



The importance of guidance and counseling in present education system: Role of the teacher

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Abstract

This study is conducted at identifying the role of the teacher to the importance of Guidance and Counseling in present education system. In present's era of competition and survival, we observe more laxity in mental health. We have highly life style and raised the standard of living, it's caused by the industrialization. Nowadays every people are very busy in his/her own works. People crave for money, power and position. That people don't give to importance of any relation, values, creative ideas, success of others people. We can see the corruption in everywhere like personal life to professional life i.e. corruption in religious, economic, cultural, educational and personal field is protrusive. We come across the mental health evils in the personality of human. Children due to their exposure to internet are turning juvenile delinquents. Most of parents are very busy to their careers and children are take care by governess. Due to lack of attachment of parents, children's become to drug addicts, alcoholic, gamble and enter into the anti-social activities. Every people as well as student are very needy to save their mental health i.e. they want to some guidance and counseling. Teachers play a vital role is as a Guider and Counselor to save our mental health. Dr. A. P. J. Abdul Kalam, our honorable ex-president in his book "India2020: A Vision of the New Millennium" has remarked that "If you are a teacher in whatever capacity, you have a very special role to play because more than anybody else it is you who are shaping the future generation." So a teacher has a higher responsibility in the development of the children. The present paper is an attempt to state the importance of Guidance and Counseling in the present education system so that the future generations will nourish high mental health and wealth to contribute in the development of the education as well as society and the role of a teacher in imparting guidance and counseling.

Keywords: guidance and counseling, present education system, teacher's role

Introduction

Human life has problems and problems. A man has always tries to best efforts to overcome the difficulties or adjust to his environment. The present education scenario primarily based on ICT. The students learn from various media like T.V, news papers, internet etc. Some time they did not accept the knowledge because they faces some confusion in a particular knowledge which was came from various sources. Present time has come to exchange our knowledge with the students. 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 fundamental 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. They are the foundation of human self existence. Mental health makes our life beautiful and meaningful. Due to dearth of mental health in the present generation the curriculum must give prominence to health education. It is very relevant in almost all the fields concerning human activity. The guidance and counseling is 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.

Concept of Guidance and counseling

Guidance is a democratic process which is one person help or advice to another person. According to Crow & 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)

Counseling is an educational process where a trained experienced person is help to others to solve he/her problems by talking face to face with another person. According to E. Vedanayagam - "Counseling 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 maintain students health. To era of ICT, guidance and counseling is very essential for the development of child.

Objectives of the study

1. To study about the importance of guidance and counseling.
2. To study about the importance of guidance and counseling in school curriculum.

3. To study about the role of a teacher in present educational system of guidance & counseling.

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 counseling

Many students can't adjust to his environment or society which is changeable in all times. Educational system is not exception than that. So, nowadays we can feel the importance of guidance 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 counseling 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 have such tendency, 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 student, 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, they 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 decision, 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 counseling helps to reach just the right goal.
7. **Individual differences:** Every person or children are different from each others. It differs in I.Q, E.Q, attention, memory, thinking, imagination, attitude, abilities, interests, etc. Guidance and counseling is care of these aspects and fix different functions in education.

Some importance Guidance and counseling in school curriculum

According to Swami Vivekananda, 'if we want to make our students as a moral human being, school curriculum is one of the best ways to serve this purpose'. Students have a strong desire to know about different types of needs, curiosity, and other unknown things. If do not get the correct instructions, the possibility of students going to be astray too strongly. So, they need to be guidance through school curriculum. Through school curriculum develops some qualities of students which are helpful in guidance and counseling.

- **Prevent of maladjustment:** Students have different types of needs, such as safety need, food need, independence need, self-expression need etc. These types of need are not satisfied at all. As a result, there were many problems in them. This is the reason behind the maladjusted behavior. Guidance and counseling need to be removed to eliminate these abusive behaviors. This work is accomplished through school curriculum.
- **Development of inner potentials:** As a child, he/she is the owner of some quality. There is a need for well-meaning education for the students to develop these qualities. This development is possible through school curriculum.
- **Development of life skill:** Some qualities are needed for a healthy way of living, those qualities are life skills. Those qualities are self-realization, self-esteem, debate, self-respect, decision making, emotion control, tolerance etc. Through the curriculum, Guidance and Counseling is essential for the development of student life skills.
- **Career selection:** The students can choose a career in learning to study. Good career selection depends on the right curriculum. Once again, the person gets the satisfaction in choosing the right profession. It is to be said that this curriculum of Guidance and Counseling is accomplish through curriculum. In this way, the person is able to select and develop the right profession.
- **Citizenship:** How will a person establish himself as a good citizen, they need all the guidance. This kind of guidance and counseling, the curriculum makes the person aware of the qualities of citizenship.

Functions of educational guidance and counseling in different stage of education

Guidance and counseling programs is 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 are- Students awareness of the purpose of education, help to know the relationship between career and education, prognostic educational system for low 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.

Role of teacher in educational Guidance and Counseling:-

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

- **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 card.
- **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.
- **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. It is known that they have interest in which profession. Teacher helps to selecting a suitable profession for student.
- **Discussion with guardian:** Teachers and parents have equal contribution for students in Guidance and Counseling. But if they provide information differently, then the student will be confused. So, teachers and guardians need mutual discussion. Then they provide the right information.
- **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.

Sometimes he is judge, helper and ever guided. It can also be said about some roles of teacher.

- He listened carefully to students.
- Help in expressing feelings within the student.
- To help and development of insightful attitude of students.
- Record the students talk.
- To encourage and motivated the student for the solved to their problems.
- Do not interrupt the conversation.

Conclusion

When a problem arises, it should be resolved. Instead of blaming people or institutions for the results of a lack of guidance and counseling 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. Teacher's role in guidance and counseling for improving personal life and social life is impeccable.

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