

A STUDY ON THE IMPORTANCE AND TYPES OF GUIDANCE

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Abstract:

Guidance is a topic related to the learning process and within the scope of educational psychology. In the present modern era and with the rapid development of technology, the scope of human work has become wider and consequently the importance and prominence of instruction in various fields has increased. Various social changes in society have increased the importance of guidance in the life of individuals. The full development of the personality is the main objective of modern education. The education system has been reshaped to meet the social, intellectual and other needs of the individual. Guidance is needed to keep pace with changes in education. Hence an attempt has been made to study and analyze the importance and types of Guidance. The researcher has carried out the study with the help of secondary sources and content analysis method was adopted for interpretation of the gathered information.

Keywords: *Guidance, Educational guidance, Personal guidance, Vocational guidance,*

INTRODUCTION :

People face various problems at every stage of life from birth to death. Guidance is the act of finding appropriate ways to solve these complex problems. On the other hand, it is important to ensure that others are not inconvenienced when trying to solve their own problems. Get advice and sympathy from experienced people to achieve happiness and peace in personal life without interfering with the rights of others by adapting to the environment is the process of guidance.

Guidance is also the process of providing the necessary response and support for the development of a person's personality and for a happy and prosperous life. Like a theater memorial, the director always hides behind the stage curtains and provides assistance when needed. Professor Jones clarifies the meaning of guidance by saying that guidance requires personal assistance. Guidance refers to the kind of assistance that can help a person achieve his or her goals and that guidance can help determine the actual approach to achieving a person's goals. Actual guidance does not mean solving problems. The real meaning of guidance

is to choose the way to solve the problem on your own. Therefore, guidance in a general sense is the process of helping a person in the process of self-oriented development.

According to Proctor, "Guidance is the process by which an individual or group of individuals is helped to adapt appropriately to the external and internal environment of the school." Guidance is a process through which an individual or groups of individuals are helped to make necessary adjustment to the environment — inside or outside the school.

REVIEW OF RELATED LITERATURE:

Ngumi, Owen. & Chege, Kimani. (2016) made a study on The Role of Guidance and Counseling in Enhancing Student Discipline in Secondary Schools in Koibatek District. The study revealed that guidance has improved discipline and academic performance. There is enough proofing that lack of guidance to students leads to indiscipline in schools. However, there is lack of legal and policy framework, lack of trained teacher counselor and too much workload for teachers hence making it difficult for guidance to succeed in promoting

student discipline. There is need to embrace dialogue in resolution of conflict. This can be enhanced through building a strong relationship between the students, counselors, teachers and administrators to an extent that they are free to speak out issueless the affect both parties.[5]

Faaz, Mohammad. (2019) made a study on Guidance and Counseling: An important organ of School Education. Guidance program is the necessity of an educational program. The study revealed that education is the most important tool, which helps to nurture the individual and society in a positive direction. This positive direction can only be achieved with proper guidance and program. Guidance provides a vigorous and holistic process prepares and modify the attitude and perception of a person towards meeting any situation that demands a didactic and moralizing power. Guidance programs at different school levels help students to assist in determining their objectives and target areas. Also, Guidance helps in achieving their assumed positive life for their future and making them self-realistic and self-reliance.[2]

OBJECTIVES OF THE STUDY:

The present study focuses on the following objectives-

- I. To study the importance of Guidance.
- II. To study the types of Guidance.

METHODOLOGY:

The present study is basically descriptive and analytic in nature. Secondary sources of data like –books, journals, websites are used to fulfil the objectives of the study.

ANALYSIS:

Objective I – Importance of Guidance

The Education Commission of India in 1964-66 commented that “The aim of guidance is both adjustive and developmental, it helps the student in making the best possible adjustment to the situation in the educational institution and at home and at the same time facilitates the development of personality. Guidance, therefore should be regarded as an integral part of education and not a special psychological or social service which is peripheral to educational purpose.”

Importance of guidance are as follows -

1. The family system has changed a lot nowadays. In ancient times, children acquired vocational skills within the family. However, nowadays children learn through specifically established formal education. Advances in science, rapid development of trade and commerce, and the proliferation of specialists in educational institutions have reduced the need for home education. Immediately, the responsibility of the school accelerated It’s growing. In modern society, it is not only the duty of educational institutions to provide book knowledge to children. Its primary duty is also to provide appropriate knowledge of the practical life of the individual. Therefore, it has become the main duty of educational institutions to provide guidance in this regard.
2. With the development of the present industrial industry, every person has to perform a precisely specific type of work. The division of labor has created a need for various skilled personnel in the industry sector. This type of division of labor has created a special need for guidance in education.
3. As a result of modernization, most people have left the villages and moved to the cities. As a result, a new society has emerged around the industrial city. There is a mixed culture in urban society Therefore, it is very difficult for individuals to adjust healthily to such societies, and appropriate guidance is needed to adjust healthily in such situations.
4. There are various changes in the curriculum. A variety of vocational subjects are included in the curriculum at the secondary level. Failure to assist students in choosing the subjects of study in this vocational course fails to adjust properly to the work environment in a healthy manner. With the introduction of multi-purpose curricula, guidance has also been included as an intra-school subject. The After secondary education, most students enter specialized careers. Therefore, it is the duty of teachers to instill vocational tendencies among students in schools. It is necessary to provide appropriate guidance to the students to develop such vocational passion and educational passion.

5. More emphasis is now being placed on co-curricular activities. These co-curricular activities particularly help students to lead fulfilling lives. It is now considered essential to provide guidance to the students for the effective conduct of these co-curricular activities.

6. In the present modern education system, the method of teaching has changed radically. Modern education systems place greater emphasis on personal development. The emphasis is now on teaching according to individual abilities. Therefore, the teacher must resort to instructions on what method to choose. In other words, modern education includes teaching as well as instruction.

7. In the modern era, the retirement period of people has increased due to changes in social, political, economic and technical conditions and as a result of the improvements brought about by mechanical advances. People today enjoy more leisure time than they did in ancient times. This leisure time has made people comfortable as well as causing problems. With the increase in retirement time, it is essential to ensure that people do not engage in various forms of anti-social activities. It is essential to provide guidance so that individuals can use this leisure time appropriately to express and develop their qualities.

8. The changes in modern society have also brought about various changes in the religious and moral aspects of people. People have lost confidence. And moral values have declined. Moral values must be awakened to strengthen the self-confidence of every person in the society. Guidance is essential to awaken moral values.

9. Instruction helps students in the appropriate selection of content. The current complex environment can be prepared for the future through guidance by selecting appropriate subjects.

10. Guidance helps in realizing the individual differences which is required in learning.

11. Guidance is needed to instill a healthy philosophy of life in the minds of students.

12. In healthy adjustment of students between school and home environment guidance help the children to

adjust properly without any difficulty.

Objective II – Types of Guidance -

1. Personal Guidance :

Personal guidance refers to the personal aspects of the child's life. Personal guidance protects the child from various abnormalities, mental conflicts, depression, frustration, etc. Individual guidance attempts to develop the child's characteristics and adapt to the environment. Children are instructed at three main levels. Those levels are—

(a) Elementary Stage: This stage is the stage of development. This stage is the development of the child's physical, mental, social and emotional aspects. There is a benefit. Therefore, proper guidance is needed during this period. Guidance in this mass needs to be given very carefully and efficiently as it is at this stage that all the possibilities of human life develop.

At this stage, the child needs psychological guidance. For example, when a child enters an educational institution, he must be prepared to face all the new situations he faces in the educational institution. Through affection and the use of play techniques, children should be prepared to adapt to the environment very easily. Children should be helped to develop the desired goodwill towards themselves, their parents, their teachers and their peers.

Secondly, there should be a medical guidance group to promote good health through providing physical knowledge on good health.

Although this period is conducive to different types of development, not all children develop equally. Gifted and underdeveloped children can be identified at this age. Individual guidance programs should be designed to satisfy the gifted. There is also a great need for guidance for underdeveloped children. In parallel, educational programs and necessary guidance should be provided for ordinary gifted students. Children who become emotionally prone need to be taught emotional control skills. In addition to conducting sports competitions, efforts should be made to attract children to literature, music, painting and other activities. Children should be given physical weaknesses through health

instructions. Special guidance should be provided for people with disabilities so that they can lead a better life like other normal children in the future.

(b) Secondary Stage: In this stage the child usually enters puberty. This level is stormed by psychologists referred to as the level. Therefore, psychological guidance is needed to solve the mental problems faced by the students during this period. Since children reach puberty at this stage, students face various problems during this period especially mental, physical, family etc. This level of guidance covers topics such as discussions, interviews, advice, alignment with the institutional environment, curriculum, etc.

(c) College Stage: The first duty of guidance services at the college level is to help overcome old problems, help in healthy adjustment to the new environment, develop a new sense of life, set healthy ideals and goals, social work and provide guidance on participation in work etc.

2. Educational Guidance :

Various efforts are required to develop the inherent qualities of a person. These development efforts are recognized as educational programmes. Educational guidance is one such programme. The instructions to be given at various levels are discussed below:

(a) Primary Stage: Guidance at this stage covers aspects such as developing good habits, healthy attitudes towards learning and work in the child. The guidelines also cover healthy integration into the home and educational environment. Efforts are made to make primary education effective through children's writing, reading, counting, etc. This level of instruction can help children develop proficiency in subjects they are passionate about.

(b) Secondary Stage: Students enter the secondary stage after the primary stage. There are many different types of children during this period occur. Therefore, a special kind of guidance is required at this weight. Likewise -

1. Guidance will help the child understand the goals of education. This level of guidance should make the child interested in learning.
2. The Guidance Services Scheme provides students with their strengths, abilities and potential.

It will help self-realization through understanding.

3. Guidance provides home through a noble learning process and helps in understanding the school environment.

4. The main duty of guidance is to assist students in choosing subjects, as the secondary level curriculum is a versatile curriculum. This level of curriculum includes various subjects like Arts, Science, Technical, Commerce, Agriculture, Home Science, Fine Arts etc. Co-curricular activities are included along with the curriculum. They vary from primary to secondary level.

The main purpose of including the curriculum is to ensure that the students can choose topics according to their own tastes of subject selection.

5. Students are assisted by directing them to take measures to simplify the education system by removing difficult or unrelated subjects that are not related to the strengths, abilities or interests of the students and replacing them with subjects that are related to the strengths, abilities or interests of the child.

6. Instruction makes students interested in higher education and instills a desire for higher education.

(c) College Stage: This stage is the highest level of education. It is at this stage that students reach full youth and adulthood. They become aware of themselves at this level. At this stage, learners develop a sense of responsibility towards their parents and others in the family. Guidance services help in increasing the sense of responsibility among the students in this regard.

3. Vocational guidance

a) Elementary Stage: At this stage, students do not have to think about what kind of profession they will enter after completion of their education but guidance is needed to help them acquire the skills required for the profession they will choose in future life. Guidance ensures the development of all the qualities such as attitudes, skills and work experience that begin to develop at this stage. At this stage, children need to know the use of gestures including hand movements. Developing a healthy attitude towards physical activity should be done at this stage. Working cleanly, a spirit of cooperation, a good coordination of thought, mind, action and vision, knowledge of using the necessary tools and hard work are the keys to progress. These qualities

should be developed at this stage through appropriate guidance. Since the primary level is the beginning of formal education, the responsibility of guidance at this level is heavy. To vocationalize children from an early age, basic knowledge about various professions should be provided through large pictures, posters, discussion, lectures, radio broadcasts and documentaries.

Guidance should prepare the child for vocational life at this stage through five special stages -

- (a) Guidance to the world of work.
- (b) To give guidance for the study of the subjects directed to the profession.
- (c) Guidance in preparation for special occupations.
- (d) Guidelines for employment in the profession.

Thus, guidance at this stage introduces the child to the world of work in the first place. Guidance helps secondary level students to acquire knowledge and guidance on various subjects such as characteristics of special professions, meaning required for entry etc. At this stage, children should also be given some idea of the complexities of the world of work. The problem of unemployment in the present society is complicated. Therefore, children should also be given an equal understanding of the increasing complexity of careers or choices. Guidance can help students at this level with knowledge for particular occupations, characteristics of particular occupations, duration of financial training required for entry into the occupation, salary, working conditions and future prospects.

Secondly, this level of guidance can help the students to initially select subjects for their future careers by matching their qualifications with the qualifications required for a particular career according to their abilities. For those who cannot pursue secondary education, guidance should be given to prepare for full-time scholarships.

Thirdly, students who have passed the secondary level should be assisted with guidance in choosing subjects for appropriate college studies and entering into an appropriate profession. Secondary level guidance schemes need to be developed on a comprehensive basis to assist the majority of students who are unsuitable for university education by providing guidance for other activities.

CONCLUSION :

Guidance is a humanitarian activity. Those experienced in human society they have been providing various assistance and advice to the inexperienced based on their experience. Guidance is recognized as an organized service when the process of one person helping another person through certain rules and regulations in an organized form becomes essential. In a psychological education system, guidance is considered to be one of the most important parts of the educational programme. The scope of the guidance is quite comprehensive. People's lives are becoming more and more complicated. Accordingly, expert assistance is needed to solve the problems. The responsibility for guidance in various aspects of individual life has increased, especially in subject selection, gainful career determination, study skills, mental health, counseling on personal adjustment problems, identification and assistance to gifted and disadvantaged children. It also provides guidance on educational, financial, social, personal, moral and even marital problems.

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