

### 1.1.2.1 Definition of Counselling

- According to **Willey & Andrew**, “Counselling involves two individuals one seeking help and other a professionally trained person helped solved problems to orient and direct him to words a goals.”
- **Myer** defined, “Counselling implies a relationship between two individuals in which one gives a certain kind of assistance to the other.”
- According to **Carl Rogers**, “Counselling is a series of direct contacts with the individual which aims to offer him assistance in changing his attitudes and behaviour.”
- **Robinson** defined, “The term counselling covers all types of two personal situations in which one person, the client is helped to adjust more effectively to himself and his environment.”
- **Traxler** defined, “Counselling is the application of the personal resources of the school or other institution to the solution of the problems of the individual.”
- **Wrenn** said, “Counselling is a dynamic and purposeful relationship between two people who approach a mutually defined problem with mutual consideration for each other to the end that the younger or less mature, or more troubled of the two is aided to a self-determined resolution of his problem.”
- According to **Arbuckle**, “Counselling is helping a person to come to see who he/she really is, what he has and does not have, what he can do easily, what he can do with difficulty and what he cannot do at all. It is a close sharing of a human relationship with one who has for him a high regard; one who can offer him unconditional acceptance, but one who has no guarantees, no answers.”
- According to **Shertzer & Stone**, “Counselling is an interaction process which facilitates meaningful understanding of self and environment and result in the establishment and or clarification of goals and values for future behaviour.”
- **Edwin C. Lewis** defined Counselling as, “Counselling is a process by which a troubled person (client) is helped to tell and behave in a more personally satisfying manner through interaction with an uninvolved person (counsellor) who provides information and reactions which stimulate the client to develop behaviour which enable him to deal more effectively with himself and his environment.” Thus, counselling has emerged as a two-way process that involves two individuals and mutual cooperation



between them. Counselling enables an individual to gain self-understanding and develop self-acceptance. In this sense, the aim of counselling is same as guidance in that counselling also helps an individual adjust to his environment and conditions and lead a happier life. Counselling is, thus, a process that involves giving information, advice and counselling. This, however, does not mean that counselling is limited to a single activity.

### 1.1.2.2 Aims and Objectives of Counselling

Counselling aims at helping the clients understand and accept themselves "as they are", and counselling is to help the student to help himself. The main objective of counselling is to bring about a voluntary change in the client. For this purpose the counsellor provides facilities to help achieve the desired change or make the suitable choice. According to **Dunsmoor & Miller**, the aims and objectives of counselling are:

- To give the student information on matters important to success.
- To get information about student which will be of help in solving his problems.
- To help students gain an insight into the origins and development of emotional difficulties, leading to an increased capacity to take rational control over feelings and actions.
- To alter maladjusted behaviour.
- To assist students to move in the direction of fulfilling their potential, or achieve an integration of conflicting elements within themselves.
- To provide students with the skills, awareness and knowledge, which will enable them to confront social inadequacy.
- To establish a feeling of mutual understanding between student and teacher.
- To help the student work out a plan for solving his difficulties.
- To help the student know himself better-his interests, abilities, aptitudes, and opportunities.
- To encourage and develop special abilities and right attitudes.
- To inspire successful endeavour toward attainment.
- To assist the student in planning for educational and vocational choices.

### 1.1.2.3 Goals of Counselling

- **Preventive Goals:** Prevention is a goal in which the counsellor helps the client avoid some undesired outcomes.
- **Developmental Goals:** These are goals wherein the clients are assisted in meeting or advancing their anticipated growth and potential development (that is socially, personally, emotionally, cognitively, physical wellness and so on).



- **Enhancement Goals:** If the client possesses special skills and abilities, enhancement means they can be identified and/or further developed through assistance of a counsellor.
- **Remedial Goals:** Remediation involves assisting a client to overcome and/or treat an undesirable development.
- **Exploratory Goals:** Exploration represents goals appropriate to the examining of options, testing of skills, and trying of different and new activities, environments, relationships and so on.
- **Reinforcement Goals:** Reinforcement is used when clients need help in recognising that what they are doing, thinking or feeling is right and okay.
- **Cognitive Goals:** Cognition involves acquiring the basic foundations of learning and cognitive skills.
- **Physiological Goals:** Physiology involves acquiring the basic understandings and habits for good health.
- **Psychological Goals:** Psychology helps in developing good social interaction skills, learning emotional control, developing a positive self concept, and so on.

### 1.1.2.4 Functions of Counselling

Counselling has also three fold functions adjust mental, oriental and developmental.

- **Adjustmental Function:** Rapid social change brought about by industrialization and urbanization has led to several perplexing problems. The pace of this change is ever on the increase, thus making adjustment a continuous process of grappling way with new situations. Counselling helps the student in making the best possible adjustment to the current situations be it in educational institution, occupational world, in the home & in the community. Professional and individualized aid is given in making immediate & suitable adjustment at problem points.
- **Oriental Function:** Oriental function means to orient the person about his environmental constraints & resources and her personal constraints & resources by giving information and awareness in problems of career planning, educational programming etc. Awareness of the need to plan in the context of the complexity of the world of work is an essential pre-requisite of going through education and preparation for after education. So oriental function is the important function in the counselling process. It is a link between adjustment and development function. If the person is properly oriented, he can develop his plan properly & adjust suitable with himself and society.



- **Developmental Function:** Developmental function means not only to help the students having problems but also to help the students before the problems arise. For example, we are giving vaccination to the child as a preventive measure. Even then when the child suffers from a particular disease we take the help of special doctor to cure it. So both the processes are coming under health development. Likewise in the counselling process the function of counselling is to prevent emergence & maladjustment and cure the person having maladjustment to adjust with the problem situation.

### 1.1.2.5 Consequences of Counselling

The potential outcomes of counselling can be understood as:

- **Insight:** The acquisition of an understanding of the origins and development of emotional difficulties, leads to an increased capacity to take rational control over feelings and actions.
- **Relating with others:** Becoming better able to form and maintain meaningful and satisfying relationships with other people: for example, within the family or workplace.
- **Self-Awareness:** Becoming more aware of thoughts and feelings that had been blocked off or denied, or developing a more accurate sense of how self is perceived by others.
- **Self-Acceptance:** The development of a positive attitude towards self, marked by an ability to acknowledge areas of experience that had been the subject of self-criticism and rejection.
- **Self-Actualization:** Moving in the direction of fulfilling potential or achieving an integration of previously conflicting parts of self.
- **Enlightenment:** Assisting the client to arrive at a higher state of spiritual awakening.
- **Problem-Solving:** Finding a solution to a specific problem that the client had not been able to resolve alone. Acquiring a general competence in problem solving.
- **Psychological Education:** Enabling the client to acquire ideas and techniques with which to understand and control behaviour.
- **Acquisition of Social Skills:** Learning and mastering social and interpersonal skills such as maintenance of eye contact, turn-taking in conversations, assertiveness or anger control.
- **Cognitive Change:** The modification or replacement of irrational beliefs or maladaptive thought patterns associated with self-destructive behaviour.
- **Behaviour Change:** The modification or replacement of maladaptive or self-destructive patterns of behaviour.

- **Empowerment:** Working on skills, awareness and knowledge that will enable the client to take control of his/her own life.
- **Restitution:** Helping the client to make amends for previous destructive behaviour.
- **Generatively and Social Action:** Inspiring in the person a desire and capacity to care for others and pass on knowledge (generatively) and to contribute to the collective good through political engagement and community work.

#### 1.1.2.6 Purpose of Counselling

- To help students gain an insight into the origins and development of emotional difficulties, leading to an increased capacity to take rational control over feelings and actions.
- To alter maladjusted behaviour.
- To assist students to move in the direction of fulfilling their potential, or achieve an integration of conflicting elements within themselves.
- To provide students with the skills, awareness and knowledge, which will enable them to confront social inadequacy.
- To make students aware of the consequences of the experiences and situations they have been/are going through.
- To reduce worry, anxiety or any other negative emotions.
- To improve study habits and skills.
- To make suitable career choice.
- To study the aptitude and abilities of students.
- To give the information to the students on matters important to his success.
- To get information about the students which will be of help in solving his problems.
- To help the students know their interests, abilities and right attitudes.
- To assist the student in planning educational and vocational choices.
- To assist clients in exploring their problems and guide them to solutions.

#### 1.1.2.7 Principles of Counselling

According to **McDaniel & Shaftal**, the following are the basic principles of counselling:

- **Principle of Acceptance:** This principle says that every person seeking counselling must be treated as an individual who has unique needs. In other words, no two people in general seek counsel for the same reason and this fact must be accepted by the counsellor.



- **Principle of Permissiveness:** According to this principle of counselling, the process of counselling must permit the environment to be developed as per the individual's needs. Also the process of counselling must develop optimism in the individual.
- **Principle of Respect:** This principle states that counselling must respect an individual's feelings. In other words, respecting the feelings of the person seeking a counsellor must be integral to the process of counselling.
- **Principle of Thinking with the Individual:** Counselling as a process emphasizes on thinking with the individual. In other words, a counsellor must be able to think in a manner that matches the thought process of the individual because only then can the counsellor work collectively with the individual to find a solution to the problem.
- **Principle of Learning:** As per this principle, counselling as a process entails learning and is also based on learning and several elements associated with learning.
- **Principle of Consistency with Ideals of Democracy:** Counselling and all its other principles are associated with the ideals of democracy. The ideals of democracy basically emphasize on accepting an individual and showing respect. In fact, respect is considered to be the right of an individual when it comes to the ideals of democracy. Counselling as has already been stated accepts and respects an individual and his unique needs and, thus, is based upon the ideals of democracy. Counselling also respects the different needs and behaviours of the various individuals who seek counselling. Counselling as has been stated is a professional service and, therefore, must be governed by certain ethical principles as well.