

IMPACT OF CAREER GUIDANCE AND COUNSELLING ON STUDENT'S MENTAL HEALTH AND WELLBEING: HOLISTIC APPROACH

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ABSTRACT

This study looks at how career help supports students. It checks if guidance gives useful info and resources. Career help may ease stress about job choices. It can help students see failures as chances to learn. The study also looks at how career advice affects student mental health. Good career services are key in schools. A goal is to see how career help builds strength in students. Strength helps them recover from problems. Career advice can help students see failures as chances to grow. This mindset helps students adapt and cope well. These skills are important for their well-being and future success. The aim of education extends beyond the mere transmission of knowledge; it encompasses the comprehensive development of the individual. To thrive in life, students must possess more than just academic proficiency; they also need to cultivate social, emotional, and behavioral competencies. The provision of guidance and counseling services within educational institutions is essential in facilitating a well-rounded education that equips students to navigate life's challenges effectively.

KEYWORDS: Career Guidance, Counseling, Mental Health, Schools, Education.

INTRODUCTION

Adolescence represents a significant phase in an individual's life span, characterized by substantial opportunities for transformative experiences. This period is essential for the holistic development of young people, who are considered the foundation of the nation, particularly in the context of contemporary challenges they face. Adolescence is situated between childhood and adulthood, marking a time when individuals are neither very young nor fully mature. While definitions may vary, the United Nations identifies adolescence as occurring during the second decade of life, specifically from ages 10 to 19 (UNICEF, 2011). Mental health issues and psychosocial challenges often emerge during this developmental stage; without appropriate intervention, these issues can persist into adulthood (WHO, 2007). Mental health is increasingly acknowledged as vital to overall well-being (e.g., WHO, 2014) and encompasses aspects such as subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational dependence, and the realization of one's intellectual and emotional potential, among other factors (WHO, 2001). Education is vital for people to live fulfilling lives. It helps us adapt to change and handle challenges. It also allows us to deal with personal and social struggles. We always need more and better education. Ignorance and a limited view can cause problems. These issues highlight the need for guidance and counseling in schools. Education shapes individuals and society. It impacts politics and the economy. (Pavel & Isak, 2022) Life is more complex now. Industries and technology keep growing. Future generations may struggle to adjust. They must adapt to society, work, and school. Poor adjustment can hurt young people. It can

expose them to dangers and personal problems. These issues can harm developing countries. Children are especially at risk. They need guidance and support to thrive. A lack of counselors may contribute to crime.

GUIDANCE

Guidance refers to the support provided by one individual to another in the process of making decisions, adapting to changes, and resolving issues. The primary objective of guidance is to assist the individual in enhancing their independence and taking responsibility for their own life. This service is not limited to educational institutions or familial settings; rather, it is a universal phenomenon that exists in various aspects of life, including domestic environments, workplaces, governmental bodies, social interactions, healthcare facilities, and correctional institutions. Essentially, guidance is available wherever individuals require assistance and where there are capable individuals willing to offer help (Jones, 1970).

As noted by Crow and Crow (1960), guidance should not be confused with direction. It does not involve imposing one's perspective on another person, nor does it entail making decisions on behalf of someone else. Instead, guidance is about providing support from qualified and trained individuals to help people of all ages navigate their own life choices, cultivate their own viewpoints, make independent decisions, and manage their personal responsibilities.

COUNSELING

Counseling can be defined as a process focused on learning, as articulated by Gustad, J. W. (1953). He describes it as a one-on-one interaction within a social context, where a professionally skilled counselor utilizes relevant psychological expertise to support the client. The aim is to help the client understand and implement strategies that align with their clearly defined and realistic goals, ultimately fostering greater happiness and productivity in their societal role. Similarly, Patterson (1954) characterizes counseling as an interpersonal relationship between a therapist and one or more clients. In this dynamic, the therapist applies psychological techniques grounded in a systematic understanding of human personality to enhance the mental well-being of the clients.

CONCEPTUAL AND THEORETICAL FRAMEWORK

Guidance and counseling help people grow. Anagboga (1988) said it removes personal growth obstacles. These can be educational, job-related, social, or personal. People then use their skills to the fullest. Guidance helps children set goals and adjust well. Counseling eases stress and promotes growth.

Career choice is a key part of guidance. Kolo (1992) noted its early focus on careers. Garba (1994) saw guidance as a service for people with similar needs. It helps them adjust to new places or situations. People learn to set goals and improve their lives. Counseling helps them understand their feelings, fears, and hopes.

Shartzter and Stone (2002) said guidance means to direct. Bakare (1996) called it a more direct form of help. Idowu (1998) saw it as support within schools and communities. Akinade (1992) said guidance covers many services. These include testing, placement, and counseling. Today, these services extend beyond schools. Counseling helps people understand themselves.

Bucker and Stefler (2001) viewed counseling as a professional relationship. Olayinka (2005) said its face-to-face help. Makinde (2000) explained it as encouraging growth. Counseling helps people understand their lives. It allows them to reach goals through informed choices. It also resolves emotional problems. People can grow and reach their full potential. There are two main types: individual and group counseling.

MEANING AND CONCEPT OF EDUCATIONAL COUNSELING

According to Kumari & Malik (2022), educational counseling started around 1900. But, its basis goes back to ancient Greece and Rome. Guidance is the key to managing people in every society. Even basic societies needed

ways to guide behavior. This helped the group as a whole. Back then, counselors stopped bad behavior. They linked interests to school subjects. They also helped students build character.

Counselors' jobs have changed over time. Teachers used to give students career help. They did this for a few minutes each day. Now, counseling involves talking. A student shares feelings with a counselor. The counselor helps them deal with problems (Karan, 2023). Counseling looks at personal issues. It deals with things causing emotional pain. It helps students feel better. Counselors listen with care and talk in private. This takes time, not just one session (Surbhi, 2017).

Educational counseling does more than give advice. It helps students see the source of problems. It shows them ways to solve those (Karan, 2023). Counselors change how students think. This helps them make good choices. It also makes them hopeful. Counseling mainly helps students with their mental health.

To be a counselor, you need training in psychology. You also need to care about others (Suhag et al., 2017). Counselors work with students who need mental help. They aim to improve their lives. Counseling covers many topics. This includes research for better support. It gives students good mental guidance (Adu, 2022).

GUIDANCE AND COUNSELING IN EDUCATION

Good education is key to a bright future. Teachers are vital. They help students learn. But teachers face hurdles. They must meet each student's unique needs. This means teachers need skills in guidance and counseling. Guidance gives students info and support. It helps them make good choices. Counseling aids them with personal issues. It offers advice for problems. Schools use both to help students. They overcome problems that block learning. Guidance and counseling build self-awareness. They also boost self-confidence. These traits help students take control. Students gain confidence to learn. Without these, students may struggle or act out. Counseling helps students feel good about them. It gives them drive to reach goals. Counseling helps students grow in all ways. This includes social, emotional, and physical health. It helps them build good relationships. Students learn to handle stress. They gain emotional strength to deal with problems. This helps them do better in school. Guidance and counseling address learning issues too. Students get help with tough subjects. They improve study habits and get motivated. Counselors find the source of problems. They offer support to solve them. This may include tutoring or special attention. Guidance and counseling improve the school. A good school helps students learn. Counseling creates a sense of belonging. This boosts good behavior and grades. It also makes students want to come to school.

OBJECTIVES OF EDUCATIONAL GUIDANCE AND COUNSELING

Guidance and counseling share goals with education. They help students connect with friends. Counseling helps students meet basic needs. It promotes self-understanding and accepting others. Students gain independence through guidance. Educational settings balance freedom and rules. These are key aims of guidance in schools.

Contribute to Students' and the School's Mutual Adjustment

Guidance helps students connect with their school. Teachers and counselors need to know what students need. Students should also help the school. They can give back in many ways. Students can use school resources well. They can work to meet goals. Counseling helps students adjust. Good school-home relationships are key. Research can improve programs. This helps students and the school work well together.

Contribute to the Curriculum Development of the School

Counselors know students well. They understand their goals and struggles. Counselors see the pressures students face. They also recognize student talents. Counselors help design class choices. They share student needs with curriculum planners. This data helps improve what is taught. Yet, counselors are often left out. They should be more involved in creating curriculum.

Timely Attention to Low-Complexity Psychological Problems

This is the first step in health care. It gives you basic self-control skills. You learn ways to talk to people better. We teach you how to handle stress. You also learn to solve problems and handle tough times. We spot behaviors that could cause issues later. We then give you the right help early.

To Provide Technical Assistance to Teachers

Teacher training programs often skip the details of guidance work. Schools need help with important guidance and counseling tasks. Guidance counselors can support teachers in many ways. They can help choose, give, and understand tests. Counselors can suggest useful counseling methods. They can assist with records and lead teacher training. This support improves guidance in schools.

To Provide for the Development of Student Potential

The school offers many courses and activities for all students. Education helps students find and grow their talents. Counselors guide students in choosing classes and activities. Each student needs help to plan their main studies. They also need help selecting activities outside of class.

To Assist Students with Developing Issues

Even students in good programs can struggle. Some kids need extra help from teachers. This can take up a lot of the teacher's time. Other students may not get enough attention. Counselors can help these struggling kids. This gives teachers more time for the whole class.

Counseling helps schools grow

Counselors help design the lessons. They think about what students are good at and bad at. They plan activities to help students grow. Counselors assist students with problems. They help with mental health. They also give teachers advice. This makes learning easier and better for everyone. It can boost the school's standards. Familiar and practical to students and teachers, which intends to improve the education standard.

EFFECTIVE TEACHING AND LEARNING PRACTICES FROM GUIDANCE AND COUNSELING PERSPECTIVE

Teaching is key to education. It aims to improve lives. Counselors help kids with problems. They listen, find issues, and give advice. Support helps kids overcome challenges. Good teachers use resources. These resources build their knowledge. They also improve their teaching skills. Keeping good teachers is important. Hammon (2006) found key traits. Subject knowledge and teaching skills matter. Great teachers boost grades. They also teach life skills. They use methods for full learning. They help students face problems (Goodstein, Nolan, & Pfeiffer, 2006). Abolade (2000), in Egbo (2013), said teaching changes behavior. Popham (2010) said teaching means explaining and guiding. Teachers help students change. Okoye (2010) said teaching helps people learn. It changes skills, attitudes, and knowledge. Teaching works when students meet goals. Nnabuike (2012) thinks teachers also learn. Learning never stops.

ADVANTAGES OF THE SCHOOL GUIDANCE AND COUNSELING PROGRAM FOR STUDENTS –

There are several advantages of counseling for students within educational institutions:

- Emotional Support - Counseling programs in schools offer essential emotional support to students facing various challenges, including anxiety, depression, or stress. Counselors assist students in understanding and managing their emotions while developing effective coping mechanisms for difficult situations.
- Academic Achievement - School counselors play a crucial role in enhancing students' academic performance by identifying specific areas where additional assistance is required and providing relevant resources. This support may encompass tutoring, study techniques, time management, and organizational skills.
- Career Guidance - Counselors in schools aid students in exploring their interests and strengths, offering advice on career options and educational paths that align with their aspirations. They also provide information regarding

vocational training programs, internships, and other opportunities that can equip students with valuable Experience.

- **Social Skills Development** - School counseling initiatives contribute to the enhancement of students' social skills and the improvement of their relationships with peers and adults. Counselors offer guidance on effective communication, conflict resolution, and teamwork, thereby helping students cultivate positive and healthy relationships.

SOCIAL AND EMOTIONAL WELL-BEING IMPORTANCE OF HEALTH COUNSELING

The significance of social and emotional well-being in health counseling is underscored by guidance from NICE (2009), developed in collaboration with educational authorities, regarding the welfare of children in primary education. Counseling is identified as one of several interventions that should be integrated into a 'stepped-care' model. These interventions ought to be incorporated into a comprehensive 'whole school' strategy that promotes positive behavior and fosters an educational environment conducive to the enhancement of social and emotional skills.

Mental Health Counseling encompasses a cooperative engagement between an individual and a qualified Mental Health professional. This alliance aids in the examination and resolution of personal, social, or psychological challenges, while also fostering personal development and overall well-being.

FACTORS INFLUENCING THE EFFECTIVENESS AND OUTCOMES OF CAREER COUNSELLING

Various factors play a crucial role in moderating the relationship between career counseling and psychological well-being. These elements can significantly influence the effectiveness and outcomes of career counseling interventions. The following are some prevalent factors:

1. **Quality and Type of Career Counseling:** The effectiveness of career counseling is greatly influenced by its quality and type. Aspects such as the counselor's expertise and training, the application of evidence-based practices, the availability of resources and tools, as well as the duration and intensity of counseling sessions, can all affect the relationship between career counseling and psychological well-being.
2. **Student Engagement and Readiness:** The level of student engagement and their readiness to actively participate in the career counseling process can impact the outcomes. Students, who are motivated, open to feedback, and actively involved in self-assessment, exploration, and goal-setting are likely to experience enhanced psychological well-being as a result of career counseling.
3. **Individual Characteristics:** The personal attributes of students, including their personality traits, self-efficacy, and resilience, can influence the relationship between career counseling and psychological well-being. For instance, students with higher self-efficacy may derive greater benefits from career counseling interventions, as they possess a stronger belief in their capacity to make sound career decisions.
4. **Social Support:** The existence of social support systems, such as encouraging family members, friends, or mentors, can mediate the relationship between career counseling and psychological well-being. When students are surrounded by a supportive network that affirms and encourages their career aspirations, it enhances their overall well-being and amplifies the positive effects of career counseling.
5. **Contextual Factors:** Contextual elements, including the school environment, educational resources, and cultural norms, can either mediate or moderate the relationship between career counseling and psychological well-being.

EDUCATIONAL IMPLICATIONS

1. It is essential for educational institutions to prioritize guidance and counseling in order to enhance the well-being of students.
2. While guidance can be provided by individuals in positions of authority, counseling should be exclusively conducted by professionals who are specifically trained in this field.

3. When developing curricula for students, educational stakeholders must collaborate with counselors to ensure comprehensive support.
4. Teacher counselors in different schools must be aware of the distinctions between guidance and counseling to effectively determine the appropriate contexts, timing, methods, and individuals involved in these practices.

CONCLUSION

In summary, guidance and counseling are vital in assisting students to make well-informed choices regarding their lives and future aspirations. The significance of a counselor in fostering a student's self-confidence cannot be underestimated, as it cultivates a supportive relationship that encourages trust and the exchange of essential information. Moreover, counseling is not solely important for children and students within educational settings; it is equally beneficial for adults who may encounter challenging circumstances in their personal or professional lives. It is crucial to recognize that the act of seeking guidance and counseling reflects strength rather than weakness. With appropriate support, individuals can surmount obstacles and realize their ambitions. Additionally, guidance and counseling are instrumental in enhancing the mental and emotional health of children and students in schools. Counselors assist students in recognizing and managing their emotions, coping with stress and anxiety, and fostering healthy relationships with peers, educators, and family members. By offering a secure and non-judgmental environment for students to articulate their thoughts and feelings, counselors empower them to tackle life's challenges and cultivate the resilience and coping mechanisms essential for a successful and rewarding future. Ultimately, guidance and counseling serve as invaluable resources in fostering the comprehensive development of students, both within the school and family contexts, equipping them to become confident, responsible, and well-adjusted members of society.

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