

Handout 02

Guidance & Counselling

1.1 Meaning of Guidance & Counseling:

“Guidance is a continuous process of helping the individual to develop to the maximum of his capacity in the direction, most beneficial to himself and to society.” Guidance is not a direction. It is also not imposition of one’s ideas on others. Guidance is not making decision for others. Decision should be made by an individual himself. To carry over the burden of an individual is also not guidance. In such situations, to what we can call guidance? Keeping in view these ideas, the definition suggested by Crow and Crow bears very comprehensive meaning: «Guidance is assistance made available by competent counselor to an individual of any age to help him direct his life, develop his own point of view, make his own decisions and carry his own burden.”

In the context of dynamic interpersonal relationships, Carter V. Good has said in Dictionary of Education (1959), while defining guidance, “Guidance is a process of dynamic interpersonal relationships designed to influence the attitudes and subsequent behaviour of person.”

According to Arbuckle (1966), Peter & Farewell (1967) cited in Kankam & Onivehu (2000), guidance denotes three important elements i.e. guidance can be used as a concept, as an educational construct and as an educational service. As a concept, guidance means using an idea or viewpoint to help another person. Guidance as an educational construct refers to the provision of experiences that lead to total personal growth and self-acceptance. As a service, guidance denotes the procedure organized to achieve a helping relationship. This implies that ideas, experiences and procedures organized will promote a helping relationship.

Aims of Guidance:

From the previous discussions, guidance is a means of equipping people to become productive to themselves and their community. Let us look at Holdsworth's (1982) aims of guidance which we need to adopt. These are:

1. Increasing understanding of self, the world and others.
2. Encouraging people to work co-operatively towards shared identified goals.
3. Opening people to internal and external influences for change.
4. Enabling people to take and confirm decisions, and to implement them.
5. Helping people to receive information, reflect on them and act accordingly.

6. Helping people to use problem solving strategies rather than "scape goating or focusing on faults.
7. Allowing people to have access to those whose decisions have bearing on their lives.
8. Using methods that are consistent with goals.
9. Helping individuals to have effective and sensitive line of communication.
10. Helping to always be open to and examine alternatives.

What is counselling?

To the layman, counselling is giving advice, consultation, discussion, exchange of ideas or decision. Counselling is more than this. Counselling is a service designed to help an individual to analyse himself by relating his capabilities, achievements, interest and mode of adjustment to the decision made or has to be made.

According to Denga (1986), counselling is a personalised dialogue, interview or interaction between a client or counsellee experiencing a problem and the counsellor who tries to render help. Taylor and Buku (2006) also defined counselling as a relationship bringing together the counsellee who needs help and the counsellor who is professionally trained and educated to give this help.

Counselling therefore denotes the fact that there is a client who is disturbed, confused or need assistance to clear away certain difficulties and a counsellor who is educated to assist the client out of the difficulties.

Some Key Issues in Counselling:

The following are some key issues in counselling

1. Counselling is a professional service offered by a trained counsellor.
2. It is a relationship or interaction between a client in need and a counsellor who is ready to offer assistance.
3. It is concerned with choice or decision making.
4. It is concerned with solving problems or handling other issues of concern.
5. It involves behaviour modification or behaviour change.
6. It thrives on confidentiality.

Difference between Guidance and Counselling:

1. Guidance embraces a number of services rendered in the educational system. Counselling on one hand is one of the services in Guidance. It is the core service of Guidance.
2. Guidance is knowledge based. It deals with facts, principles, methods and cognition whereas Counselling is affective. It is value oriented, deals with perception, motivation, needs and feeling.

3. Guidance is less personal and less intimate. It is usually structured and more public. Counselling on one hand is more personal, intimate and less structured. It is interpersonal, private and confidential.

4. Guidance is informative and didactic. Counselling is largely emotionally stable and less didactic.

5. Guidance is usually initiated by the counsellor. Counselling is usually initiated by the client.

Similarities between guidance and counselling:

1. They are both person centered.
2. They both make use of trained qualified personnel to help the individual.
3. Both are geared towards positive change in the individual.
4. Both endorse client's own choice and satisfaction.
5. Both take place over a period of time.
6. Both have confidentiality as their basis.

1.4 Types of Guidance & counselling:

1. Educational Guidance:

Educational Guidance may be defined as the guidance which child or educated needs while learning in educational institutions or schools.

- “Educational guidance is a process concerned with bringing about between an individual with his distinctive characteristics on the one hand and differing groups of opportunities and requirements on the other a favourable setting for the individual's development or education”.

2. Vocational Guidance:

Vocational guidance is concerned with helping the individual to become aware of his strengths and weaknesses in world of occupations and helping him to choose a vocation for his better adjustment with every situation of the society.

- “Vocational guidance is fundamentally an effort to conserve the priceless native capacities of youth and to costly training provided for youth in the schools”. —G.E. Meyers.

3. Personal Guidance:

It may also be defined as the oral or written assistance, need to learn how to make adjustment in life. It is guidance for what kind of persons we should be and how to become so in life. As a whole the personal guidance is meant for helping each and every child to look at him in the right perspective.

4. Marriage and Family Counseling

Marriage and family counselors help married couples, or entire families navigate different challenges. Challenges within a marriage may encompass anything from infidelity to more

mundane, domestic tensions. Additionally, marriage and family counselors may provide guidance for families experiencing major life transitions, including the adoption of a new child or the loss of a loved one.

Marriage and family counselors can provide their clients with strategies to improve communication or troubleshoot problems that arise within family life. Ultimately, marriage and family counselors strive to help their clients build happier, healthier and more harmonious lives at home.

Social Guidance:

We are social animals. But social relationships constitute a problem area for most of the students. School/educational institution is a miniature society and pupil from different socio-economic status.

Students some time may face problems in adjustment and social relationship. It is very important that the students to be helped in acquiring in feeling of security and being accepted by the group in developing social relationship and in becoming tolerant towards others. This is the task of social guidance. Formally social guidance can be given by educational institutions whereas informal guidance may be provided by Family, religious, institutions, media etc.,