



COUNSELING - A SOLUTION OF PROBLEMATIC CHILDREN

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Abstract

Modern life has become stressful in ways that were unknown to our forebears. We know that people in earlier days had problems. However the nature of our grandparents problems and the resources available to them to deal with those problems were sufficiently distinctive. A comparison of their stresses and ours would reflect qualitative as well as quantitative differences. During recent years, society has developed a variety of institutions to help individuals cope effectively with their more complicated lives. The mental health professions represent one of these helping institutions and Counseling psychology in one aspect of and an integral part of them modern society in complex. Being composed of a conglomerate of social sub-units living uneasily with one another numerous social and psychological problems, stresses and strains on the individual are apparent. Many children who have suffered behavior problems like shyness, numerousness, anxiety, aggressive behaviour, stubbornness, limper tantrums, dull or mentally deficient stealing, cheating, gambling, trauancy, argumentative, impudent and rule. The parent may not be able to see the problem of his or her child as the teacher sees it. If the parent is told of a conduct problem of his child, he may feel hurt embarrassed and may even become disturbed parent may take a defensive attitude or react in hostile manner. The counsellor has to see the pupil's actions without bias and enlist the parent's cooperation for doing something positive for the child.

Keywords : *Counseling, encouragement, sympathy, comfort, hostile, problematic, deficient, obstinate.*

INTRODUCTION :

Counseling as old as society itself. In everyday life we find Counseling goes on at many levels- in a family set up, parents counsel their children. In society doctors counsel patients, lawyers counsel client teachers students and managers subordinates. In other words there in no limit to the problems on which Counseling can be offered nor to the type of persons who can vander this help.

Counseling helps every individual to help himself to recognize and use his inner resources to set goals, to make plans, to work out his own problems of development. It is needed right from early childhood, adolescence, adulthood and even in old age. Choice and problem points are the distinctive concerns of guidance as here the individual's unique world of perceptions interacts context. It is assistance to the individual in the process of development rather than a direction of that development. The aim is to develop the capacity for self - direction, self - guidance and self - improvement through an increased understanding of his problems and his resources as well as limitations to solve the problem.

Objectives of the study:

1. To understand the behavior problems of children.
2. To understand how Counseling is help the teacher to know behaviour problems of children.
3. To understand how Counseling is help the related parents.

Study Method:

Qualitative analysis method was used for the present study.

Data Collection and Analysis:

The data collected through discussion of parents, children and their teachers and also through secondary sources like books, magazines, journals, newspapers were then subjected to qualitative analysis.

What is counseling?

Counseling like the terms 'Personality' and 'intelligence' has acquired different shade of meaning. This difficulty is due to confusion between popular understanding of the term and technical and professional meanings of it. To counsel is to advise. Individuals seek advice in al variety of situations. It is evident that from the earliest times man has turned to his fellow beings for advice, encouragement, sympathy, comfort and understanding. He has been able to survive his hostile and hazardous environment only because of the innate concern of his fellow begins for him.

According to C.R. Rogers (1942) "Effective Counseling consists of a definitely structured permissive relationship which allows the client to gain an understanding of himself to a degree which enables him to take positive steps in the light of his new orientation."

According to J.W. Gustad (1953) "Counseling is a learning oriented process, carried on a simple one to one social environment in which the counsellor, professionally competent in relevant psychological skills and knowledge, seeks to assist the client by methods appropriate to the latter's needs and within the context of the total personnel program to learn how to part such understanding into effect in relation to more cleverly perceived realistically defined goals to the end that the client may become a happier and more productive member of society."

These two definitions concur with the view that Counseling is a process which involves bringing about sequential changes over a period of time leading to a set goal.

Counseling is concerned with bringing about a voluntary change in the client. The counsellor provides facilities to help achieve the desired change or make the suitable choice. The client alone is responsible for the decisions or the choices he makes, though the Counseling may assist in this process by his warmth and understanding relationship.

Objective of Counseling:

1. To understand himself
2. To make appropriate adjustments and decisions in the light of the understanding.
3. To accept the responsibility for his choice.
4. To follow a course of action in harmony with his choice.
5. To help individuals become self - sufficient, self - dependent and self - direction
6. To adjust themselves efficiently to the demands of a better and meaningful life.

Need for Counseling for problematic students:

The child is like a plant posited in the social soil of the community. He draws nourishment of various sorts by spread in roots, as it were in the social soil. These roots are the relationship or connections which he establishes with others member of the family or the community at large and by analogy, the more roots or the relations and the more harmoniously they are established the more abundant the nourishment will the child draw in the thrive and blossom. Just as the plant required the satisfaction of its needs for air, water, minerals, sunshine and protection against adverse weather conditions so also the child request the satisfaction of the various needs for his healthy and full growth. The child needs food, water, air, rest and change and on the mental side are the needs for security, affection,

freedom, play, creative contribution satisfaction of curiosity, thirst for knowledge and understanding.

There are some basic problematic areas in a Child's life which need Counseling which would help him to grow normally to his full stature.

1. Personality and Behavior problems
2. Dull or Deficient children
3. Backward children
4. Delinquent children
5. Aggression among children
6. Obstinate children
7. Shyness in children and
8. Fear and Anxiety among children

1) Personality and Behaviour problems:

Problems like Shyness, nervousness, anxiety - states, insomnia, stammering and the like can be named as personality problems, whereas aggressive behaviour, stubbornness, temper tantrums and various forms of delinquent behaviour fall into behavioural problems. It is worthwhile to devote some time and attention to the understanding of the etiology of the genesis of some of the important problems of both these categories to enlighten parents, teachers or educationists and all those who have the care of children as their charge.

2) Dull or Deficient children:

Some children are born dull or mentally deficient and they are sometimes categorized as imbeciles and morons. For such children Counseling should be in the form of patience, forbearance and sympathetic besides technical skills and training for educating the retarded.

3) Backward children:

Backward children can be dull, normal or even superior in intelligence. They may present certain personality or behaviour - problems like stay away from school run away from home, commit certain anti-social acts like stealing, cheating, gambling etc., some may become aggressive or withdrawn and nervous or anxiety-saddened. Backwardness, generally, in daily life or specific in school subjects, may be caused by congenital dullness or by certain environmental factors in the process of growth. These factors can be physical economic, emotional or social in nature.

4) Delinquent children

Children, those who commit anti-social “Criminal” acts like theft, gambling, violence, cheating wandering, truancy, intoxication, pick pocketing and so on sometimes it is said that delinquents are mentally deficient. Lambroso, thought that delinquents had defective physique and defective intelligence later also Psychologists in America and elsewhere pointed out that delinquents were feeble - minded but more recent studies do not support such view; some recent studies assert that though the delinquent are not mental defectives they are as a group rather dull. Proper Counseling to such children in the form proper custody, maintenance education and training would shape them into useful grown - ups in the society.

5) Aggression among children

There can be two forms of the expression of aggression. Aggression is expressed on things, objects or people in the external world by doing • some harm or damage to them and the other form is if the individual does not express his anger on others, his aggression turns on himself and this called masochistic or internalized form of aggression, in this form the child may do some injury to this own self and may even commit suicide. This aggression is because of some hindrance experienced by the individual in the normal flow of his life. For such people Counseling should be given in the form of love, affection and security, to the suffering and they should be engaged in some useful work all the time. Efforts have to be made to remove the factors which are the causes for the aggression and to give the child a new start and a new orientation in life.

6) Obstinate Children:

Some what akin to aggression are the symptoms of obstinacy in certain children who present in a course of action regarded as undensible by other, such as refusing to obey or talk back in the face of parents or teachers, being rebellious argumentative, impudent and rule. To such children Counseling should be in the form companionship and guiding the child in a friendly manner.

7) Shyness in children:

Ordinarily parents and teaches consider, disorderliness, naughtiness or other forms of overt disturbing behaviour as something bad, whereas submissiveness, quietness, obedience and shyness in children are considered to be praise worthy. But from the Psychological point of View, it is the shy child or the withdrawing child who may be quite submissive orderly and obedient who is not well. Under dominating condition the child is suppressed and he does not develop sufficient ego — strength or confidence in himself and become docile and shy. In such cases Counseling should be in the from of proper. Explanation and reasoning of the

situations. Which would enable the child to free himself from the shyness.

8) Fear and Anxiety among children:

The next problem which we quite often come across in students is that to fear of imaginary things or phobias of such students develop from the earlier days a reclusive, timid and fearful attitude. Such a fearful attitude in many cases is also developed by unfortunate fearful circumstances and this does incalculable harm to their development as well as achievement in life. Some students possess illbalanced autonomic nervous and endocrine systems and in such cases it is easier for the child to develop symptoms of anxiety. The precipitating causes, how ever, any be failure in examinations, loss of near and dear ones, separation from home or loss of job. All such factors disturb the mental balance or equilibrium of the individual leading to the systems indicating anxiety. In such cases, Counseling should be in the form of cordial relationship between the students suffering and the parents and teachers, who should understand, hear their problems with patience and solve them tactfully.

The Role of Teachers in Counseling:

1. The teacher helps emotionally disturbed children to arrive at happier and satisfying solution to their problems.
2. The teacher helps children with their academic difficulties.
3. The teachers is concerned with preventive and remedial measures. At the elementary school level there in particular stress on the preventive and developmental aspects so that there may be less need for remedial so that there may be less need for remedial work later on.
4. The teacher cooperatively work with teacher to help them gain a greater understanding of the pupils in their classes.
5. The teacher helps parents obtain a better understanding and appreciation of their children.
6. The teacher uses appropriate test devices for diagnosis and Counseling purpose.
7. The teacher directly deals with students on metters concerning emotional problems, self-understanding, decision, making, educational and vocational planning etc.

Counseling with Parents:

Most problem children are products of problem homes. The disturbing features in a home affect the harmonious development of the children. The incalculable harm which parents do to their children is usually not grasped by most parents.

Counseling deals with the area of parent-child relationship concerning the dimension of dependence independence. Most parents are deeply concerned about the well-being of their children and are afraid that if left to themselves the children may harm themselves. Hence they become over-protective which is resented by the children. Another area of parent-child conflict concerns vocational choice. Most parents begin with the presumptions that they know what is best for their children. Children have their own ideas and this usually results in a clash of ideas, interests and personalities. Parent Counseling thus is one of the important services that can help foster a healthy home atmosphere.

Parents understandably are indulgent and so they see their children in a different light. On the other hand, for the teacher, the child of a particular parent is one of the several hundred pupils he may be seeing daily. The parent, as a parent, may not be able to see the problem of his or her child as the teacher sees it (as a problem of a member of his class.) If the parent is told of a conduct problem of his child, he may feel hurt, embarrassed and may even become disturbed. The parent may take a defensive attitude or react in a hostile manner. Some parents may feel hurt and become very apologetic. The counselor has to see the pupil's actions without bias and enlist the parent's cooperation for doing something positive for the child. The parent, motivated by his protective instinct, may defend the child's actions. In all such cases, the counselor must behave with great caution and professional experience to win over the confidence and trust of the parent and help him see the shortcomings or the problems of his child in an objective manner. This requires a considerable amount of sympathetic understanding of the parent. When once the parent's confidence and trust are secured, it becomes easy to enlist his/her.

Some parents have difficulty in expressing themselves. A parent may be reluctant to talk. The counselor has to first establish a warm relationship to open up lines of free communication by talking about the positive aspects. The parent's initial resistance can be overcome slowly with patient handling. This brings home the importance of good relationships for the natural release of feelings. By adopting an by persuading the parent to talk, his inhibitions can be overcome. It is always necessary to remember that the manner in which the parent sees the problem of his child may be very different from the way in which the teacher or counsellor sees it The important objective of a parent-teacher conference is to gain insight into the child's behaviour to get a proper perspective from the point of view of the classroom situation and the home environment If the parent thinks that he has to take the blame for the failing of his child he may take a hostile attitude towards the school but if the

parent is made to feel that he will be helping in the resolution of his child's problems, he will take a different attitude. In the course of the meeting the parent may even be prepared to recognize the problems of his child which he would have otherwise stoutly rejected if presented in a different manner.

Findings:

1. Counseling is help the teacher to know something about the unique aspect of each individual.
2. Counseling is help the teacher to know problematic students to arrive at happier and satisfying solutions to their problems.
3. Counseling is helping the students to plan their own actions wisely.
4. Counseling is help the parents to see their children in different light and help foster a healthy home atmosphere.

Conclusion:

Counseling is help to children who have suffered behavior problems. Most parents fall to understand and appreciate the limitations and difficulties of their children. These leads to disappointment on their part and emotional tensions which are not conducive to a harmonious family life. Parents should be helped to become more sensitive to their children's problems and to gain desirable insights into such problems. The teacher helps emotionally disturbed children to arrive at happier and satisfying solutions to their problems.

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