



THE IMPORTANCE OF GUIDANCE AND COUNSELING IN EFFECTIVE SCHOOL LEARNING

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ABSTRACT

Guidance and counselling are essential for a child's future success in school. The study acknowledges that counselling is a transformative process that assists people in learning everything they need to learn both inside and outside of school. Design / Methodology / Approach: Because this is an opinion paper, the study used to review research techniques. Findings: The paper acknowledges that counsellors must build the child's confidence in order for him or her to be able to provide the necessary information in order to help the child (students). Practical implications: Guidance counsellors should encourage students to attend therapy sessions to assist the child in their future success. Originality / Importance: This paper discusses the role of guidance and counselling in effective teaching and learning in schools for children's future success.

ABSTRAK

Panduan dan konseling sangat penting untuk kesuksesan masa depan anak di sekolah. Studi ini mengakui bahwa konseling adalah proses transformatif yang membantu orang dalam belajar segala hal yang mereka butuhkan baik di dalam maupun di luar sekolah. Desain / Metodologi / Pendekatan: Karena ini adalah sebuah makalah pendapat, studi ini menggunakan teknik review penelitian. Temuan: Makalah ini mengakui bahwa konselor harus membangun kepercayaan anak agar dapat memberikan informasi yang diperlukan untuk membantu anak (siswa). Implikasi praktis: Konselor bimbingan harus mendorong siswa untuk mengikuti sesi terapi untuk membantu anak dalam kesuksesan masa depan mereka. Originalitas / Pentingnya: Makalah ini membahas peran panduan dan konseling dalam pembelajaran efektif dan pengajaran di sekolah untuk kesuksesan masa depan anak.

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INTRODUCTION

Counselling and guidance are essential factors in shaping a child's orientation and discarding negative ideas from the surrounding environment. Therefore, the role of school counsellors is significant in helping shape the child's future through counselling therapy. School counsellors are recognized as role models for children and are highly respected by students. The counsellor has the task of being a friend to the child and listening to his complaints, providing assistance and guiding them in achieving the right life goals. According to Smith and Gillon (2021), an environment conducive to the teaching and learning process is needed to achieve overall child development. Therefore, educational services that help promote the learning process in schools are essential and receive priority attention from education planners. Counselling services are one of the educational services in schools that are expected to help develop, assess, and improve educational programs, improve teacher competence, and reduce student costs.

Children, while attending school, experience several challenging periods in their lives. They are going through an often challenging transition phase from childhood to adulthood. The two main influences in a teenager's life are family and school. Educational institutions must help young people overcome the changes and difficulties associated with adolescents and assist them in developing a sense of responsibility and making important decisions.

Help and counselling are essential in providing a good foundation for life education. Although not medical or psychiatric, this service can be used by individuals who have problems asking for help and guidance. School counsellors play an essential role in helping children shape their future through counselling therapy. School counsellors are considered exemplary and respected by students. Through their training, they are expected to be friends with students, listen to their complaints, and guide them to assist them in shaping a promising future.

School counsellors have a significant role in helping children overcome problems during this transition period. Counsellors can help the child to overcome emotional problems and assist in solving problems that arise during their school days. Counsellors can also help children understand the importance of learning and assist in preparing them for the future.

One of the main tasks of the counsellor is to help the child build their self-confidence. In addition, counsellors can teach them how to effectively use time and help children understand the importance of learning. Counsellors can also help children build a sense of responsibility and help children make informed decisions in their lives.

Therefore, families and schools need to work closely with school counsellors in assisting children in their growth. School counsellors can help children prepare themselves for the changes during the transition period and assist them in building a solid foundation for their future. In addition, by ensuring that the child has the proper support in addressing the issues that arise during the transition period, we can help the child to become a fulfilled and happy adult.

Education and guidance are important elements in a child's development to ensure a child's future success. This concept emphasizes that the counsellor's job is to help the child overcome problems and build self-confidence. Thus, the counsellor's job is to help the child understand the importance of learning and help them achieve their goals in their lives. In this regard, the role of counselling and guidance in the child's future practical and successful learning process is significant to be accepted and applied.

In guidance and counselling, these two terms usually have different meanings. The guidance refers to helping the overall development of learners, while counselling is often focused on helping students with problems. In other words, the guidance focuses on prevention and development, whereas counselling leads to support and improvement (Patch & Middleton, 2018;

Smith & Gillon, 2021; Vasiloglou et al., 2019). Furthermore, global trends seem to shift from treatment and improvement approaches towards prevention and development approach in providing guidance and counselling (Singh et al., 2020; Situmorang, 2020; Vostanis & Bell, 2020). Therefore, guidance and counselling is an essential therapy for schoolchildren.

In-school tutoring is part of a program specifically aimed at helping students reach their full potential and prepare for adulthood. According to Vostanis & Bell (2020), guidance and counselling is a process that helps the individual to become more aware of himself and how he reacts to his environment. It also helps them establish a personal meaning for their actions and develop goals and values for future actions.

In general, guidance and counselling have different meanings. The guidance focuses more on the overall development of students, while counselling is more aimed at assisting students in addressing their problems. Education in schools should have guidance and counselling programs to help students reach their full potential and prepare them for adult life. Guidance helps the individual become aware of himself and how he reacts to his environment and helps them to understand the personal meaning of their behaviour and determine goals and values for the future. Meanwhile, counselling helps students in overcoming their problems and build self-confidence. Both of these processes are very important in helping students achieve success and become healthy and happy individuals.

According to Vostanis & Bell (2020), guidance and counselling help people be aware of themselves and how they react to the environment. This process also helps them determine personal meaning for behaviour and establish and classify goals and values for future behaviour. Counselling, as defined by Situmorang (2020), is a series of procedures to help a person overcome their problems. Counselling emphasizes learning's emotional aspects and personal interactions, including emotions, feelings, values, and attitudes. Counselling is the interaction process between two or more individuals, for example, between a client and a trusted counsellor (Ahmad & Zadha, 2019; Natividad, 2010; Özdemir & Bacanli, 2020; Rivas-Martínez, 2007; Saharan & Sethi, 2009; Manalu & Sitinjak, 2022). Counselling is a learning process in which the counsellor helps individuals or groups learn, understand themselves and their environment and can make behavioural choices that help them develop educationally, vocationally, and socially (Özdemir & Bacanli, 2020). Counselling is a transformation process that helps people learn everything they need to know inside and outside school. Counselling is an interpersonal interaction in which others help a person develop, improving understanding and coping with their problems. Sometimes, this process involves a group of two or more people.

This study aimed to determine the benefits of school counselling for students, the area of work of school counsellors, the purpose of school, the role of school counselling and counselling in schools, and views on school counselling and counselling. This study aims to examine the benefits of school counselling programs for students, the work area of school counsellors, the purpose of school, the role of school counselling, and the views of school counselling on practical learning.

METHODS

The study is analytical. Secondary information is collected from various publications, reports, journals, books, newspapers, etc. Internet sources and websites are also consulted for study purposes. This methodology was used to ensure that the data used in the study was accurate and accountable. This secondary data collection is essential for enriching understanding of the topic under study and providing a foundation for data analysis and interpretation. The study focuses on secondary data analysis to gain information and insights into the benefits of school counselling programs for students, areas of school counsellor work, guidance and

counselling objectives in schools, the role of guidance and counselling in schools, and perspectives on practical learning and counselling guidance.

RESULTS AND DISCUSSION

The Value of School Guidance Program Benefits for Students. Here are some of the benefits of tutoring for students in school:

1. Preparing students to face the challenges of the 21st century through academic, career, and personal/social development.
2. Linking educational programs with future success.
3. Facilitate career exploration and development.
4. Improve decision-making and problem-solving skills.
5. Helps in acquiring knowledge about oneself and others.
6. Improves personal development.
7. Helps in developing effective interpersonal relationship skills.
8. Expanding knowledge of a changing world.
9. Provide advocacy for students.
10. Encourage facilitating peer interaction and cooperation.
11. Encourage endurance factors for students.
12. Ensuring equal access to educational opportunities.

School Guidance Counsellor Work Field. In 1981, the Cork branch of the Institute of Guidance Counselors issued a job description for the School Guidance Cooperative, which contained its areas of work. School Guidance Counsellor ;(Sitinjak Charli & Hurriyati Dwi, 2022)

1. Provide individualized guidance to students and provide group education and vocational guidance.
2. Assist individual students in overcoming personal problems, social, emotional, and others.
3. Helps in personal development.
4. Provide advice on learning techniques.
5. Provide advice on job applications and interviews.
6. It is possible to do psychological tests and other tests.
7. Maybe refer students to other agencies.
8. Perhaps coordinating a system of pastoral guidance in schools.
9. Have freedom and flexibility in arranging guidance activities according to the school's needs.

Continuing from this report, four primary areas of work for the School counsellor are determined; Individual counselling; Group Guidance; Employment Information; Psychological tests.

What is the Purpose of Guidance and Counseling in Schools?

The purpose of school guidance and counselling services is to help students meet their basic physiological needs, understand themselves and build relationships with their peers, balance freedom of movement and control in the school environment, succeed and provide opportunities for independence (Abdillah et al., 2010). 2022; Yuniarti & Sitinjak, 2022). Therefore, the purpose of guidance and counselling is to highlight and strengthen educational programs. Some of the specific objectives of the School Counseling Program are as follows (Maree, 2021; Rahmawati et al., 2019; Szlamka et al., 2021):

- a) Providing fulfilment of students' potential: The school offers a variety of classes and extracurricular activities for all students. An important task of education is to help learners recognize and develop their potential. The role of the teacher is to help students direct their energy to the many learning opportunities available to them. Each student needs help to plan a long period of study and extracurricular activities.
- b) Helping a child with developmental issues: Even students who have decided on a course that works for them may have issues that require help. A teacher may have to spend one-fifth to one-third of his time with some needy student, which is detrimental to the whole class because the teacher meets their needs undivided. By helping these children solve their problems, counsellors free the class teacher to use their time more effectively.
- c) Provide technical support to teachers: In-service teacher training institutions tend to have little experience in the technical aspects of teaching. Therefore, in most schools, assistance in orientation and counselling activities is necessary for educational programs. Professional tutors, in particular, can help teachers select, manage, and interpret tests. Selection and use of cumulative records, anecdotes and other types; provide help and advice on counselling techniques that teachers can use to guide their students; and lead the coaching and implementation of professional development for teachers in advisory functions.
- d) Role in the collaborative adaptation of students and schools: Counseling is responsible for developing and maintaining cooperative relationships between students and schools. Teachers and supervisors should be aware of the needs of students. Students also have to adapt to the school. Therefore, you should give something to the school. The most important contribution of students is to use the school's resources wisely and work to achieve achievements. Mutual adjustment of students and schools is facilitated by making suggestions for improving programs, conducting research to improve education, encouraging student adjustment through counselling, and promoting healthy school-home relationships.
- e) Developing Communication and Interpersonal Skills: Communication and interpersonal skills are critical to student success in school and the future. Guidance and counselling help students to develop these abilities through discussion groups, communication skills exercises, and individual guidance. Counsellors can also help students to understand the behaviours and actions of others, strengthen empathy, and build good interpersonal relationships.
- f) Improve Problem-Solving and Decision-Making Skills: Guidance and counselling also assist students in improving problem-solving and decision-making skills. Counsellors can help students to recognize problems and understand alternative solutions, as well as assist them in making informed and wise decisions.
- g) Encouraging Self-Development: Guidance and counselling are also crucial for students' self-development. Counsellors can help students understand themselves, pursue life goals, and address their personal problems. Guidance and counselling can also help students to develop self-confidence, strengthen their sense of responsibility, and motivate them to continue learning and developing.

Overall, school guidance and counselling aim to assist students in achieving academic and personal success, and prepare them to overcome the challenges in the present and future world. Therefore, school counsellors have an essential role in helping students reach their potential and address any problems they may face.

What is the Role of Guidance and Counseling in Schools?

Guidance and counselling programs are essential in supporting the development and realization of individual and community potential. According to Makinde (1984), school guidance and counselling aim to encourage optimal student development. This is supported by McFadden et al. (2019) and Kathawa & Arora (2020), who state that this program aims to develop students' intellectual abilities, build a balanced personality and shape individuals intellectually, spiritually, morally and socially.

Guidance and counselling programs help students align their talents, interests, and values to reach their full potential. Self-knowledge helps to formulate realistic life goals and plans. In schools, after four years of university education and six courses in primary and secondary schools, according to the Nigerian education system, the students need help to choose the proper subjects and careers. Foon et al. (2020) note that the role of guidance and counselling programs is to provide the necessary information about the courses offered and the qualifications required for each course. This information helps students develop a realistic self-concept that suits their academic abilities.

Most high school students are in adolescence. According to Hays (2020), Currently, young people experience alienation, a syndrome that includes distrust, fear, pessimism, egoism, emptiness, unclear norms and power. They point out that guidance and counselling are necessary during this adolescence to help them understand their stages of development and adjust to school life. Guidance and counselling programs also help students choose and pursue achievable careers. Akçabozan-Kayabol et al. (2021), the world is very complex and dynamic, which makes career choices very difficult. He explained that changing times, human changes and technological developments require the role of guidance and counselling programs to encourage the development and realization of human potential to the maximum for the benefit of individuals and society. Pordelan & Hosseinian (2022) show that school counsellors are interested in facilitating optimal student development and enriching individuals who contribute to society.

CONCLUSION

The conclusion of the roles of guidance and counselling programs in schools is that they aim to help students reach their full potential, both individually and for the benefit of society. The program helps students to understand their abilities and interests, helps them make the right choices for subjects and careers, and helps them overcome problems and difficulties they may face during adolescence.

However, although the roles of guidance and counselling programs in schools are significant, many things still need to be researched to improve and improve these programs. Some of the things that need to be researched include how the program can provide more effective assistance to students from less favourable environments, how to ensure that the program can provide appropriate and relevant assistance for students who are in adolescence, and how to ensure that this program can help students make the right and realistic choices for their careers.

To address these issues, it is suggested that more research can be done to understand more about how guidance and counselling programs can be improved and tailored to the needs of students. This could include a study of how the program can be improved to provide more effective assistance to students from a less favourable environment, a study of how to ensure that the program can provide appropriate and relevant assistance to students who are in adolescence, and a study of how to ensure that the program can help students make the right and realistic choices for their careers.

By conducting further research and improving guidance and counselling programs, we can ensure that students in schools can reach their potential and make the right choices for their future. This will help create a better society and ensure future generations have a good chance of thriving and succeeding.

However, research is still needed to evaluate the effectiveness of guidance and counselling programs. Researchers can evaluate the implementation of this program and how it affects student development. The research can also focus on addressing problems faced by students from unfavourable backgrounds, such as social and economic issues, and how to help them make good choices for their future.

Research can also be conducted to compare the effectiveness of guidance and counselling programs in different schools and how factors such as resources, policies and the school environment affect program effectiveness. This will help determine what can be done to improve the guidance and counselling program and ensure that students receive the help they need..

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