



Significance of Guidance Needs among Adolescents

Paramjit Singh

Assistant Professor, Khalsa College of Education, Ranjit Avenue, Amritsar, India

ABSTRACT

21st century is the age of science and technology. The world has become a global village. People from different countries, all over the world, have joined their hands to contribute for the advancement and betterment of this global village. As a result, rapid scientific and technological advancements have taken place which in turn changed the whole scenario of contemporary society. To cope up with the present scenario, Indian society also seems to have undergone a total transformation which is characterized by changing roles of women, breakdown of the joint family system, increased competition in schools, increased sociability of the children, peer and parental pressures resulting in an environment filled with stress and strain for the individuals. In this cut throat competitive environment, majority of people, who are facing much difficulties to adjust with the pace of these rapid changes, are secondary school students. Secondary school students fall between the age of 12 to 18 years, are called adolescents. But they lack the abilities to make wise decision about their educational, vocational and personal needs to adjust appropriately to the demanding situations for which they need proper guidance to successfully overcome these conflict and challenges. In such a situation, guidance of parents, teachers and other social authorities are of utmost importance. So, to fulfil the diverse needs of adolescents, guidance plays an important role in increasing their effectiveness and helping themselves to make appropriate decision at the right time.

Keywords: Guidance Needs, Significance and Adolescents.

INTRODUCTION

Life is full of ups and downs, triumphs and setbacks, health and illness, prosperity and poverty. It's difficult to find someone who hasn't been through this. Any household that does not have an issue is uncommon to observe. There is also no scientific proof that an issue appears exclusively beyond a specific age. In reality, issues might emerge at any point in one's life. When these changes occur in our lives, many find it difficult to adjust, which becomes a problem in and of itself. Changes in our society have been felt in every aspect of life, including the political, economic, and social.

The scientific and technological advances have made our present age to progress at a rapid pace, have also posed many problems and threats, which make it an age of anxiety. While advancing through the threshold of the new millennium, individuals confront formidable challenges of adapting themselves to the ever-expanding demands of the society. They come across diverse complexities, increasingly varied issues, new technological advancements, expanding array of opportunities and composite struggles. The increased problems have led to conflicts, tensions or stresses in life situations with experiences of threats to 'Self'. Man is unable to adjust himself between conflicting situations which led him to the state of disequilibrium. Therefore, today's man needs more guidance (Sharma & kaur, 2012).

Today's youth are living in an exciting world. Furthermore, societal institutions, family structures, and personal beliefs have been constantly changing, resulting in a difficult situation. These issues often have an impact on teenage students' personal, social, and academic development, which are major variables that have a substantial impact on development and efficiency. Proper advice is required to aid students in boldly confronting the problems and realities they may encounter in ever-changing settings, understanding themselves, realising their potential, and therefore identifying accessible possibilities in today's society (Seeja & Antony, 2015).

We are social beings, and as such, we require the assistance and guidance of others in some form. Mother, father, grandparents, teachers, and other elders, as well as home, school, and society, lead children to live successful lives. The demand for educational guidance is felt in today's society because of the expansion of information, industrialization, and changes in socio-economic settings.

The term 'guidance' comes from the root word 'guide,' which implies to direct, pilot, manage, or steer. Guidance, as a notion, indicates the use of a point of view to assist an individual in understanding himself and his surroundings. In other words, guidance is fundamentally a helpful procedure that entails offering material or non-material aid to address an issue that an individual may be experiencing at the moment. It is a process in which individuals are supported in designing their lives and careers in order to better adapt to their surroundings and enjoy a transitory worldly life.

Guidance is a specialist service that assists an individual in making important decisions and addressing difficulties. Guidance helps an individual to address scholastic, occupational, and psychological difficulties, as well as to assist teenagers in reaching their full potential, increasing

their confidence, and making better life decisions. Help is provided by professional guidance workers under this idea for the optimal development of personality (Singh, 2017).

According to Locke (1995), "Guidance activities do not provide answers rather they permit each student to resolve conflict by providing the necessary information and a climate for change. They emphasize on the dignity and worth of each individual without any manipulation."

"Guidance enables each individual to understand abilities and interests, to develop them as well as possible and to relate them to life-goals, and finally to reach a state of complete and mature self-guidance as a desirable member of the social order." -Traxler

Guidance is a type of personal assistance that assists a person in recognising his own resources, setting objectives, making plans, and working through his own developmental issues. Guidance is the process of teaching a person so that he or she may comprehend oneself. Guidance is a continual process of assisting an individual in developing to the best of his ability in the most desirable path for himself and society. The process of controlling problems and obstacles is known as guidance. Guidance is a structured service that assists persons in making changes to their surroundings. Guidance is a methodical procedure that prepares people for their future lives. Guidance is the receiving of direction from any individual of any age by people who require it. Guidance is a service that is required not just for students and instructors at a school, but also for parents, administrators, planners, and community members. The breadth of the guideline is overly broad. Any individual in need can be guided. Guidance is beneficial in adjusting to various life situations. The process of guiding is beneficial in preparing a person for the future. Guidance is achievable through cooperation rather than coercion. A guidance programme is a well-organized and methodical procedure (Pandey, 2016).

AREAS OF GUIDANCE

The term "guidance" is a broad one. It affects every area of a person's development. Everyone requires assistance at some time in their lives. Some people require assistance on a continuous basis throughout their lives, while others require assistance at a key juncture in their lives. Individual needs are rising as modernization and technology develop, and as a result, the areas of advice are expanding extremely rapidly. The following are some of the most significant topics of advice. Following are some of the important areas of guidance (Seeja, 2015):

1. **Physical guidance:** A healthy body is vital for everyone. Health is seen as a form of riches. Physical needs are the fulfilment that may be brought about by the school or guidance professionals by guiding kids in activities such as physical exercise, games, and controlling hours of study and relaxation.
2. **Social guidance:** Humans are all social creatures. However, social connections are a source of concern for the majority of students. An educational institution is a tiny community, with students from various socioeconomic backgrounds, language backgrounds, and socio-cultural backgrounds congregating here for instruction. Students may encounter difficulties in adjusting to these social connections at times. It is critical that kids be assisted in forming social relationships and being tolerant of others, as well as in obtaining a sense of security and acceptance by the group. This is the responsibility of social guidance. Formally, social guidance can be given by Educational Institution & informal guidance may be provided by family, religious institutions, media etc.
3. **Psychological guidance:** Guidance is also necessary for psychological and emotional adjustment. Students confront a variety of personal issues including themselves, their parents and families, friends and instructors, and so on. They frequently have recollections of home or family that cause them to be disappointed. If their parents demand too much of them, it creates a sense of inadequacy and insecurity, which leads to a low self-concept and self-esteem. Adolescent students' attitudes and behaviours vary noticeably during the secondary stage due to unusual physical, emotional, and social growth. Personal counselling at this time should so concentrate on personal and social adjustment. Psychological guidance refers to those personal wants that are related to an individual 's mental or emotional satisfaction and is provided by the educational institution or guidance personnel.
4. **Educational guidance:** Educational guidance is concerned with all aspects of education, including the school/college, the curriculum, the method of instruction, extracurricular activities, discipline, and so on. It assists students in making intelligent and correct decisions regarding various educational programmes. It provides a comprehensive picture of the many educational possibilities and their requirements, as well as his/her talents, interests, and aspirations. It provides the learner with information about the subject and course provided. It assists the pupil in adjusting to school, its rules and regulations, and the social life associated with it.
5. **Vocational guidance:** Vocational guidance entails complete and thorough understanding of each child, the nature of occupations, the psychological traits required for success, achievement, and work satisfaction, the sort of training required, relevant data about vocational prospects, and so on. Vocational guidance is the process of supporting an individual in selecting a profession, preparing for it, beginning it, and progressing in it. It is largely focused with assisting individuals in making judgments and choices related to future planning and professional development. There are hundreds of specialised professions and occupations as a result of advances in science and technology and the resulting changes in industry and employment. In this context there is a great need for vocational guidance.
6. **Avocational Guidance:** Individual students spend just a small amount of their time at school, i.e. 4 to 6 hours each day. The remainder of the time must be appropriately handled and utilised by the child in order for him or her to progress and develop. Other co-curricular activities play an essential role in the child's overall development. These activities give several possibilities for kids' abilities to flourish. Students must like them in order for

overall growth to be feasible. Thus, avocational advice is the support given to students in order for them to make the most use of their free time.

7. Moral Guidance: Moral values play a vital role in our lives. Students can tell falsehoods and engage in bad behaviours due to the impact of numerous factors. Moral mentoring aids in getting these kids back on track and aids in their overall development.

8. Religious Guidance: Religious guidance can aid students in determining the appropriate path to religious activities. As a result of religious understanding, the guide or counsellor may quickly address numerous ethical and moral difficulties. It is not only the responsibility of parents to provide children and adolescents with a good knowledge of religious life, but it is also the responsibility of the school.

SIGNIFICANCE OF GUIDANCE NEEDS

Previously, guidance was neither explicit, systematic, or planned. Guidance was given to the youngsters informally and at random by parents, teachers, or experienced well-wishers in the form of advice. However, over time, as a result of rapid human expansion, the influence of rapid industrialization, the impact of science and technological development, the introduction of modernity, and social changes, human life became more complex, necessitating the use of guidance on a regular or sporadic basis.

Guidance now plays an important role in human life because it assists individual students in paying individual attention, providing special help and instruction to exceptional children, providing opportunities to choose appropriate subjects of study, assisting in the development of study habits, selecting appropriate occupation, solving personal problems, and so on. Guidance has grown more important for students, administrators, educators, and the general public since it assists them in meeting a variety of life's requirements. As a result, it is interesting to consider the reasons indicated below for why guidance service is promoted in our country's schools and colleges with a unique status of its own. Following points show the significance of guidance needs among adolescents (Thakur, 2021):

(i) Guidance is required to assist students in their overall development: In general, the current educational system makes significant efforts to enhance the intellectual component of the student through the teaching process that occurs in the classroom. Only this real school work neglects other elements of students that need to be developed.

The students' natural potentials, abilities, interests, skills, and values are not taken into account in the current schooling system, which does not encourage overall development of the children. Teachers and guidance professionals should pay far greater attention to first understanding the student and his natural abilities and capabilities, and then determining how to fulfil the goals of guiding.

Without the guidance of a school counselling service, it is impossible to study, comprehend, and pay attention to a kid and his hidden abilities while keeping in mind the individual variations among pupils. As a result, the demand for guidance services is strongly felt for the overall development of students for personal and societal advantages.

(ii) Guidance is required to help students to choose appropriate educational career choices at various stages: Most students are observed to hurry to school without selecting an appropriate course, which leads to disappointment later on. Because they are unable to make a better decision in terms of educational courses and curriculum. As a result of not receiving better-suited courses for their future studies, these students naturally grow dissatisfied. For example, after completing high school, a student must maintain his feet in certain feasible courses such as vocational courses, higher level academic courses of study to attend first-year classes in college or university, and so on.

It goes without saying that each and every individual student is a better sort of asset for both family and society. As a consequence, no result or benefit will be attainable if any student does not pursue improved choice, preference, and course selection after completing 10 years of high school education. In this situation, the school's advisory service comes forward to assist and help students in selecting appropriate and relevant courses for their future to attain their goals effectively and methodically.

At the same time, school guidance services offer pupils with enough educational and occupational information about various educational and career options. Aside from that, a competent guidance service makes students clever and cautious enough to make better choices for educational and vocational courses, as well as builds self-concept, self-knowledge, and self-choice for work inside them, showing them the true road to achieving their true-life goals.

(iii) Guidance is required to assist students in selecting, preparing for, and entering a better career: The modern civilization is becoming more complicated by the day, with change being accepted as a natural part of life. Surviving in today's world has become a dangerous task for everyone. In today's changing social environment, it has become difficult for students to choose and prepare for a suitable occupation because the current world is dominated by rapid change in industrial setup, changing market conditions, the change of paraprofessional occupations, and change in many other govt., and private service setup.

In this regard, school guidance services give a bundle of available knowledge, breadth, and prospectus about numerous occupations that offers adequate suggestions to accomplish occupation aim after entry into a work via better selection and preparation. It has also been noticed that the majority of students are first-generation learners who are deprived of necessary vocational advice due to a poor family background and a lack of experienced personnel's supervision. To address these issues, a guidance service organised at the school comes into play, providing pupils with enough

knowledge to make an informed choice for a suitable profession in the world of work.

(iv) *Guidance is required for pupils' occupational development:* No credit will be given to an individual who just joins someplace in a certain employment. Because an individual must attain achievement and happiness at various phases from beginning to conclusion. As a result, the school's counselling service not only aids students in discovering their natural skills, interests, and efficiencies, but it also assists students in becoming aware of the world of work. By employing the school's counselling service, students accomplish vocational growth in the field of vocation by applying prior knowledge obtained on the school site.

(v) *Guidance is required to assist children in making better school adjustments:* Really, school is a new environment for a fresh and new student, where he must deal with problems that he would not encounter at home. As a result, he must deal with the issue appropriately in order to be well adjusted in school. However, the issue of maladjustment arises when a student fails to understand how to study, how to prepare for examinations, how to interact with classmates and professors, and so on. That is why school counselling services are sorely required to help children become well-adjusted in school settings.

(vi) *Guidance is required to assist pupils in making better home adjustments:* The family is the child's first and smallest society, and it also serves as the child's first school. In general, it comprises parents, brothers and sisters, and other family members. The child's life begins and develops in the same environment. Furthermore, the youngster spends the most of his time with his family, where he must adjust to and collaborate with his parents, siblings, and other family members. After four or five years, the youngster begins attending school, where he has plenty of time to acclimatise to his new surroundings. Aside from that, occasionally a youngster does not adjust to his or her family circumstances and experiences adjustment issues.

(vii) *Guidance is required to supplement family efforts:* The current society is undergoing certain changes as a result of rapid industrialization, political and social changes in the occupational structure, population explosion, scientific and technological development, modern life needs and demands, including growing complexity of life and the effect and pressure of home, and so on. As a main institution, the house takes the initiative to give various forms of care and assistance to the kid. However, due to fast societal changes, the child's home is unable to provide appropriate care. Because virtually all members of the family are typically preoccupied with their own work and have little time to guide the youngster. On the other hand, parents and other well-wishers may be unable to provide sufficient counsel to their children because they are unaware of current knowledge on new careers and courses in relation to occupation and education. To fulfil this objective, the school begins a guidance service to supplement the efforts of the parents for the improvement of the kids.

(viii) *Guidance is required to decrease the mismatch between education and employment and to assist in making the most use of manpower:* Thousands of young people with specific certificates and degrees are applying for jobs for the purpose of their involvement today, as never before. Unfortunately, they are not selecting for a service that has no connection to the job requirements. At the same time, the number of candidates for service is far outnumbering the number of available positions. As a result, it is a waste of time and money for the young people to come to the floor of work with no efficiency or enthusiasm in the job.

(ix) *Guidance is required to assist students from the poorer sections of society with their academic and social adjustments:* Most of the time, pupils from the poorer parts of society do not acclimatise to and cooperate with educational conditions and society. They have a plethora of issues and needs related to their socioeconomic level, family background, educational and career standing, and so on. As a result of these factors, individuals have difficulty adjusting to their peers, senior and junior classmates, school teachers, and social surroundings.

(x) *Guidance is required to assist students who require particular assistance:* In a school, there are many types of exceptional kids, such as talented, backward, and disabled children, who require particular assistance and supervision for their personal growth. That is why the school's guidance department takes extra initiative to provide specific support and counsel based on their difficulties and requirements.

(xi) *Guidance is required to assist pupils in making the best use of additional time outside of school hours:* "Time and tide wait for none" is a common saying—which suggests that time should not be mutualized. As a result, every student should make the most use of the extra time he has after school. Mismanagement of time leads to failure in both academic success and personal growth of pupils. As a result, the school's counselling department provides constructive direction to pupils on how to use their additional time effectively.

(xii) *Guidance is required in order to reduce waste and stagnation in the country:* At the moment, wastage and stagnation are two growing issues that directly harm the country's educational system. Of course, numerous barriers are to blame. At the elementary school level, some students leave educational institutions and become dropouts, while others complete their educational ladder with lesser divisions, requiring a significant amount of time and money. To reduce waste and stagnation, a competent counselling service steps forward to advise pupils on how to attain their goals.

(xiii) *Guidance is required to emphasise the value of the school in order to attract students:* Aside from schoolchildren, there are many youngsters who are not pursuing an education. To attract them, the school environment and system should be improved, and the instruction provided to pupils should be meaningful and relevant to both individual and communal life. In this situation, a competent counselling service may play a stronger role in making school more appealing and successful in achieving school and education goals.

(xiv) *Guidance is required to properly arrange secondary and higher secondary education:* The country's current educational pattern defined a new curriculum to be applied, which encompassed many fields of knowledge like as social sciences, biological sciences, mathematics, languages, arts, music, job experience, and other aesthetic activities. As a result, the secondary and higher secondary school curricula are overburdened with many

topics. It also dissatisfies pupils because of their uncertainty and conflict over the appropriate courses and occupational career.

(xv) *Guidance is required to prevent student indiscipline*: Discipline truly welcomes a better individual life as well as a sophisticated social existence. It has been discovered that pupils who lack a sense of direction, a feeling of duty, a sense of integrity, and a sense of fulfilment cause disruptions both within and outside the school.

CONCLUSION

The school guidance service helps pupils to use their inner energy in new and innovative ways. As a consequence, both individuals and societies are liberated from the burden of indiscipline. Above all, in order to achieve optimal individual, societal, and national development, advice must be included into the educational system and implemented as soon as possible. Guidance also provides pupils the correct path for higher courses and careers based on their talents, goals, hobbies, aptitudes, and so on. As a result, honest, methodical, and scientific advice should be provided in schools in order to meet personal interests, social interests of individuals, and national interests.

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