



COUNSELING IN TEACHER-STUDENTS RELATIONSHIP

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ABSTRACT

Counseling is a process which takes place in a one-to-one relationship between counselor and the client to make interpretation of the facts relating to the choice, plan or adjustments which the client's need to make. Our adolescent group & youth are now at a high risk of mental health issues and they are losing their coping abilities and thus facing acute stress and strain. So many causes are responsible for this drain. In the country like India compared to other doctors and specialists, trained psychiatrists are in less numbers. Also they are well settled practitioners in urban centers. So now it becomes the essential duty of any educational institute to provide mental hygiene to the students studying. And thus a role of a teacher as a counselor is now-a-days recognized. This article will mainly focus on principles of counseling and teachers role as a counselor.

KEYWORDS : counseling, adolescents, role of educational institutions, life skills,

INTRODUCTION

Counseling is a process which takes place in a one-to-one relationship between counselor and the client (here Teacher & Student) to make interpretation of the facts relating to the choice, plan or adjustments which the client's need to make. It is a process of involving inter-personal relationship. It's a process that accepts weaknesses of an individual not as a handicap but as an opportunity for that individual to live more productive and a creative life.

B.J. Prasantham has rightly pointed out that "Counseling is a relationship between the counselor and counselee characterized by trust and openness, in a one to one, or a small group relationship, whereby the counselee is helped to work through his interpersonal and or intrapersonal problems and crisis."

Need For Counseling

It is said that round the globe, more people go to bed hungry for '**KIND WORD**' then the number of people who end the day hungry for '**FOOD**' irrespective of whether we are rich or poor, young or old, highly competent or mediocre, we all need someone who is willing to listen us.

Our adolescent group is now at a high risk of mental health issues. This age is full of crises. It is an age of questioning, period of rationality, identity crises and confusions. On the other side adolescents are losing their coping abilities and thus facing acute stress and strain. So many causes are responsible for this drain.

Changing life style, family structure, faulty parenting style, increased pressure to perform duties well, intensifying competition in the walks of life, higher level of stress and strain, poor stress coping ability, decreasing self care are the core reasons of creating strain and stress among people.

Objectives of counseling

1. Increase client's acceptance of self confidence/self esteem.
2. Make the client aware about his/her feelings, attitudes, interest, potentials and limitations.
3. Help the client overcome depression, loneliness and isolation.
4. Enhance client's commitments to change faulty attitude & behavior & prepare to take full responsibility for self and the actions.
5. Help the client arrive at & choose the desirable and most appropriate alternatives or action & behavior.

Counseling is not about giving advice to anyone, offering solution, taking charge of someone's life or situation, correcting or reprimanding the wrong deeds, showing pity towards someone in trouble.

Principles of counseling

1. **Principle of acceptance:** Counselor (teacher) should accept the counselee (student) with his/her physical, psychological, social, economical and cultural conditions.
2. **Principle of communication:** Communication between counselor and counselee should be verbal as well as non-verbal and should be skilful.
3. **Principle of empathy:** Instead of showing sympathy counselor should put self in patient's situation to understand it in a better way and then give reflections accordingly.
4. **Principle of non-judgemental attitude:** Counselor should not be judgemental in any aspect of counselee and counselor does not criticize or comment negatively regarding counselee complaints.
5. **Principle of confidentiality:** Counselor should always keep all the information of counselee strictly secrete and assure the patient about the same.
6. **Principle of individuality:** Counselor should treat each and every patient as unique and respect his problem as well.
7. **Principles of non-emotional involvement:** Counselor should have control over own emotional state and he/she should not get emotionally involved with the counselee and avoid getting carried away with his feelings.

Counseling in Educational Institutes

In educational institutes students are in much need of counseling because of following reasons.

- Students have become high risk group and developed mental health problems because of severe competition, high expectations about their performance, unrealistic desire to get into courses to which they do not have capacity.
- Many students exhibit emotional and behavioral problems thus posing their problems to parents and teachers now-a-days.
- Psychiatrists in our country are less in numbers compared to other medical specialists. And those who are qualified have settled in urban areas. Further, a visit to a psychiatrist still carries stigma in our society. Because of that reason students avoid to visit them and in such a small problems teachers can help to relieve stress.
- Role of colleges in promoting mental hygiene
- Every teacher has a responsibility for shaping and influencing the student's attitude towards a wholesome personality and the development of every student should be the fundamental objective.
- Much can be done by the teachers to promote student welfare.
- Environment of college should be such where student can have the sense of belongingness, feeling of safety and security.
- Motivation plays a vital role in promoting mental health.

Stages of counseling

1	Beginning phase	<ul style="list-style-type: none"> • Rapport building • Establishment of trust • Motivation and willingness required to overcome barriers
2	Middle phase	<ul style="list-style-type: none"> • Actual problem is discussed • Question-answer sessions • Expression of painful feelings and facts by client • Unconditional support and positive strokes by the counselor
3	Ending phase	<p>Three ways</p> <ol style="list-style-type: none"> 1. When crises resolved 2. When referral service is required 3. Client is in position to handle the situation

Life Skills Education

WHO has recommended 10 life skills to be taught to all adolescents. Educational institutions are primarily responsible for this task. These skills are:

1. **Decision making**
2. **Problem Solving**
3. **Creative thinking**
4. **Critical thinking**
5. **Effective communication**
6. **Interpersonal relationship skill**
7. **Self awareness**
8. **Empathy**
9. **Coping with emotions**
10. **Coping with Stress**

Role of teachers

- Make students realize that teachers do not represent an authority, but they are their well wisher ready to guide when required.
- Teachers should teach students good communication skill, they should give them opportunity to express their opinion, feelings and frustration.
- Allow only healthy competition
- In the interaction with students teachers should be partial, they should apply disciplinary measures equally without any discrimination
- Teacher's role is to identify the problems of student as early as possible and discuss it individually as well as with their parents if necessary.
- **Teachers should give extra attention** to the needs of the students—
 - a) Who is single parent child
 - b) Who are having physical deficit or illness
 - c) Slow learners
 - d) Language or communication difficulties
 - e) Child of a alcoholic parent
 - f) Who hail from lower, underprivileged section of the society
 - g) Students live in hostels

The time to practice is NOW.....**References:**

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