

**Dear M.Ed IV sem students**

**Our topic of Today's discussion are :**

- Guidance : Type of guidance
- Principle of Guidance

Let us discuss the first one--

**Guidance : Type of Guidance**

**What is Guidance ?**

Guidance is the practice of giving people advice, suggestions and practical help so that they take the best path in life.

“Guidance is process of helping individual through their own efforts to develop and discover their potentialities for personal happiness and social usefulness.”

Guidance is the process of helping person to develop and accept an integrated and adequate picture of himself and to his role in the world to work, to test this concept against reality and to convert into reality with satisfaction to himself and benefit to society.” —National Vocational Guidance Association

“Guidance is not giving directions. It is not the imposition of one person's point of view upon another person. It is not making decisions for an individual which he should make for himself. It is not carrying the burden of another's life. Rather, guidance is assistance made available by personally qualified and adequately trained men or women to an individual of any age to help him manage his own life active, development his own point of view, make this own decisions, and carry out his own burden”. —Crow and Crow

“Guidance is the help given by one person to another in making choices and adjustments and in solving problems. Guidance aims at wading the recipient to grow in his independence and ability to be responsible for himself. It is a service that is universal not confined to the school or the family. It is found in all phases of life in the home, in business and industry, in government. In social life, in hospitals and in prisons indeed it is present where there are people who need help and wherever there are people who can help.” —Arthur J. Jones

“Guidance is that systematic, organized phase of the educational process which helps youth to grow in his power to give point and direction to his own life, to the end that he may gain richer personal experience while making his own unique contribution to our democratic society.”

Guidance is continuous process of helping the individual development to the maximum of his capacity in the direction most beneficial to himself and to society.” —E.F. Lindquist

## **Type of Guidance**

Guidance is classified in several ways; different criteria are used for this purpose.

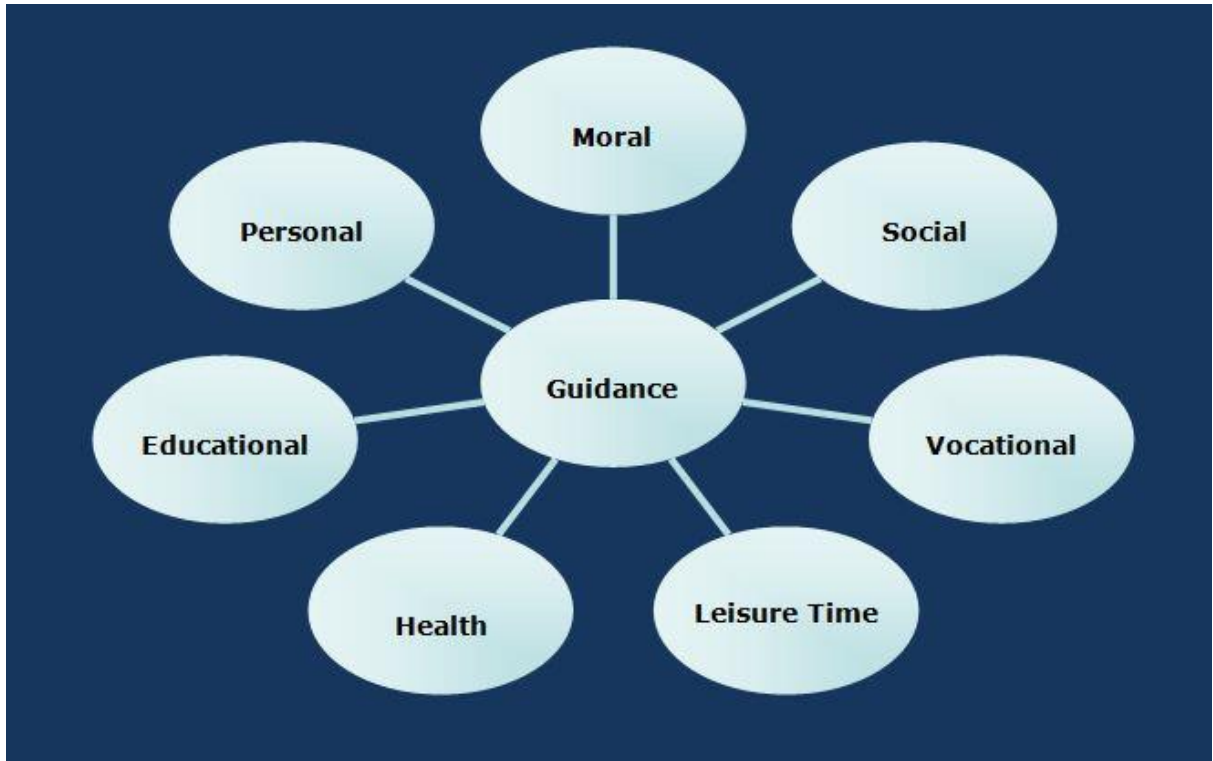
I-Type- (a) Formal Guidance and (b) Informal Guidance.

II-Type- (a) Individual Guidance and (b) Group Guidance.

III-Type- This classification is most popular and wide used:

1. Educational Guidance,
2. Vocational Guidance, and
3. Personal Guidance.

Guidance can also be looked at as a program or service to individuals based upon the need of each individual, an understanding of his/her immediate environment, the influence of environmental factors on the individual and the unique features of each school. Guidance is designed to help each individual adjust to his/her environment, develop the ability to set realistic goals for him/herself, and improve his/her education. As a process, guidance is not a simple matter but involves a series of actions or progressive steps which move towards a goal. We can isolate seven types, educational, vocational, personal social leisure time, moral, health guidance.



## **Type of Guidance**

### **1. Educational Guidance:**

The guidance is provided by the teacher to students for their educational problems, is known as educational guidance. It is based on student's cumulative records.

#### **It is used in the following purposes:**

- (a) In the choice of study subjects in school, and
- (b) In removing the specific deficiencies of students related to study.
- (c) In identifying the causes of their failure by using diagnostic tests in the study subjects.
- (d) In providing the remedial teaching for the learning weakness of the students.

### **2. Vocational Guidance:**

This type of guidance is given for choosing the job and problems of certain jobs.

**The following types of tests are used for their potentialities:**

- (a) Differential aptitudes tests.
- (b) Intelligence tests and aptitude tests.
- (c) Personality and interest inventories, and
- (d) Achievement and scholastic aptitude tests.

**3. Personal Guidance:**

This type of guidance is provided for the personal problems of an individual or other than educational and vocational problems.

**These are:**

- (a) Family and home problems.
- (b) Financial or economic problems.
- (c) Physical-disabilities of the individual.
- (d) Emotional adjustment and anxiety or curiosities.
- (e) Social relationship of the individual and husband wife relations problems.
- (f) School and peers relation or classmates relation, may be isolated in the class.

The personal problems have wide range; therefore this type problem requires co-operative guidance of parents, teacher's peers and other experts in the field. This also requires his cumulative record and case study of the individual. The individual is to be studied in depth to diagnose the causes of this weakness.

**Social Guidance:** We are social animals. But social relationships constitute a problem area for most of the students. School/educational institution is a miniature society and pupil from different socioeconomic status, linguistic and socio-cultural background read there. Students some time may face problems in adjustment and social relationship. It is very important that the students to be helped in acquiring in feeling of security and being accepted by the group; in developing social relationship and in becoming tolerant towards others. This is the task of social guidance. Formally social guidance can be given by educational institutions whereas informal guidance may be provided by Family, religious institutions, Media etc.

**Moral Guidance:** Moral values occupy an important place in our life. Some times due to influence of diverse factors students tell lies and indulge in undesirable practices. Moral guidance helps in bringing these students in to proper track and help in their all round development.

**Health Guidance:** Health is regarded as the wealth. Total health i.e. preventive and curative is the goal of health guidance. The health guidance may be a cooperative effort of Principal, Doctors, Counsellor/psychologist, Teachers, Students and parents. For promoting preventive care the conditions of school hostel, canteen needs to be checked. Similarly health education through formal classes and information is essential in school education stages. In the present day the concern of health guidance also pertains to guidance in HIV/AIDs.

**Leisure – time guidance :** Guidance for leisure is basically a part of personal guidance. the individual should know how to utilize his/her leisure time fruitfully. leisure generally refers to free time a person at his disposal. leisure in modern time is available to those who are technically trained and efficient. But, unfortunately most of us do not know how to utilize the leisure time. That is why guidance for leisure is necessary. Leisure can be fruitfully utilized for two purposes. First of all Leisure provides us time for personal development. One can increase his efficiency by utilising his leisure time. The second use of leisure is that it helps the individual to be more productive by getting the necessary rest and recreation. Jones divides leisure time activities into four groups.

1. Escape activities
2. General culture or appreciation activities.
3. Creative activities and
4. Service activities .

It has also been suggested that individuals should spend their leisure time in social welfare activities. For professional growth are must take active interest in the professional society of his profession.

### **Principles of Guidance:**

Guidance is based upon the following principles.

(i) Holistic development of individual : Guidance needs to be provided in the context of total development of personality.

(ii) Recognition of individual differences and dignity: Each individual is different from every other individual. Each individual is the combination of characteristics which provides uniqueness to each person. Similarly human beings have an immense potential. The dignity of the individual is supreme.

(iii) Acceptance of individual needs: Guidance is based upon individual needs i.e. freedom, respect, dignity.

(iv) The individual needs a continuous guidance process from early childhood throughout adulthood.

(v) Guidance involves using skills to communicate love, regard, respect for others.

### **References:**

- [www.psychologydiscission.net](http://www.psychologydiscission.net)
- M.A Edu.guide&coun.pdf
- Detshat.ac.in/nmeict-fiels(econtent development project fund by MHRD)
- Gupta Abha: guidance & counselling shatiya publication