

**Program:- M. Ed.**  
**Semester:- IV**  
**Course:- Guidance And Counselling**  
**Course Code:- OC17**  
**Unit –I, Guidance**

❖ **Meaning of Guidance-**

In order to understand the meaning of guidance, it is to be accepted that the focal point of guidance is an individual, not his problem. From this point of view, before starting guidance, the potentialities and abilities of the individual are studied, then that individual is made capable of solving his problems. This is known as an act of guidance. In this way, guidance is a process of all around development. Hence, we can say that the guidance is that process which makes an individual aware of those methods for knowing his natural powers. This idea has been expressed in United States Office of Education in this way- “The process of acquainting the individual with the various ways including special training in which he may discover his natural endowment so that he makes a living to his own best advantage, and that of the society.” - **United States Office of Education**

Ruth Strang has defined guidance in this way, “The purpose of guidance is to promote the maximum development of each child in terms of possibilities available to him.”

Crow & Crow has defined, “Guidance is assistance made available by competent Counsellor to an individual of any age to help him direct his life, develop his own point of view, make his own decisions and carry his own burden.”

In the context of dynamic interpersonal relationship, C.V. Good has said in Dictionary of Education (1959), while defining guidance, “Guidance is a process of a dynamic interpersonal relationships designed to influence the attitudes and subsequent behaviour of person.”

Bernard and Fullmer have given a very comprehensive definition in order to make clear the meaning of guidance, “Guidance is all those activities which promote individual self-realisation.”

According to him, guidance includes the following activities-

- I. Recognition and understanding of an individual.
- II. Creating conditions so that the individual can help his capacitifully.
- III. Enabling the individual to achieve maximum possible self-guidance and security both in the economic and social field.
- IV. In the post independence period, Indian government set up Indian Education Commission (1964-66) who has defined guidance in its report considering the importance of guidance- “Guidance is help to the students in making best possible adjustment to the situations in the educational institutions and in the home and at the same time facilitates the development of all aspects of personality.”

According to Skinner, “Guidance is a process of helping young persons learn to adjust, to self, to others and to circumstances.”

#### ❖ **Nature of the guidance-**

The following characteristics after analyzing the various definitions of guidance. This analysis also throws light on the nature of guidance-

##### **I. As a Process-**

Guidance does not occupy independent place. The chief aim of this process is to assist in the development of an individual keeping in view the social needs.

##### **II. A continuous process-**

Guidance is a process. Here, it is important to point out that the process of guidance never ceases. It remains dynamic. In this process, an individual understands himself, learns to use maximum his own capacities, interest and other abilities. He develops his capacity of decision-making. Hence, we see that it is a non-stop process.

##### **III. Related with life-**

Guidance contributes formally or informally to life because life experience both formal and informal occasions.

#### **IV. Development of capacities-**

Guidance stresses the complete development of possibilities present in an individual. An individual becomes familiar with his real image. Hence, guidance is helpful in self realization.

#### **V. Individual assistance-**

Guidance is accepted as individualized help. Through guidance an individual's personal development is provided a direction and not to a group. Hence, it is a process of individualized assistance.

#### **VI. Wide scope of guidance-**

The scope of guidance is too wide. Any needy person can be guided. This can include the persons of different age, different interest, various characteristics and persons of different nature. Hence, we cannot draw boundaries around the process of guidance.

#### **VII. Task of trained persons-**

Providing guidance is not the function of all persons because various techniques and skills are to be used in it. Everybody does not possess the knowledge of the same. For this task, trained persons, psychologist and counsellors are required. Hence, guidance is a skill-involved process.

#### **VIII. Helpful in adjustment-**

Guidance helps the person in his adjustment in different situations. This process allows to learn to adjust with different types of problems. In this way, the main characteristics of the nature of the guidance is to provide new energy to the demoralized person by adjusting himself in the problematic situation through the process of guidance.

#### **IX. Helpful in preparing for future-**

The process of guidance is helpful in preparing a person for his future. Hence, a person can succeed in preparing himself for future activities. In this way, guidance is a well-wisher of an individual's future.

## **X. Helpful in development the ability of self-guidance-**

The nature of guidance also includes the characteristics of developing self-guidance in a person with the help of guidance process. This enables him in achieving self-dependence by searching out the solution of problems of life.

## **XI. Guidance is an educational service-**

The nature of guidance also includes educational touch. It has been defined as educational service. The meaning of guidance is explained in the context of problems occurring in the field of education and in the context of adjustment in the school environment.

## **XII. Client-centred-**

Guidance has been accepted as a specialised service. In this form, this process is more client-centred. In other words, it is based upon developmental approach.

## **XIII. Guidance is a sub process of education-**

Guidance is also considered as a sub-process of education. In education, efforts are made for all-round development of the pupils. Guidance occupies its own place in this process of education. It is being considered as a process like other process of education.

## **Reference**

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**\*Note:- Please ignore typing mistake.**