

GUIDANCE AND COUNSELING: TOOLS IN EFFECTIVE PEDAGOGY IN SCHOOLS

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Abstract

Educational services facilitate the implementation of educational policy, such as the achievement of policy goals and the promotion of the educational system's effectiveness (FRN, 2004). Guidance and counselling services are essential educational support services without which the goals of education cannot be fully realized; they complement pedagogy. Guidance and Counselling are required for everyone, not just children, to discover and develop their full potential. This study tried to explore the function of guidance and counselling in effective teaching and learning in schools as a cure for children's future success. Guidance is responsible for building and maintaining a beneficial relationship between students and the school.

Keywords: Guidance & Counselling, Teaching, Learning, Schools, Child

Introduction

Schools have the huge responsibility of bringing the best out of the child, because it is known that peer group can have negative effects on students' behavior and academic performance. They can engage in risky behaviors and pay little attention to school work, they can also be negative stereotypes and biases, leading to discrimination and exclusion of certain individuals and groups. Peers have been known to limit individuality and creativity, as students may feel pressured to conform to group norms and not express their unique perspectives or ideas. Perhaps, that is why Guidance and counseling is essential for everyone, not only children, in order to discover and develop their full potential.

Schools have always played critical roles in the development of children's full potentials, while Counseling helps them to learn how to deal with emotional conflict and personal problems, as well as how to identify and meet their educational, occupational, and psychological needs. Counseling must begin at a young age in order to help the youth overcome bad ideas instilled in them by classmates in school and college. A child's overall development can only happen in an environment that fosters successful teaching and learning. Educational planners give close attention to all educational services that can improve teaching and learning in schools to achieve the educational goals. Guidance and counselling will improve teaching, teacher competence and lower expenses for students.

Guidance and counselling are vital and general processes that prepare and modify a person's attitude and perception in preparation them for any situation that necessitates a didactic and moralizing power. Therefore, Guidance and counselling curriculum must be included in each educational program as they are the most important tools for directing individuals is education; which is light that brightens the path and pave way for civilization and development. This positive path is only possible with proper guidance and counselling programme. Guidance programmes at various school levels assist students in determining their objectives and target areas, so as to achieve their assumed positive position in life for future endeavors, and in becoming self-realistic and self-reliant. A counsellor is needed at the school to help the youngster shape their destiny through counselling therapy. Students look up to the school counsellor as a role model and hold him or her in high regard. Counselors are trained to be friends with students and expected to listen to their complaints and failings and offer guidance so as to shape them in the right direction in their life pursuit.

The aim of offering Guidance and counselling services in schools specifically meant to guide help and instill discipline in students, establish, evaluate, and improve educational program as well as improve instruction, teacher competence and save expenses; Heled and Davidovitch, (2020) and also Popov and Spasenovic (2020) have agreed that the main and most important aspect of school counselling is to basically support students in their psychological, academic and social development. Even to the well-adjusted youngster transition from childhood to adulthood is tough. Therefore, aside from the influence of the family, the school and the school environment also have a significant impact on the life of a child. There also are other influences that can help the child to cope with the changes and turmoil that puberty brings. Thus, developing a sense of responsibility and making clear and significant personal decision are very vital during this stressful period. For the adolescent therefore, attachment to the school and parents may be a significant supportive and protective factor for their mental and physical health. It becomes incumbent therefore, on the school and families to render support for young people as they develop into self-sufficient and well-adjusted adults. Umberson and Montez (2010)

Counselling and guidance have been confirmed to be a basis for comprehensive life lessons. It is used as a therapy for individuals with specific personal problems, or a foundation for a more general treatment, (Stokes, 1986) cited in Rayees and Najmha (2021) observed that "life skills training program" for students who, while not suffering from any specific problem are required, so as to assist them in building up resources to cope effectively with their future lives.

This study therefore, attempts review the role of guidance and counselling in effective teaching and learning in schools as a panacea for the future success of children. The global trend today, in (Lai-Yeung, 2014)'s view, seems to have moved from a study in a remedial approach to a preventive, developmental approach in providing guidance and counselling, as such, guidance and counselling are a very necessary therapy for school children. Oviogbodu (2015), cite in Pravat K.D. (2020) also noted that counselling can be defined as a number of procedures in assisting an individual to solve his problems because it is more involved emotionally in the affective realm of personalized learning, that is, emotions and feelings, values, attitudes. Counselling is an interaction or relationship between two or few individuals, the client counsellor relationship on trust (Adebowale, 2012; cited in Oviogbodu, 2015).

Educational Services facilitate the implementation of educational policy, like attainment of policy goals and the promotion of effectiveness of the educational system (FRN, 2004), Guidance and Counselling service is an essential educational support service without which the aims of Education cannot fully be realized, it complements the pedagogic processes. Guidance programme, provides students with information, skill and necessary services in the early school years, has been found to be effective in preventing problems from occurring later in school years (Bergin, Miller, Bergin & Koch 1990).

Counselling is a service under the guidance programmes, therefore to facilitate learning, the instructor needs to consciously adopt instructional strategies that will allow for guidance of the learners because Counseling is a process of helping people by assisting them in making life changing decisions behaviour (Agi, 2013), Guidance involves personal help given by someone; it is designed to assist a person to decide where he wants to go, what he wants to do or how he can best accomplish his purpose, it assists him to solve problems that arise in his life therefore, it is important in education as it complements the aim of education in achieve the fullest possible realization of potentials inherent in an individual. Education nurtures all aspects of an individual personality. Guidance is an integral part of education and helps in achieving the goals of education; it is quite essential for the development of individual which is the main objective of education and should be regarded as an integral part of education and not as a special, psychological or social service which is peripheral to educational purposes. It is meant for all students not just for those who deviate from the norm in one direction or the other.

The school, besides the family, is a major influence in children's personal-social development. As students' progress through primary and secondary stages of schooling, they need an environment that is secure, warm and caring. In order to foster personal-social competence teachers need to develop an understanding of their students and ensure that all students are treated fairly, are valued, and are exposed to a wide range of personal and social learning experiences. In its attempt to meet the needs of all students, guidance and counselling makes education a meaningful and satisfying experience. Learning and understanding about self is as important as learning about various school subjects.

The aims of guidance and counseling service in schools is to assist the student in fulfilling his / her basic physiological needs, understanding themselves and developing associations with peers, balancing between permissiveness and controls in the school setting, realizing successful achievement, and providing opportunities to gain independence (Heyden, 2011). The purpose of guidance and counselling therefore provides emphasis and strength to educational programs. Some specific aims of the school guidance and counselling program include the following (Gibson, 2009 cited in Lunenburg, 2010):

Guidance and Counseling Enhance Students' Capabilities:

The school offers a wide choice of courses and co-curricular activities to students. Thus, a significant function of education is to help students identify and develop their potentialities. The counselor's role is to assist students in distributing their energies into the many learning opportunities available to them. Every student needs help in planning his major course of study and pattern of co-curricular activities. The need for guidance is universal. It is old as man himself. This is based on the fact that every human being needs help in one way or another way. There is hardly any individual who does not need help. Every individual need assistance at some time in his life. While some may need help constantly and throughout their entire life, others may need it only at rare intervals.

Due to the rapid advancement in technology, there has grown a greater need for guidance services now than ever before; people have become highly inspirational with the emergence of new world order, social change, globalization, liberalization, the need for outstanding leadership, a shift in standards of morality and integrity. Even those students who have chosen an appropriate educational program for themselves may have problems that require help. A teacher may need to spend from one-fifth to one-third of his time with a few pupils who require a great deal of help, which deprives the rest of the class of the teacher's full attention to their needs.

The counsellor, by helping these youngsters to resolve their difficulties, frees the classroom teacher to use his time more efficiently. Nigerian schools like other schools in other parts of the world exist in communities which rely on the school as an agent a change. Our nation Nigeria is faced with many problems arising from different sectors of our national life. Such problems include corruption, bad leadership, greed, insecurity, moral decadence, unemployment, armed robbers, drug trafficking and so on. All these problems can cripple any developing nation. A growing child in such an environment needs some sort of guidance and counselling in order to be free from the societal ills. This becomes very necessary because many parents in Nigeria today do not have time to discuss with their children. This, often leaves many children without parental care, thus, they now look forward to the school to provide the much-needed love, care and guidance which the guidance and counselling services are all about.

Guidance and Counseling contribute to School Curriculum Development:

Counselors who work with individual students are familiar with their personal problems, aspirations, talents, and abilities, as well as the social pressures they face; as a result, they can provide data to serve as a foundation for curriculum development and assist curriculum developers in shaping courses of study that more accurately reflect students' needs. Too often, counsellors are excluded from curriculum development initiatives. Both the teacher and students derive several benefits from a well-developed curriculum as it enables teachers to plan and assess individual students on specific areas.

Guidance offers teachers technical assistance:

Pre-service teacher training schools often offer little practice with the more technical components of guidance work. As a result, most schools require support with crucial guiding and counselling duties. Teaching, according to La'ah (2015) is the act of demonstrating, guiding, pointing out directing, and counselling a learner in order for the learner to attain behavioral changes both morally and academically. The guidance counsellor is specifically qualified to assist teachers in selecting, administering, and interpreting tests; selecting and using cumulative, anecdotal, and other types of records; aiding and suggestions regarding counselling techniques that teachers can use in counseling their students; and providing leadership in developing and conducting professional development for teachers in guidance functions. They Contribute to the Mutual Adjustment of Students and the School:

Guidance is responsible for building and maintaining a beneficial relationship between students and the school. Teachers and counsellors must be aware of their students' needs. Students contributing at school. They are responsible for contributing to the school. Students make significant contributions by making effective use of school resources and working toward goals. This mutual adjustment of students and school is assisted by making suggestions for program improvements, performing educational research,

assisting students' adjustment through counseling, and encouraging good school-home attitudes.

Functions of Guidance and Counselling in Schools

The roles of guidance and counselling courses are to maximize development and transform the individual into someone with self-realization and potential that benefits other people and society as a whole. According to Mutie and Ndambuki (2000), counseling is intended to help students develop their intellectual ability, create a balanced personality, and become a whole person intellectually, spiritually, ethically, and socially. Guidance and counseling programs, thus, strive to assist students in harmonizing their strengths, interests, and values, thereby empowering them to realize their maximum potential, since this will enable them to have self-knowledge, which helps one construct realistic life goals and objectives.

In schools, there is need for students to make proper subject and career choices after the four-year course in the Universities, six education programs in both Primary and Secondary as it relates to Nigeria education system. Borrow (1983) observes that it is the role of guidance and counselling programme to provide the students with the necessary information about the courses availability and the qualifications required for each course. Such information will assist students develop realistic self-concept according to their academic capabilities. Adolescents make up the vast majority of secondary school students. According to Robert and Elizabeth (1983), during this period, adolescents feel estrangement, a syndrome characterized by distrust, anxiety, pessimism, egocentrism, meaninglessness, normlessness, and helplessness. They conclude that coaching and counseling are required during the adolescent stage to help them comprehend their developmental stage and adjust to school life. Guidance and counselling programs also assist students in selecting and pursuing viable vocations. According to Borrow (1983), the world is extremely complicated and dynamic, making career decisions challenging. He believes that the passage of time makes people change, and technology advances, all of which necessitate everyone to adapt to new ways of living and working. Students require guidance and counseling services to inform them about various jobs. The programme also plays the role of intercepting and assisting disadvantaged students and also checks on school drop-out.

Makinde (1984) cited in in Pravat (2020) observes that one of the roles for school counsellor is to help students who are experiencing difficulties. Students from disadvantaged families of the society have many problems and needs which, are to be dealt with in guidance and counselling programme. Lindsay (1983) argues that such students may experience difficulty in adjustment with peers, teachers and the environment thus guidance programme helps such students to adjust and utilize the guidance facilities available fully. Majority of the disadvantaged students later acquire low qualifications for the world of work. This poor achievement may even marginalize them more if guidance programme does not intervene; some may even drop out of school, thus the guidance programme is well suited for assisting the students (Ndirangu, 2007).

Conclusion

Guidance and counselling are tailored toward preventing the child from indulging in negative vices and helping him to choose and make right decisions in order to be successful in the quest of future ambition. It is necessary that Counselor tries to build

confidence in the child, so that the child can trust him/her to be able to give him/her the rightful information needed in helping the client (students). This is so, because, clients that trust counselors normally open up with vital information to their counsellors which may enable the client to introduce any other person with counselling need to the counsellor. Guidance and counselling services in schools are meant to help students establish, evaluate, and improve educational programmes, as well as improve instruction, improve teacher competence, and save expenses. Counselling and guidance serve as a solid foundation thorough life education. The goal of attaching counselling services in school is to guide the youngster against engaging in undesired vices and to aid him in making the best life choices for him to be successful in pursuing future goals.

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