being trustworthy, Principal of Justice (Counselor must provide the best service to the clients based on their different needs).

### **Types of technique to gather the data for guidance and counselling:**

The technique used for collecting data need to be reliable, accurate, impersonal, questionable, relevant and have appropriate norms. The data should be collected from reliable sources. It is better to collect data from different sources on a single subject. The quality of data is more desirable.

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In present day situation there are many challenges for counselling like lack of trained teachers, lack of full co-operation from parents, economic distress etc.

### ***Need of different types of guidance for a student's life:***

In educational guidance, it helps to know the student's ability and capacity. In this process only focus is the students need. It can help to measure a student's intelligence and indicate students' mental strength. In this process curricular is produced by student's interest area.

In vocational guidance, It assist the individual in choosing a job. This guidance assisting in preparing for career appropriate personal life and assisting individuals in various adaptation processes at work. This process also helps to students to adapt school work in a meaningful way. Through this process assist students in selecting specific curriculum types.

Through health guidance, it's main aim to protect students physical and mental health. By this type of guidance students can get some information which is good for this health, like— what nutrias food he/she will take, how to dress cleanly is treat, what to do, when to rest etc. Purpose of moral guidance, is to awaken the moral consciousness, the consciousness of right and wrong in every student. Through moral instruction help the student to develop a specific and clear idea of good and bad.

### **Necessity of group guidance and individual guidance for students:**

Group guidance is a time saving process. In this process students fell that other students like them are suffering from same problem, so he/she overcomes depression. In group guidance students can discuss about each other about their problems and they get a general concept about their problems.

Individual guidance there is a bonding between the guide and the client. In this process the guide can get all detail information about the client. It is easier for the investigation.

### **In which field individual guidance is necessary for students:**

- Behavioral problems.
- Misunderstandings with teacher.
- Love related problems.
- Ragging
- Adolescent problems
- Curriculum selection.

### ***Recommendation by Kothari Commission to the need of counselling in secondary level education:***

- Every 10 schools, at least one visiting school counselor should be appointed.
- Teacher should receive training in guidance and counseling, and they should help students in solving their problems.
- The school authority should be careful and aware when appointing qualified persons for counselling services.
- It is necessary to organize a comprehensive guidance program for a selected school in the district.
- Collecting information on the extent to which the guidance program has been implemented by the state education department and providing necessary support to the concerned school districts.

***Advantages of guidance and counselling in school for students:***

- Counselor can help students to develop their skills and provide support on carrier options.
- School counselor helps student to build a good relationship with their peers.
- It helps students to build their self-confidence and self-awareness.
- Students can get different types of knowledge from different sources.
- Through guidance and counselling process students can deal with their stress and anxiety and overcome them.

**Guidance and counselling in modern education:**

Education is fundamental right of human life and we should focus on the quality of education which is shape their bright future. Teachers plays a vital role to provide quality education for students. Teacher should concern about the different types of needs, which is necessary for delivery quality education. In education system different types of need is a big challenge for teachers. Through Guidance and counselling we overcome this problem. Guidance and counselling are a right part today's education system. Guidance is helping process for students, by which students can get information. Oppositely Counselling helps the students to overcome their personal and social problems.

In this process of guidance and counselling a teacher can help students to build their self-confidence, self-esteem and know their inner ability. Guidance and counselling help students to build their positive and clear academic goal and helps them to achieve this goal.

## **APPROACHES TO COUNSELLING**

**Behavioral Approach:**

In this therapy, unwanted behavior changing through rewards, reinforcements and desensitization. This therapy is based on the belief that behavior is learnt from past experience. It works well for compulsive and obsessive behavior fears, phobias and addictions.

It focusses on the 'here and how' without focusing on the past. This approach says that, people behave in the way that their environment has taught to behave.

**Cognitive Behavior Therapy:**

In helps people to change negative thought patterns, beliefs and behaviors, so they can enjoy more productive less stressful live. CBT is a type of psychotherapeutic treatment that helps patients understand the thoughts and feeling that influence behaviors. People learn how to identify and change destructive or disturbing thought pattern that have a negative influence on behavior.

**Rational Emotive Behavior Therapy:**

In this process irrational thoughts will be change into logical thought and change irrational beliefs.

To explain this process, Albert Ellis developed ABC model—

- A (Activating Event): Something happens in the environment around you.
- B (Beliefs): You hold a belief about the event or situation.
- C (Consequence): You have an emotional response to your belief.

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After ABC model there added DEF technique.

- D: Disputing intervention challenge belief.
- E: Effective Philosophy after disputing.
- F: Feeling.

Goal is to show people how to change irrational beliefs that directly 'cause' disturbed emotional consequences.

### **Need of Guidance and Counselling for youth:**

- This process helps students to establish their proper identity.
- To motivate students from the weaker classes of society.
- To help students build up their discipline.
- To help them proper selection of careers.
- To help utilization about human resources.
- To help the students adjust their surroundings and their peers.

### ***Distinctions between guidance and counselling:***

- Guidance is given by any kind of expert person like tutors, parents. Counselling is given by specially trained and professional people with skills.
- Guidance's purpose is mainly the holistic development of students. But counselling's purpose is helping students to develop their self-esteem and cope of any situation.
- Guidance provides readymade answers for client. Counselling helps the client to understand their own problem and solve them properly.
- Guidance takes short period of time. Counselling takes long period of time.
- In Guidance process the guide makes the decision. But in Counselling process the client feels free for make decision.
- Guidance is a helping process for general problems. Counselling gives about personal and psychological problems.
- Guidance is not a scientific process. Counselling is a scientific process.
- Guidance is generalized process. Counselling is very specific.
- Guidance is mainly used in educational field. But, Counselling works about all fields.

## **CONCLUSION**

In Conclusion guidance and counselling plays a very significant role for students holistic development. In modern education system this service creating a healthy environment for students learning. This is a mutual support system, where teachers, counselor and parents work together to assists the students, so that they can achieve their future goals and become a responsible person. Guidance and counselling process helps students to overcome all difficulties and social challenges. This system helps students to developing their confidence and help to know them their own inner ability. Guidance and counselling are not only helping process it preventing the problem also. Effective guidance and counselling services are important for building capable, joyful, responsible and well-adjusted people in society.

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### ***Conflict of Interest***

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