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REVIEW ARTICLE

ROLE OF GUIDANCE AND COUNSELING IN THE PERSONALITY DEVELOPMENT OF SECONDARY SCHOOL STUDENTS

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Role of Guidance and Counseling in the Personality Development of Secondary School Students

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We are social beings and, so in some way or other we need help and guidance of others. Mother, father, grandparents, and teachers and other elders as well as home, school and society guide youngsters for successful living. The student's life is getting complex day by day. Students in the twenty-first century have facing many complex and difficult situations i.e. to make wise curricular and other curricular choices, to acquire basic study skills for optimum achievement, adjustment with peers etc. Due to explosion of knowledge, industrialization and changes in socio-economic set up the need of professional guidance is felt in the present day society. In the present time the aim of education is to achieve the fullest possible realization of possibilities inherent in the individual. The education fosters all aspects of an individual's personality.

Some of the most referred definitions of the personality are as under:- By L. Kolb, "Each individual's characteristically recurring patterns of behavior are known as personality."

In the word of Munn, "Personality may be defined as the most characteristic integration of an individual's structure, modes of behavior, interest, attitude, capacities, abilities and aptitudes."

According to the Allport, "Personality is the dynamic organization within the individual of those psychological systems that determine his unique adjustment to his environment."

Thus, Psychologically, Personality is the integrated and dynamic organization of the physical, mental, moral, and social qualities of the individuals that manifests itself upon others in social life.

Guidance is an integral part of education and helps in achieving the requisite goals of education for the personality development of individual which is the most important objective of education. The Education

Commission (EC-1964-66) observes Guidance 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 terms guidance and counseling have been loosely or interchangeably used. Guidance is a term which is broad than counseling and it includes counseling as one of its services. In its beginning guidance was concentrated on problems relating to vocations. It was largely concerned with getting jobs for young people. Now guidance has gone for beyond this. It is now concerned with the entire individual in all aspects. Guidance is a concept as well as a process. As a concept guidance is concerned with the optimal development of the individual. As a process guidance helps the individual in self-understanding (understanding one's strengths, limitations, and other resources) and In self-direction (ability to solve problems, make choices and decision on one's own).

At the secondary stage, the students have more intricate personal problems. During the secondary stage adolescent students due to peculiar physical, emotional and social developments undergo noticeable changes in their attitude and behavior. At the secondary stage educational guidance should help the pupils to understand themselves better, to understand different aspects of the school, to select appropriate courses and to get information about different educational opportunities, to develop good study habits. The students should be helped to be acquainted with the vocational implications of various school subjects.

Personality is a whole rather than a sum of parts. We cannot identify the personality of a person of his physique or on his intellectual level or on about his character. However the conduct, behavior, activities, movements and everything else concerning the

individual are known as personality. That means personality of a person depends on many of the aspects which is related to the his/her life like, Nature, Behaviour, heredity, Socio –economic environment, Education, Living status, Hygiene and many more factors are there which may affect the students of secondary school students.

NEED OF STUDY

At the secondary stage, the students have more intricate personal problems. During the secondary stage adolescent students due to peculiar physical, emotional and social developments undergo noticeable changes in their attitude and behavior. At the secondary stage educational guidance should help them to understand themselves better, to understand different aspects of the school, to select appropriate courses, to get information about different educational courses and to develop good study habits with other attractive behavior. Now these days the moral values of the young ones are very poor. They themselves think like a full matured person. As, they undergo with the natural hormonal changes in their body. In this age they are suffered with swing in nature, tremendous physical change and many other sociological changes. Therefore, the personality of the individual is affected more. Everyone can easily recognize the changes in the personality. As the teen agers are very conscious about their looks and appearance, their personality changes dramatically. The environment of the school, where the student takes studies plays a very important role in the life of the student. The personality of the student is completely affected by the teachers, friends Circle and other related things. As we all know that home is a place where we learn first. That means home is our first school and mother is our first Guru. After the home school is a place where we learn from our Guru's. The secondary school students are in adolescent, so the impact of the teacher's on their life is very clear. The way they think, they speak, they work each and every thing effect on the personality of the students.

Education plays a very important role in the socioeconomic development of a society. It enables individuals to make informed decisions, improves their choices and develops their potentials to play productive roles in society. However, there has been phenomenal improvement in both children's access to and quality of education over the last few decades. The personality of students are also groomed by the teachers. The teacher who are the role model for the students left their impact on them. Students can guide by teacher to develop their personality.

There are too many factors which can affect the personality of the secondary school students, as we discussed above. Some of the factors are biological, some are sociological and some other is environmental. All the factors affects equally on the development of the personality. We can change in our personality to some extend by the help of grooming

ourselves. But some of the factors of our life cannot be changed even little bit. One may controlled their bad habits and may develop good habits. Many of the examples are there in front of us. There are many classes organized for the development of the personality. In this classes people are guided to follow abdicates and attitudes. We many time saw that the person who is not well behaved is after guiding and Counseling by someone changed to some extent.

Counseling may help to change someone, it may also help to improve or develop them. This is the main reason to develop such type of the school for the different purposes. There are courses for the personality development for interview, meeting, profession, and for attaining all important activities. Trained persons are appointed for giving Counselling to the needed people. The personality of the counseled person is completely groomed and improved. After Counseling the students benefited much more in their life to achieve their goal.

CONCLUSION

Guidance and Counseling helps in optimum development of individual, solving different problem of the individual, Academic growth and development, Vocational maturity, Vocational choices and Vocational adjustments, Social personal adjustment, happy family life, for conservation and proper utilization of human resources, and national development. Guidance is helpful not only for student and teacher in an educational institution but also to the parents, administrators, planners and community members. At the elementary stage guidance programme must help the children to make good beginning, to plan intelligently, to get the best out of their education and prepare them for secondary schools. Educational guidance need to be used in diagnosing difficulties, as also in identifying the special needs of children. Educational guidance at the tertiary stages must be student oriented in respect of purpose and scope of higher studies and effective to stimulate their studies. The students of secondary school are in fix for their carrier choice and also about for day by day problems. They face many biological, personal and also physical problems. During this stage of their age, they are feeling unsecured in every moment of life. In, such stage of dilemma the role of Guidance and Counselling is very much required for the betterment of the student's life. To help in achieving the goal of each student it is required to have a Counselling Unit in each school, college and university must due provision of guidance services.

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