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Present day need of guidance and counselling among graduate students

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Abstract

One of the aims of education is all round development of the each individual. A student should get a platform to develop himself physically, morally, intellectually and socially. Then only he can lead a good life. Due to the rapid development in the area of science and technology our society and education is growing complex day by day. It created problems to every individual in the process of educational, vocational, social and psychological adjustment which in turn have resulted in the mental ill-health and maladjustment in students. Here arises the need of guidance and counseling emerges. The main aim of this study is to find out the need of guidance and counseling among graduate students. A representative sample of 300 students from various colleges were taken as sample. Survey method was used to collect data. Need assessment Questionnaire on Guidance and counselling was used. The obtained data was subjected to percentage analysis. The result of the study revealed the strong need to Guidance and Counselling programmes at graduate level.

Keywords: Guidance, Counseling.

1. Introduction

"Man is the only creature who finds his own existence a problem which he has to solve and from which he cannot escape" - (Fromm 1955)

Guidance and counselling are essential in all walks of life and education of course, in too. Education is meant for the total development of an individual, education without guidance and counseling can't achieve it. Guidance is an assistance given to an individual to help him, to adjust to himself, to other and to his own particular environment. Guidance can be described as a process of assisting an individual with his adjustment problems. Famous psychologist Skinner Says "Guidance is a process of helping young person's learn to adjust to self, to other, and to circumstances." Really guidance aims to prepare an individual for his future life. George (1962) found the need for guidance services in educational and vocational areas. Education Commission (1964-66) suggested a detailed frame work for introducing guidance services in nation wide. It emphasized that guidance was needed at all levels of education as each stage of development made critical demands on individual. Kakkar (1964) carried out a study on the need of educational guidance and understood that there is a high need for educational guidance.

Counseling services are therefore, required for the individuals having developmental problems. Counseling techniques involve active listening, emphatic understanding, releasing the feelings, confronting if the client and so on. Guidance and counseling programmes helps individuals acquire the knowledge, skills and experience necessary to identify options, explore alternatives and after success in society. Both guidance and counseling programmer assist the individual know about himself, to adjust to himself, to others and the environment and thus lead the individual to become a wholesome person. Low (2009) indentified various challenges and special issues in school counseling practices. Nyutu (2008) assessed the counseling needs of high school students in Kenya. Nicholas (2006) studied counseling needs and profaced counseling sources of South African first year graduate students. It indicated that they need individualized counseling and professional help outside university. Now a days need of guidance and counseling in schools and colleges are essential.

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Need and Significance of the Study

Guidance and counseling services are becoming more and more important as the society and its various institutions are growing in complexity. Guidance and counseling services are made to develop potentialities of individuals to the maximum possible extent so that they may live an effective life themselves and may contribute their best for the progress of the society. The philosophy of education forms the basis of the need for guidance and counseling. The goals and purpose of education imply the need for guidance and counseling. To days scientific and technological developments, it must be remembered that great achievements are more likely to be accomplished by individuals who are personally effective, socially and occupationally well-adjusted, relatively happy, personally and emotionally fit. Here guidance and counseling are needed to help individuals acquire these qualities and characteristics. Need for guidance and counseling is inherent in the very walks of human life. Every individual is born incomplete and inadequate himself. No person is self-sufficient at any stage of life. So help of others is essential throughout our life. Organized services of guidance and counseling fulfill this. Guidance is inherent in the total process of education. Higher secondary and graduate level are very crucial nowadays. It is sure that no educational programme from the primary to the University stage can be complete without a well-planned, systematic, scientific and comprehensive student guidance service

Nowadays students find themselves in the midst of various adjustment problems like the feelings of loneliness, insecurity, maladjustment with the family, society, teacher, peers, elders, low academic achievement, which is either the cause or the effect for the above, undesirable influence through films, media, peer influence, sexual problems, use of drugs and alcohol etc. Most of the students are vulnerable with anxiety problems. The goal of counseling is to help individual overcome many of their future problems. Counseling has to cater to a variety of problems, such as educational, vocational, marital, parental, social and personal. The major objective of counseling is to help individuals become self-sufficient, self-directed and adjust themselves effectively the demands of life. Guidance and counseling prove to have vital aspects of higher education. Renjith (2009) studied guidance and counseling programmes in higher secondary schools of Kozhikode District. He found that guidance and counseling is the strong need of the hour. Sree Priya (2005) studied the guidance needs of higher secondary school students and found out that it is essential to provide relevant guidance services to our adolescents by identifying their needs and problems. Farah M Adanan (2004) traces development of guidance and counseling movement in Jordan. Pacha Natham (1999) studied psychologist and auto counseling on academic achievement of University students. The study was an attempt to understand the role of auto counseling in enhancing the academic performance of under the guidance of psychologists. Ujjwala K (1996) critically studied the guidance and counseling practices in secondary schools. Here we can understand there are a lot of studies conducted in guidance and counseling in India and abroad. Here arises the need of the present to study the relevant of the need of guidance and counseling among graduate students in Kerala.

Variables of the Study

- Guidance and Counseling

Objectives of the Study

- To assess the need of guidance and counseling programmes among graduate students.
- To suggest measures for improving guidance and counseling programmes in colleges.

Hypotheses of the Study

There will be a strong need of guidance and counseling programmes among graduate students.

Methodology of the Study

Survey method was adopted for the present study.

Sample

The present study was conducted on representative sample of 300 graduate students from various colleges of Kerala. Due representation was given to sub samples as gender, locale and type of management.

Tool Used

The tool used for the study was 'Need Assessment Questionnaire scale on Guidance and counseling' (Meera and Jumana 2015)

Statistical Technique used

Collected data were analysed and interpreted. The major technique used is percentage analysis.

Procedure

The tool was administered on the sample and responses were collected accordingly. The responses were scored carefully and subjected to statistical analysis.

Analysis and Result

The researcher collected data from 300 graduate students of different colleges under different Universities in Kerala. Due representation was given to Gender, locale and type of management. The sample includes, 160 male and 140 female students. 190 rural and 110 urban students were considered. There were 200 Government College students and 100 aided college students. The response were analysed to find out the High Average and Low Seekers of Guidance Counselling.

Table 1: showing the students need of Guidance and Counseling Programmes in Total Sample and Sub-Sample

Sample	High		Average		Low	
	N	%	N	%	N	%
Total	75	24.87	180	60.33	45	15
Boys	37	22.61	95	59.8	28	17.6
Girls	30	21.31	91	65.21	19	13.57
Rural	60	31.53	116	61.05	14	7.42
Urban	28	25.45	50	50.63	32	23.90
Govt.	54	27	122	61	24	12
Aided	23	23	63	63	14	14

While going through the result it is revealed that most of the students fall under high and average group. It can be interpreted that graduate students have a very strong need of guidance and counseling programmes in their colleges. The above mentioned values revealed that among the total

sample of 300, 75 constitute high, 180 belongs to average and only 45 comes under low category. Hence it can be interpreted that majority of the sample have a strong need of guidance and counseling programmes.

In the case of sub-sample wise analysis 37 boys constitute high 95 belongs to average and only 28 comes under low category. In the case of girls, 30 belongs to high, 91 belongs to average and only 19 comes under low category.

Going through urban and rural students, 60 rural students belong to high, 116 constitute average and only 14 comes under low. In urban 28 students constitute high, 50 belongs to average and only 32 belongs to low.

In the case of Govt. and Aided, colleges, 54 students constitute high category 122 belongs to average and only 24 comes under low category. In aided institutions 23 students constitute high, 63 belongs to average and only 14 comes under low.

All these show that guidance and counselling are very essential need for the students. Going through the result one can understand the need of guidance and counseling programmes in colleges.

Suggestions for Improving Guidance and Counseling Programmes in Colleges

We know the relevance and need of guidance and counseling programmes in college. Major results and findings of the present study helped to put forward some suggestions for improving guidance and counseling programmes in graduate level. There by bringing a change in the perception and awareness of students towards guidance and counseling programmes.

- University authorities should implement various of developmental guidance and counseling programmes in each colleges frequently.
- Service of trained and talented guidance and counseling personals should be ensured in each college.
- These personal should have the power to implement programmes in collaboration with lectures, administrators, parents and students.
- Steps should be taken to arrange varieties of programmes on career, decision making, personality development mental health and hygiene including moral values etc.
- Universities and other administering authorities should provide apt infra-structural facilities for guidance and counseling in each colleges.
- Guidance and counseling personal should help the student to develop whole some attitudes and sound moral and spiritual values.
- Authorities should provide preventive programmes in areas like drug awareness, prevention of sex abuse, personal safety and growth in self-efficiency and self-extreme.
- Provide opportunities to broaden students occupational awareness.
- Guidance and counseling personal are to be given special training to get expertise in the field.
- Should arrange varieties of programmes on personality development. Through this the student can gain confidence and foster their attitude, aptitude and interest to live happily in this complex world.

Conclusion

The study has been conducted to know the need of guidance and counseling in colleges especially among graduate students. The analysis of the study reached the conclusion of a strong need of guidance and counseling programmes in colleges. Students who have chosen various streams like arts, science and commerce also are in need of apt counseling in personal, educational and vocational. Majority of the students possess clear perception about guidance and counseling and its relevance in the present day. Guidance and counseling programmes help students develop life skills needed to deal with problems before they occur, and enhance personal, social and academic growth. Also try to identify cases involving domestic abuse and other family problems that can effect a student's development. Guidance and counseling personals should consult and work with parents, teacher and college administrators. Today it is a mandatory for colleges to have guidance and counseling programmes and trained guidance and counseling personals and all facilities.

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