

Need of Guidance for Resolving Psychological Problems of Secondary School Students; A Study in Pakistan

DR. Rabia A. Karim

Associate professor Jinnah University for Women

DR. Muhammad Usman

Associate Prof. Baqai Medical University

Abstract

Guidance is a process which provides help to a person at every walk of his life. It is not a new concept; it is as old as man himself. Guidance is not the solution itself but a help to overcome and solve an individual's problem. Although guidance is necessary at every stage and in any sphere of human life but its need crucially increases at secondary school level due to the sensitive age of students at this level that is extremely precious from educational point of view. Research includes an exclusive work on the need guidance at secondary school level. The result good progress, personality development, adjustment and goal achievement of students. This study is descriptive in nature consisting on data of 300 teachers and students of government school in Pakistan each. Findings have supported the need of guidance in schools.

INTRODUCTION

Guidance is the assistance which creates the power of self direction in an individual to achieve his goals in the world of JONES (1970), "guidance is the help given by one person to another in making choice, adjustment and in solving problems, guidance aims of aiding the recipient to grow in his independent and ability to be responsible for himself".

Guidance is the necessary element at every phase of human life but its need specially increases at the age of late childhood and adolescent, due to the crucial physical changes. The problem to be considered is related to the need of guidance program for resolving the psychological issues of secondary school students. In our country this level ranges from 6th to 10th standard of education. The pupils enter at the secondary school stage when they become 10+ year of age.

REVIEW OF RELATED LITERATURE

Psychological disturbances are the common issue for teen agers, especially in the students of secondary level. Generally such complexities rise in the form of anxiety, self emotional disturbances, aggressive or affectionate behavior or sexual anxiety. Seundra Ciccarelli & Myers (2007) is also indicating that fact in these words "psychological disorders is any pattern of behavior that causes them to harm themselves, or other, or harms their ability to function in daily life". This psychological disorder may also be further elaborated in the words of Micheal W. passer (2007) "Behavior that is personally dysfunctional and so culturally devial that other people judge it to be inappropriate".

Thus psychological disturbance not only destroy the personality of child but also leave them maladjusted. School is the place where students meet different individuals in the form of mates, teachers, and non teaching staff. Here if student is suffering from one of any above mentioned disorder, then they can't get attention of teachers and no acceptance by students.

Such students create problems in classrooms, playground, libraries or anywhere else with their teachers, classmates and other. They show emotional instability and become aggressive and hyper attitude on minor issues. They prove themselves more stubborn, self conscious and easiest pray of inferiority/superiority complexes.

S. S. Chauhan (2007) presented his views about psychological problems of students. "As soon as child enters the adolescence, his social role and responsibility change. The change over to the new pattern of habits creates emotional tension in adolescents. Parents in most cases are responsible for heightened emotionally in adolescents. They still treat them as children which creates rebelliousness in adolescents". Students are not permanently facing this situation but for temporary time period. They show this disturbed behavior, this spam of time would be minimized through the application of instant guidance service.

Lyn overall Margaret Sangster (2005), started about psychological problems in young "The physical development of puberty and shape, alternative in physical experience and the rate at which these happen cause anxiety. Secondary teachers need to be able to recognize and help school students to deal with their genuine worries about the changes they are going through".

Guidance provided by teachers and counselors about their psychological disorders can save students from spoiling and delinquency. Similarly their urges related to specific age also are the cause of such unusual or psychic behavior. They want more attention by teachers as well as individual identification as adult and desire of prominence among their mates are also the causes of such irregular behavior. All complications of their personality can easily controlled by proper guidance of teachers and guides.

K.K Bhatia (2004) is indicating the such emotional condition of students in these words, "Emotional Stress is due to the certain factors in the environment and cultural traditions that this period acquires a certain amount of stress and strain. The factors includes uncertain physical changes, unexpected rapid sexual development, lack of status, gap between what the adolescents expects of himself and what his parents expect of him, uncertain experiences with opposite sex and other complication. The adolescent finds himself in conflict with his family or society. Guidance therefore is very essential at this stage experience and maturity is something that you cannot buy or borrow."

In the above mentioned statement it is clear that such psychological and emotional disturbances can be sort out by competent guidance services.

STRATEGY

The researcher has applied the quantitative research pattern (descriptive research) for the collection of data and following tools were used;

- a) Questionnaire
- b) Observation
- c) Interviews

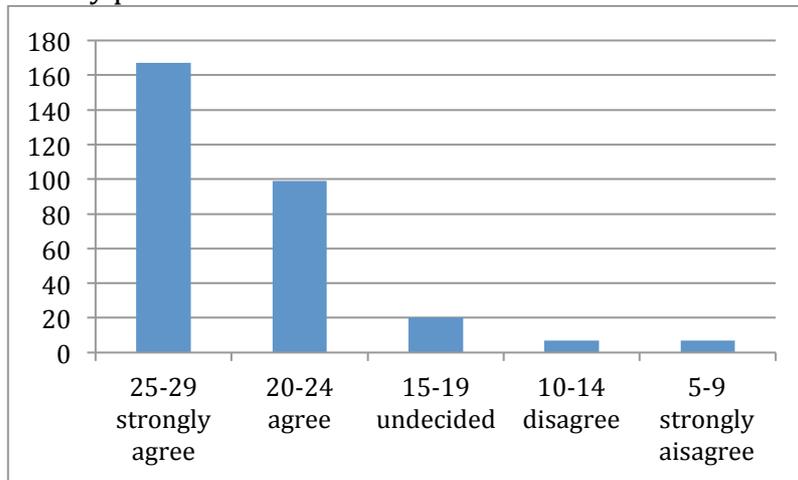
The data was collected by questionnaire separately made for 300 teachers and 300 students of government schools.

ITEM 1

Solution of personality complexities

TABLE 1:

Through guidance students get aware of the weak points of their personalities. Results of mean by teachers and students are 23.86 & 23.65, median 25 & 24.45 respectively while degree of correlation is 0.9. Both teachers and students have appreciated the role of guidance to overcome the personality problems.



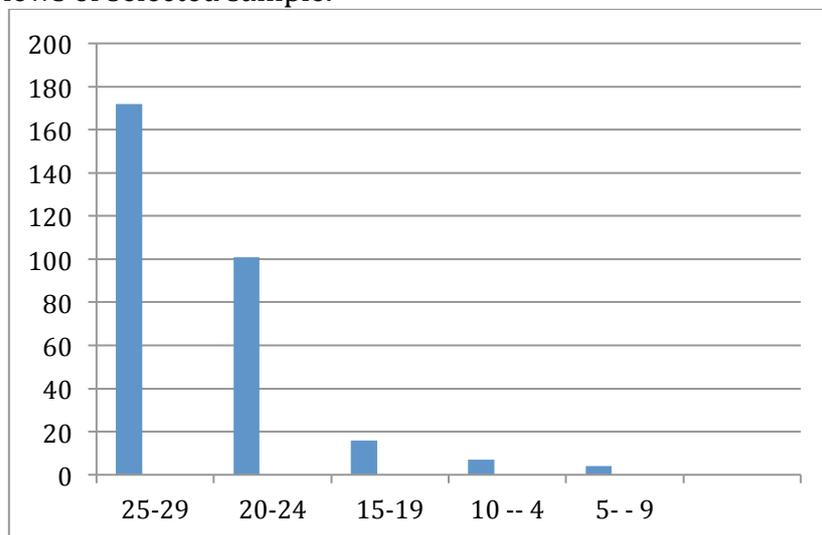
ITEM2

Satisfaction of psychological desires.

TABLE 2:

Students can get better satisfaction of psychological desires (prominence, curiosity, freedom) by guidance.

Results of mean by teachers and students are 24.16 & 24.1, median 25.13 & 25.26 respectively while degree of correlation is 1. Psychological desires of students can be tackled by proper guidance in the views of selected sample.

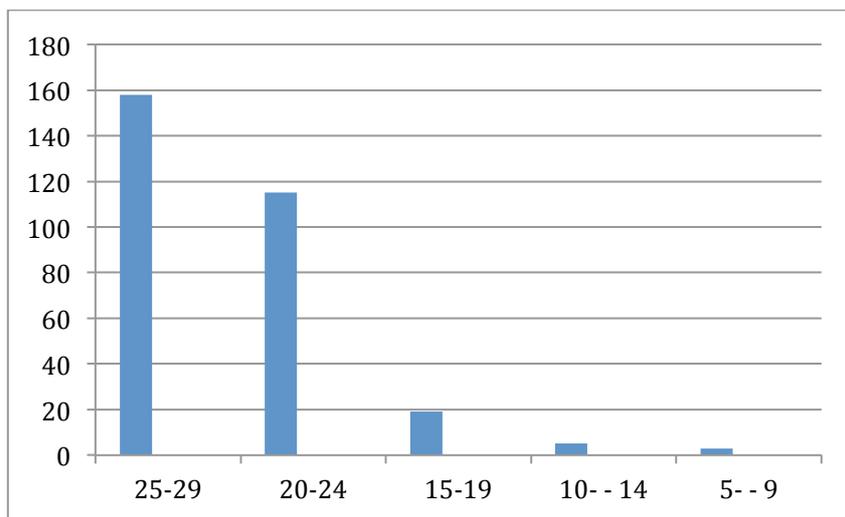


ITEM 3:

Expression of balance emotion

Table 3:

Students can express their emotions in a balance way due to guidance. Results of mean by teachers and students are 24 & 23.65, median 24.75 & 24.92 respectively while degree of correlation is 0.9. According to data, guidance can generate balance emotional condition among students

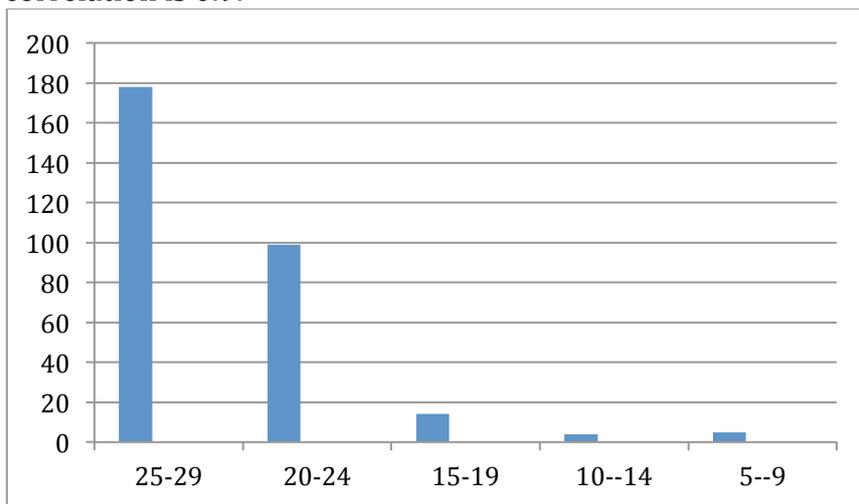


ITEM 4:

Solution of psychological complications and disorders

Table 4:

In the views of teachers & students psychological complications can be solved by guidance. Results of mean by teachers & students are 24.35 & 23.58, median 25.28 & 24.37 respectively while degree of correlation is 0.9.

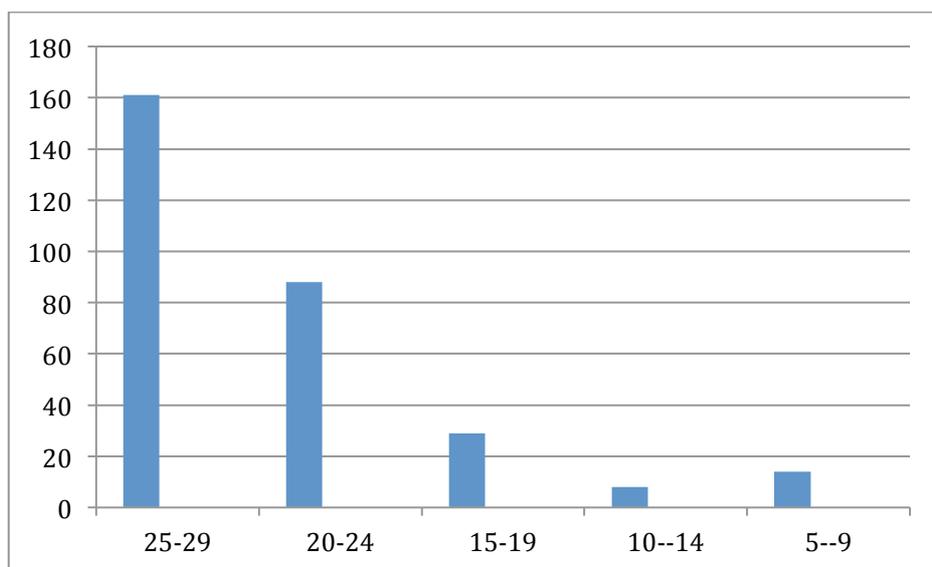


ITEM 5:

Relaxation in mental stress

Table 5:

Students can get rid from mental stress due to unexpected physical changes by means of guidance. Results of mean by teachers & students are same i.e; 23.23 & 23.23, median 24.84 & 24.84 respectively while degree of correlation is 0.9. By the help of data it is clear that students can get awareness of their physical changes and can save them from mental stress

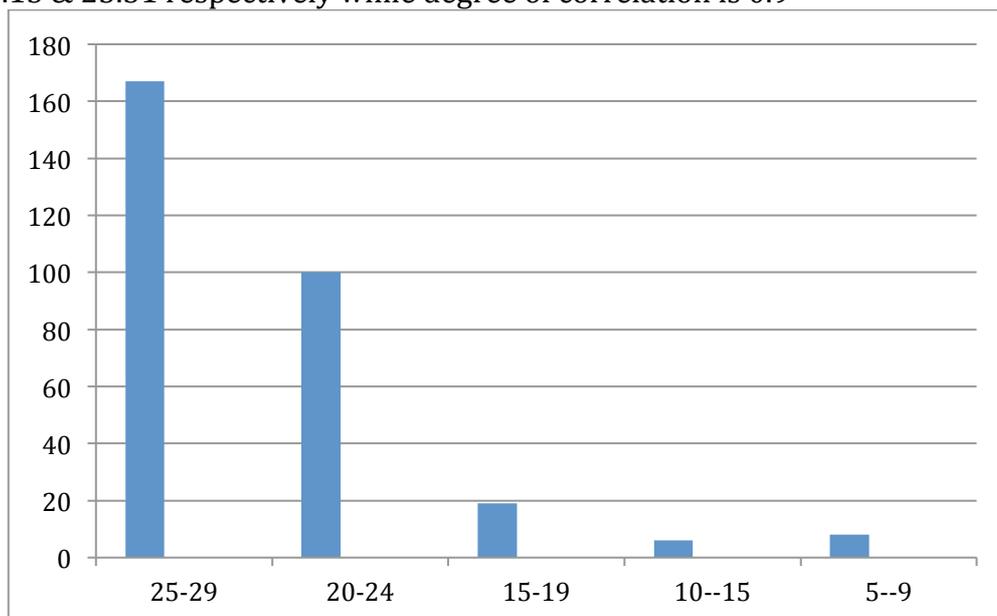


ITEM 6:

Control on sexual desires

Table 6:

Students and teachers have the views that guidance can save students from spoiling due to sexual desires. Results are showing the mean by teachers & students are 24.091 & 23.25, median 25.13 & 25.31 respectively while degree of correlation is 0.9



Statistical View Of Data

ITEMS	MEAN TEACHERS	MEAN STUDENTS	MEDIAN TEACHERS	MEDIAN STUDENTS	CORRELATION	REMARKS
01	23.86	23.65	25	24.45	0.9	Hypothesis Accepted
02	24.16	24.1	25.13	25.26	1	
03	24	23.6	24.75	24.92	0.9	
04	24.35	23.58	25.28	24.37	0.9	
05	23.23	23.23	24.84	24.84	0.9	
06	24.01	23.25	25.13	24.31	0.9	

INTERPRETATION

Obtained data is showing the following results.

- Majority of students and teachers are in the favor of proper guidance program in schools as due to it students can get aware of many issues i.e, why they are facing learning problems or adjustment issues, either is it the results of their personality lacking or understanding deficiency. Guidance can give them courage to face the reality and power to cope up from it.
- Secondary school age demands different psychological urges like freedom to do work and socialize curiosity to know things, or prominence etc. For the satisfaction of such urges in better way guidance provides help in it and data is interpreting that it is verified by majority of teachers and students.
- By data it is elaborating that students and teachers both are in the favor of launching guidance program in schools for better emotional expression. As due to this frustrated age most of the time students show instable emotions, behavior or extreme reactions under emotional hypertensive conditions, these all control by providing proper guidance to the children. This counseling may be done by teachers or professional staff.
- Due to the puberty changes & unsatisfaction of psychological desires, students undergo to the situation of psychological complications & complexes. Guidance can save students and rescue them from self generated superiority/ inferiority complexes or other psychological disorders. Collective data is also showing the positive response of teachers and students here.
- Most of the teachers and students are advocating the student's need for proper guidance by teaches on their physical changes rather than being hesitant & shy.
- Sexual desire is also the part of psychological complication. If the students are starting to consider it as the most important factor of life, then definitely their activities would be the result of their age, so if elders guide them socially & religiously for better adjustment then young generation can be saved from spoiling.

DISCUSSION

Guidance is the help given by an experienced person to an inexperienced and confused person, to cope up with his / her problems and get better adjustment in environment. In human life phase of late childhood and adolescence is too much delicate and crucial for the young fellow, as they face too many changes there including physical, emotional, sexual and social. These tremendous changes have the psychological complications in student's personality. Student of that age simultaneously behave like an adult and child both, so he wants self expected behavior from others and when not found like that then becomes puzzled or over reactant. Such psychological complications create problem in school environment. In our country there is lacking of attention towards such psychological ill students. Due to which they become problem children or part of maladjusted society. Specially boys start to take more interest in sexual activities and ill habits due to the curiosity of this age and harmonious changes. It needs proper guidance to understand the realities. In some cases students need more attention from teachers and companions and for the sake of it they show extreme emotional attachment and feelings or shocking activities like abnormal attitude, self harm or aggressiveness etc. Guidance is essential for such students with in the school and this fact is accepted by the data, collected form students and teachers of sample.

Generally in Pakistan the students who are getting education in government schools, they don't have the ability to recognize their own potentials n abilities and consider themselves weak and nothing. They usually due to the fear of subject complications and teachers skip classes and

waste their time and energies in unhealthy social activities especially in boys. It is the common complain to cross the school boundaries during school timings. The collected data is also representing the requisite of proper guidance for students in schools. The personality problems of secondary school students can be solved by guidance which is proved according to mean result of teachers and students i.e. (23.86 & 23.65) and degree of correlation between their answers is 0.9 again showing the highest ratio of acceptance. Students of this age usually have certain psychological desires like prominence, freedom, self importance & curiosity and due to the unfulfilment of their desires they under goes the condition of maladjustment. So collected data of sample from teachers & students (mean 24.16 & 24.1 while median 25.13 & 25.26) is indicating the role of guidance in solving such problems of students. It is also verified by the highest ratio of co-relation i.e. 0.9. Psychological complications (superiority & inferiority complexes) also destroy the student's personality and under these complications students start to under estimate or over estimate themselves which effects their learning behavior and ultimately their results. So guidance service can save students from such practice and it is verified by the mean and medium results i. e (24.35 & 23.5, 25.2 & 24.3) respectively while degree of correlation is 0.9 between the students – teachers obtained data.

Usually at the age of puberty students face major physical changes, due to these changes boys and girls become frustrated and feel mental stress. Girls start to shy over it while boys started to take it as the mature adult. For both students proper guidance is needed which is proved by obtained data. The statistical results of mean 23.2 & 22, Median 24.8 & 24.84 respectively by teachers students showing the need guidance in this respect and correlation ratio between there results is again 0.9. Similarly these physical changes also indulge students towards sexual practices specially boys, so again proper guidance is needed by the component authorities to save the students. This statement is verified by teachers and students of secondary schools (mean results 24 & 23.5), median results 25 & 25.3) while degree is 0.9 showing the highest ratio. So on different psychological issues guidance service is required to save on new generation and lead them towards the right path.

CONCLUSION

Researches has concluded that there is a great need of applying the guidance & counseling services in government schools of Pakistan, as it is required to give proper development to our new generation and save their energies & time from spoiling by unhealthy and improper activities. If like other countries we establish guidance cell in schools then we will be able to reduce the risk of psychological disturbances among students by understanding of psychological complications and suggested ways to cope up by experienced authorities. (guides),

RECOMMENDATION

- A teacher or a group of teachers consisting of two or three teachers can be assigned for the duty of guidance
- These selected teachers should have capability of guiding children and also have the interest in this responsibility.
- Guide must be polite, humble, friendly, sincere and experienced person,
- Guide or counselor must have the facility of parent teacher meeting to understand the psychological problems of students.
- It is the duty of counselor/guide to release the student's burden and lesser the minute psychological problem of this age.
- Constructive and creative abilities should be developed in students reduce the psychological effect.

- Guide has the responsibility to provide awareness to the students related to personality characteristics. If student has certain weak points like any disability, weak mentality or physical abnormalities (weakness or bulkiness) guide has to produce such power in student to show better performance and learning even in the presence of such weakness.
- Guidance must be provided to student to save them from becoming the prey of psychological complications.
- Guide must have to realize students that if they have some unused capability they don't have to think themselves or act like superior or inferior in case of any disability or weakness.

References

1. Bhatia K.K, educational Psychological and techniques of teaching, kalyani publishers, 2004.
2. Chauhan S. S principles and techniques of guidance, vikas publicity house 2007.
3. Ciccarelli K. Myers Crallen, psychology, person prence hall. 2007.
4. John J. Arthur, principles of guidance, MS Grew hall 1970
5. Overall Lyn & sangster, secondary teacher's hand book, continuous 2005.
6. Passer W. & Smith Ronald, psychology. 3rd Mc hill, 2005