

## EFFECTIVE TEACHING AND LEARNING, GUIDANCE AND COUNSELING PERSPECTIVE AND FEATURES OF COUNSELING

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### ABSTRACT

The idea of education that predominated in ancient India was an important one during this entire time period. The instructor was charged with the solemn obligation of guiding the student towards the acquisition of knowledge, and the student was accountable to the instructor for the development of their personality. On the other hand, the education system that is currently the standard in our country places a bigger focus on academic achievement than it does on the growth of the children. This is because of the stress that is placed on standardized testing. Although children have various degrees of academic achievement, they are capable of gaining new skills and being empowered to live fruitfully in our environment. However, this solution does not meet the demands of all of the children who are a part of our society. our reason for not supporting it is that it does not cater to the need of all of the youngsters. In this day and age of rapid globalization and urbanization, which has led to the collapse of the traditional joint family and all of the support networks it offered, this sort of empowerment is tremendously vital. This is because the traditional joint family was a structure that gave a lot of support. The purpose of this study is to assess the level of test anxiety that is experienced by adolescents. The outcomes of the study indicate that the elements of a person's sex, religion, living location, and family income all have a substantial influence on the amount of test anxiety that they experience. On the other hand, the work status of their moms and their social class do not. Exam anxiety is a relatively common sensation that can emerge as feelings of stress or discomfort before, during, or after a test. This can be the case at any point in the exam process. These emotions could surface at any stage during the process of taking the exam. A lot of people experience test anxiety, but some of those people discover that it really works to their advantage in certain circumstances.

**Keywords:** *Teaching , Learning , Counseling , Guidance , Programs*

### INTRODUCTION

#### Counseling and Its Applications

#### Application of Counselling

Below is a discussion of a few counseling's applications. –

- **Family Counselling**

Family counseling is a form of psychotherapy that focuses on fostering open channels of communication and cooperative problem-solving among the members of a family in order to help those members of the family who

are struggling with issues that affect more than one member of the family. It is possible to accomplish this goal by putting one's attention on a variety of factors, such as the establishment of functional boundaries, the dynamics of the family unit, the remedying of dysfunctional interactions, and other similar topics. Family therapy not only helps offer support and works proactively toward healing a family member's mental health, but it may also assist unearth the source of an issue and shed light on its genesis. According to research, family counseling can be beneficial for a variety of issues, including marital problems, conflicts between parents and children, coping with stressful life events or major life transitions, the impact of illness or death in the family or addiction, psychoeducation, adjustment problems caused by smoking family members, and so on and so forth. This kind of treatment is very helpful for resolving individual mental health concerns that can effect the entire family structure. These types of illnesses include anxiety, severe depression, substance use, chronic mental disease, and other conditions with comparable symptoms.

- **Educational Counselling**

Educational counselors are frequently sought out by students as a means of assisting them in making well-informed judgments concerning their chosen field of study, vocation, and future career route. The creation, execution, and assessment of counseling programs in schools are the purview of those who have the professional title of school counselor. The academic success of students, as well as their personal and social growth and the options available to them for higher study, are the primary focuses of these programs. Educational counseling is something that every student, and particularly those with disabilities or special needs, should have access to since it has a lot of beneficial consequences, and it is something that every student should have access to. These include, among other things, gaining an understanding of critical strengths, developing a career plan in accordance with their skill sets, visualizing long-term goals, gaining insight into personality and aptitude, and avoiding any inadequacies. An educational counselor will have a dialogue with the student's parents, guardians, or teachers in an effort to resolve any underlying issues that may be hindering the student's academic performance or to unlock the student's maximum potential. The goal of this conversation is to help the student reach his or her full potential..

- **Substance Abuse Counselling**

In the United States, drug abuse is a major problem that permeates all demographic groupings of the population and, as a direct result of this, each and every individual in our society is impacted by it in some way. Roughly 6% of people in the population partake in the use of illegal drugs, 12% of people suffer with drinking to excess, 25% of people are addicted to nicotine, and 10% of people are addicted to prescription medications. Individuals who take part in addiction counseling and therapy are better able to comprehend the dynamics that underlie the disease of addiction. They also acquire the knowledge necessary to identify the circumstances that put them at risk for relapse, and they cultivate the skills necessary to manage the effects of stressful situations. The client has to be safeguarded from further relapses, and the underlying cause of the condition must be treated before treatment can begin. These are two of the most important objectives of the technique that will be followed. Counseling for substance abuse will involve a number of different components, including but not limited to: talk therapy; positive coping skills; discussion of treatment plans and goals; beginning the 12-step process; and other parts. A person's likelihood of successfully overcoming their addiction is considerably improved if they receive treatment and counseling for drug misuse, despite the fact that they battle with substance use disorder. Counseling modalities such as cognitive-behavioral therapy, sometimes referred to as CBT, motivational interviewing, and group therapy are examples of approaches that might prove helpful during this phase.

- **Rehabilitation Counselling**

Rehabilitation counselling is a subgenre of therapy that focuses mostly on advocating for individuals with impairments and giving persons with disabilities with vocational rehabilitation counselling. It is one of the many services that falls under the umbrella of vocational rehabilitation. It is a subsection of therapy that is carried out by qualified professionals and focuses on aiding people with mental and physical disabilities to live lives that are more independent. This may be helping the client make arrangements to receive medical treatment, assisting in the placement of the client in a job, helping the client build skills for a given field, etc. Counselling based on this methodology may take place either in a group context or on an individual basis. Both modes are equally valid. The majority of treatment programmes have, as their primary goal, the improvement of the client's quality of life by the provision of assistance in overcoming any mental, physical, emotional, or social obstacles that they are now confronted with. General rehabilitation therapy moves through four stages, beginning with the recovery stage and progressing to the healing stage, then the strength stage, and finally the function stage. It is essential to stick to an efficient treatment plan in order to obtain the best possible outcomes; however, this may differ from person to person. In order to reach the best possible outcomes, it is crucial to adhere to an effective treatment strategy.

- **Workplace Counselling**

The capability to give therapy in the workplace, also known as workplace counselling, is the ability to deal with problems that develop inside an organisation, such as conflict, stress-related absenteeism, work-related trauma, and harassment or bullying in the workplace. It provides employees with a forum in which they can discuss anything that may be confusing, unpleasant, or uncomfortable with a person who has been trained to listen carefully to their problems and propose ideas that will help them improve their situation and become productive individuals in an environment that is both secure and confidential. This is a technique that is beneficial not just to individual workers but also to the company as a whole since it helps employees enhance their personal growth, which in turn minimises employee turnover and increases the general efficiency of the firm. In other words, it is a win-win situation.

## **OBJECTIVES OF THE STUDY**

1. To study on Counseling and Guidance Is Necessary In Schools
2. To study on Features of Counseling and Guidance Programs

## **Different School Guidance Services**

It is obligatory on the part of the school to provide the students who are enrolled there with a great deal more than only teaching and instruction. Students attend schools with the intention of developing a wide range of personal and professional abilities, and schools are widely acknowledged as being locations or institutions in which students can acquire these talents. A school guidance programme encompasses all of the activities that are carried out to provide assistance to students in their academic, vocational, and personal development and adjustment. This assistance can be given to students in a variety of settings. In addition to the methods that are utilised for the curriculum and the teaching of its subjects, these activities are also carried out. The optimal growth and development of the kid is the primary objective of the guiding plan that is being implemented.

However, the ultimate purpose of all guidance programmes must be directed towards the attainment of the goal, which is the growth of the child. This is because the challenges and difficulties that children go through affect the sorts of things that guidance programmes focus on. Students can obtain aid from guidance services in identifying their own potentialities and limits, as well as in selecting appropriate career options in educational, vocational, and other fields of effort. This assistance can be given in the context of choosing suitable career choices in educational, vocational, and other fields of endeavour. According to Guidance (n.d.), some examples of key guidance services include the following: orientation services, student inventory services, career information services, counselling services, group guidance services, placement services, and research and evaluation services. These are only a handful of the many different kinds of assistance services that are offered..).

### **Counseling and Guidance Is Necessary In Schools**

In today's world, people of all ages, even children as young as elementary school age, require the assistance of professionals trained in counselling and guiding; the key factors contributing to this occurrence are mentioned in the following paragraphs: (JGC, 2012).

- **The Number of Students Attending School Is Growing Despite the benefit of Education Being extensively Recognised Across the Country** The benefit of obtaining an education has been extensively recognised across the country, and as a result, there are growing more students attending school across all age groups. Even grownups who were unable to take use of the chance to go to school when they were younger are starting to take advantage of it at this point in their life. When there was an increase in the number of students attending schools, there was also an increase in the number of counselling and guidance centres that were developed inside the schools to aid students in overcoming the problems and barriers they encountered. This was done to ensure that students had the support they needed to succeed in life.
- **Altering Social Patterns** – Our society has been through enormous shifts, such as in cultural norms, the rules and regulations of institutions, the utilisation of technologies, the emergence of modernization and the impact of globalisation, as well as the appearance of violent behaviour; sometimes individuals face difficulties relating to social patterns; in such situations, it is essential to have counselling and guidance services available.
- **Changing Conditions in Labour and Industry** - As a result of the effect of globalisation and the advent of new technical breakthroughs, new courses and programmes have been growing within the school curriculum in order to provide students appropriate skills and abilities to fulfil the current requirements. This is a reaction to the fact that the circumstances on the employment market and in industry are undergoing significant shifts at the moment. Therefore, as a consequence of altering conditions in enterprises and variables in the job market, counselling and guiding service centres have been able to establish themselves within educational institutions. Students, especially those who come from economically challenged sectors of the community, definitely have a need for the services that are being offered here.
- **Obstacles Presented by Free Time** There has been a rise in the usage of technology in recent years, which has made it feasible to complete professional tasks in a shorter length of time. As a direct

consequence of this, students have a greater propensity to engage in antisocial behaviours such as underage drinking, criminal activity, and violent acts. In order to direct them in the correct direction, counselling and guidance centres need to be developed, and students should be counselled to spend their leisure time engaging in activities such as playing games, participating in club events, socialising, religious activities, or volunteering. These things may all help guide them in the proper direction.

- Differences in areas of interest, values, tastes, beliefs, objectives, ways of life, and methodologies, as well as differences in lifestyles and goals As a result of the gap between generations The age gap between the parents and their children is rather large, and as a result, there are substantial differences between the parents' and children's interests, values, likes, beliefs, and objectives. For example, when the parents were in school, there was no technology; however, the use of technology is now commonplace; these differences may lead to conflicts and disputes; consequently, counselling and guidance services are required to guide students as well as parents that they need to adjust themselves with the present scenario and help the child in every manner to accomplish his goals and objectives.

### **Special Problems of the Slow Learners**

According to Guidance (n.d.), certain issues that are faced by students who have learning impairments have been recognised, and in order to address these concerns, students who have learning disabilities need to engage in counselling and guidance sessions.

1. Because children who have trouble understanding new concepts, sometimes referred to as slow learners, appear to be typical in all other aspects, their parents and instructors have the same expectations for them as they have for other children. 2.
2. When children are unable to live up to these expectations, the adults in their lives, including their parents and teachers, are quick to reprimand them and assign them chores rather than seeking to understand the source of the problems and difficulties they face.
3. Their contemporaries make fun of them by teasing and laughing at them in an effort to mock them.
4. Because of this, they are confused and baffled, and they wonder what it is that they have done wrong. This, in turn, causes them to experience feelings of frustration and sorrow on their part.
5. When children's essential needs of being loved, acknowledged, and recognised aren't met, they might develop emotional troubles and behavioural disorders such as poor memory and a sense of insecurity, among other problems. This is because these needs aren't being met by the adults in their lives.

### **Features of Counseling and Guidance Programs**

According to research that was conducted and released in 2007 by the group Supporting Student Success, the framework of counselling and guiding courses may be broken down into the following categories:).

1. Create a structure that will aid in the process of meeting the needs of all students in terms of guidance and counselling services.

2. There should not be any form of discriminatory treatment, and there should be respect for the individual's strengths and weaknesses, as well as the social and cultural diversity that is present.
3. Assist students in creating meaningful relationships with other people and in better grasping who they are as unique persons.
4. Assisting students in the formulation, implementation, and assessment of their educational goals, as well as the investigation of personal career options; in other words, providing proper career counselling, which is a crucial service for students. Students need this type of guidance in order to make informed decisions about their educational futures.
5. Provide those who are involved in the education of children with consultation and coordinating services. This includes teachers, parents, administrators, and anybody else who is in any way connected to the education of children.
6. Ensure that guidance and counselling are offered to each and every one of the students; these services should not be inaccessible to the students themselves or to other individuals who are involved with the students in any capacity, such as their teachers or parents.
7. In addition to preventative and advising services, you have to also provide developmental assistance to your clients.

## 1. Effective Teaching and Learning, Guidance and Counseling Perspective

Teaching is something that takes place often in educational settings, and the fundamental purpose of teaching is to bring about positive change in the life of an individual. The counsellor is the one who, within the context of guiding and counselling, is the one who listens to the difficulty that the child is having, extrapolates the problem that has been presented to him or her, and then makes every attempt to aid the child in overcoming the problem through the giving of suitable advice. In addition, the therapist keeps up involvement with the kid and conducts follow-up sessions with the child to evaluate whether or not the child is putting the therapy into practise. According to Orodho (2013) and 2014, it is crucial for teachers to be effective in making use of the numerous instructional materials that are made accessible to them in order for them to gain the requisite competence in the various subject matter topics and enhance their teaching abilities. It is highly vital for a standard organisation to have a staff that is both competent and experienced in order for it to run successfully. An example of such an organisation would be a school.

Hammon (2006) found that the most essential factors in assessing a teacher's effectiveness are the teacher's knowledge of the content they teach as well as their ability to educate their students. According to the findings of Goodstein, Nolan, and Pfeiffer (2006), good educators are those who grasp and are able to execute a variety of strategies that not only aid students in obtaining better levels of academic achievement but also support learners in coping with a variety of other life skills. According to Abolade (2000), which is cited in Egbo (2013), teaching is defined as a set of acts that are intended to bring about changes in the behaviour of learners. Egbo (2013) refers to this definition of teaching.

## 2. Treatment for obsessive-compulsive disorder (OCD), which is another form of anxiety

In the 1940s, a variety of ideas were put up that attempted to explain the fear/anxiety and avoidance that are characteristic of obsessive-compulsive disorder (OCD). According to these ideas, an individual's dread of a stimulus drives the individual to avoid the stimulus in order to relieve anxiety, and the individual's behavioural avoidance leads to repeated compulsive rituals (Jacofsky, Santos, Khemlani-Patel, & Neziroglu, n.d.). These theories were written by Jacobsky, Santos, Khemlani-Patel, and Neziroglu.

Early behavioural treatments such as exposure treatment and aversion therapy were developed to treat obsessive compulsive disorder (OCD), which was first classified as a kind of anxiety disorder in the 1960s.

According to the findings of research that was carried out by counselling professionals and researchers over the course of more than 40 years, cognitive behavioural therapy (CBT) is recognised as an effective treatment for obsessive-compulsive disorder (OCD). Exposure-based therapies have the largest body of data to support its efficacy, and around 80 percent of OCD patients react favourably to some form of therapy (Frances, Docherty, & Kahn, 1997). Exposure-based therapies have been shown to reduce the severity of OCD symptoms in patients. Treatments that focus on exposing patients to their triggers also have the best success rate.

### **3. Receiving counselling may result in decreased total costs associated with medical treatment.**

There is a link between an individual's physical health and the mental well-being of that individual. When a person receives therapy for underlying mental health illnesses or counselling to aid in the control of emotions and improvement of mood, they typically experience an improvement in their physical health as well. This is because treatment for mental health disorders and counselling for emotional regulation and mood improvement are both aimed at improving the individual's overall well-being.

According to the findings of one study (Lorig et al., 1999), the provision of psychological treatment to patients suffering from chronic physical ailments in the context of small group settings resulted in a reduction in the costs associated with their medical care that was equivalent to a tenfold return on the initial investment. This highlights the significant benefits that may be gained from counselling, both in terms of one's physical health and one's financial situation.

### **4. Clients can benefit from counselling by receiving education and instruction in a variety of abilities.**

Psychoeducation refers to the process of educating individuals about various options for diagnosing and treating mental health conditions, as well as the services and resources available to them.

A significant number of individuals who seek therapy are conscious that they are enduring discomfort; nevertheless, they have no concept what is triggering it, what illnesses they specifically suffer from, or how certain strategies may be used to address the problems that they are now contending with.

The normalisation of problem behaviour, the lowering of stigma, and the increase of treatment plan compliance can all be helped along by psychoeducation. It is utilised in the treatment of a wide range of traumatic disorders and contributes significantly to the process. According to the findings of study that was carried out by Bauml, Frobose, Kraemer, Rentrop, and Pitchel-Waltz (2006), individuals who have been given a diagnosis of schizophrenia and who take part in psychoeducation courses have lower rates of rehospitalization and spend fewer days in the hospital overall.

## CONCLUSION

Students attend schools with the intention of developing a wide range of personal and professional abilities, and schools are widely acknowledged as being locations or institutions in which students can acquire these talents. A school guidance programme encompasses all of the activities that are carried out to provide assistance to students in their academic, vocational, and personal development and adjustment. This assistance can be given to students in a variety of settings. In addition to the methods that are utilised for the curriculum and the teaching of its subjects, these activities are also carried out. In this day and age of rapid globalization and urbanization, which has led to the collapse of the traditional joint family and all of the support networks it offered, this sort of empowerment is tremendously vital. This is because the traditional joint family was a structure that gave a lot of support. The purpose of this study is to assess the level of test anxiety that is experienced by adolescents. The outcomes of the study indicate that the elements of a person's sex, religion, living location, and family income all have a substantial influence on the amount of test anxiety that they experience. On the other hand, the work status of their moms and their social class do not. Exam anxiety is a relatively common sensation that can emerge as feelings of stress or discomfort before, during, or after a test. This can be the case at any point in the exam process. These emotions could surface at any stage during the process of taking the exam. A lot of people experience test anxiety, but some of those people discover that it really works to their advantage in certain circumstances.

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