Counselling and Guidance

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We are living in a period of rapid transition. Changes are going on all around us at a very rapid rate. Values which used to be highly guarded and had provided a strong and firm base for tolerance to withstand many upheavals of life are undermined by the knowledge of science.

The increasing trends of students unrest are noted all over the world. The students of today want to establish their ego but are unable to do so. As a result indiscipline among them (student nurses included) is on the increase. Establishment of an effective counselling and guidance services in all educational institutions may be an answer. Counselling in some form or the other exist in almost all institutions, but growing complexity of man's nature and environment have created the necessity for a special counselling and guidance service in all institutions.

The task of the adolescents are many. They must develop sex identity which is becoming increasingly difficult today because many jobs no longer differentiate between male and female. They are learning new relationship with "age mates" of different sexes. They need a vocation. They must develop a socially accepted behaviour and a system of values in life. These are some of their tasks which are of importance to educators to help them develop healthy attitudes and behaviour.

Miss Catherine Richards, D.S.W., B.U. had said that the youth of to-day are growing in the disorder because of five major social explosions, namely: (i) Population Explosion; (ii) Knowledge explosion by which they know twice as much in the last ten years; (iii) Technical explosion in which routine of life will be carried by machine; (iv) Human aspiration explosion by which for the first time life can be a better hope and (v) Current Government—for the first time government has taken responsibility, for the life of its citizen.

Concept of Counselling

One of the purpose of Education should be to prepare the youth to face the challenge of life as it is presented for the greater good of all. The concept of counselling should involve the provision for all round development of a student as an essential part of the institutional responsibility. It should emphasise the uniqueness of the individual, awareness of the complex causes which determine the success and failure of the learner, and bending of efforts of the educator to seek new means to help the students out of their confusions to an orderly development.

Counselling is a process which involves interaction, at least between two individuals, and it includes the subject of man and his nature. Counselling is an expression of human values and human attitudes. Through the process of counselling, the counsellor is working, relating and experiencing with the counselee his own philosophical concepts of man, his nature and his function on earth. Counselling is a communication of two directional process. A process by which the counsellor is engaged in diagnosing the difficulties of the counselee and helping him to find his own solution for success.

Counselling and guidance services are a must in all forms of educational system. The education and personal services complement and supplement each other. The students of today are of a different type living in a different world. Fundamentally the basic psychological needs of the modern students are the same as they were any time in the past. But there has been a growing concern about the fulfilment of their psychological needs due to complexity of the society, educational institutions and organization.

The difficulties may arise due to the lack of fulfilment of basic psychological needs. A reasonable satisfaction of basic psychological needs, as identified by Smelzer are: the desire of every person to experience a feeling of self-worth, the necessity of being intensely loved by someone and the craving to experience progress of time. The absence of these may cause the difficulties in the academic area. Though the help of the faculty members is undoubtedly important, the student and the faculty members also need the help and guidance of a trained counsellor. The nursing administrators of schools of nursing are responsible for providing all those individualized aspects of educational programme which are organized to help the students reach their full potential in their areas of vocational, personal, emotional and interpersonal adjustment.

Counselling is based on the fact that a human being needs help. The type and amount of help required will vary. "Every one needs assistance at some time or the other. As human beings we are inter-dependent both for education and counselling. Students will welcome and help on anything that enable them to predict their future. A well-conceived programme of students activities will cover the administrative areas, the personal services and educational services. Most student nurses begin their professional programme after high school and as such there are greater chances of homogeneity among the student bodies. The personal characteristics of the students will reflect the home background and an occasion of rebellion against the home environment. It is important to note the personal characteristics of the students. The effective counsellor should have an insight into such personal problems and characteristics.

Learning Problem

High grades are indicative of success. These are symbolic of what future holds for them. Consequently there is very little or no problem if the grades are high. The average, borderline, or below average makes up the critical list of students. Low grades make the future appear bleak.