



**A STUDY OF GUIDANCE NEEDS OF STUDENTS AND THE AVAILABILITY OF GUIDANCE
SERVICES IN THE SCHOOLS OF KARNATAKA**

Kumara.v

Assistant Professor

St Joseph's College of Teacher Education MC Road Mandya -571401

Abstract

The student population in Karnataka like adolescents globally, navigates a complex web of developmental, academic, social, emotional, and career-related needs. These needs are amplified by the unique socio-cultural context of the region, characterized by intense academic competition, diverse family structures, rapid urbanization, and evolving social norms. Effective guidance services in schools play a crucial role in supporting the holistic development of these students, enabling them to navigate challenges, make informed decisions, and realize their full potential. With a highly competitive academic environment, students face significant pressure to perform well in examinations and secure admissions to prestigious higher education institutions. Learning effective techniques for time management, note-taking, exam preparation, and overcoming learning difficulties. For instance, a student struggling with mathematics might need guidance on specific study strategies and resources. A student interested in technology but unsure about specific fields like computer science or electronics engineering would benefit from career counseling. Workshops on stress-reduction techniques and mindfulness can be beneficial.

Keywords:

Guidance, Academic, Career, Education, Student



Introduction

One of the primary academic guidance needs revolves around effective learning strategies and academic support. Students often grapple with understanding complex concepts, managing their workload, and developing efficient study habits. Guidance in this area can equip them with valuable skills such as time management, note-taking techniques, critical thinking, and problem-solving approaches. Furthermore, students may require targeted support in specific subjects where they face difficulties. Academic guidance can facilitate them to access on tutoring, remedial classes, and personalized learning plans, ensuring that no student is left behind. This support fosters confidence, reduces academic anxiety, and cultivates a genuine love for learning. (Okere , 2016)

Beyond immediate academic tasks, students have a critical need for career exploration and planning. The educational path a student chooses has profound implications for their future career trajectory. Academic guidance plays a vital role in exposing students to diverse career options, helping them understand their interests, aptitudes, and values in relation to the professional world. Counselors can provide information about different industries, educational pathways leading to specific careers, the skills and qualifications required for various roles. This guidance can involve career assessments, informational interviews, job shadowing opportunities, and assistance with resume building and interview skills. By providing clarity and direction, academic guidance empowers students to make informed decisions about their future and pursue fulfilling career paths.

As students progress through secondary school, they begin to consider their future career paths. Gaining awareness about diverse career options, understanding the required skills and qualifications for different professions, and exploring emerging fields. Career fairs and guest lectures by professionals can provide valuable insights. Identifying their strengths, weaknesses, interests, and aptitudes to align them with suitable career pathways. Psychometric tests and career counseling sessions can aid this process. Receiving



information about various undergraduate and postgraduate programs, admission procedures, entrance examinations, and career prospects associated with different academic streams. (Ngumi, 2016)

Adolescence is a period of significant personal and social development, often accompanied by unique challenges like developing a strong sense of self, understanding their values and beliefs, and navigating issues related to identity, building healthy relationships with peers, family members, and teachers, and resolving conflicts effectively.

Group counseling sessions can help students to develop social skills. Managing emotions, coping with stress, anxiety and depression, and developing resilience. School counselors can provide individual support and conduct workshops on emotional regulation. Adapting to the school environment, dealing with peer pressure, and understanding social norms and expectations. Seeking support and learning strategies to address issues of bullying, harassment, or discrimination.

Some students may face more significant psychological challenges that require professional intervention like identifying and seeking help for conditions like anxiety disorders, depression, attention-deficit/hyperactivity disorder (ADHD), and eating disorders. School counselors can provide initial support and refer students to mental health professionals. Addressing disruptive behavior, aggression, and defiance through counseling and behavior management strategies. Providing support to students who have experienced traumatic events or the loss of a loved one.

Studies conducted in Karnataka highlight that secondary school students report experiencing stress related to exams, parental pressure for high marks, peer rivalry, social isolation, and peer pressure. A significant percentage of students also express a need for educational, psychological, and social guidance.

The availability and quality of guidance services in schools across Karnataka vary



considerably. While many schools, particularly private and well-resourced ones, have established guidance and counseling cells with qualified counselors, others may lack these essential resources. (Ramakrishnan, 2011)

Literature Review

Affulo et al. (2014): Ensuring that all school counselors are adequately trained, qualified, and equipped with the necessary skills to address the diverse needs of students is crucial. Continuous professional development is also essential. Engaging parents actively in the guidance process is vital for its effectiveness, but this can be challenging due to various socio-economic factors and parental awareness levels. While these are important, personal, social, and emotional well-being often receive less attention, despite their significant impact on academic performance and overall development.

Anastasi et al. (2013): Many schools lack a comprehensive and well-integrated career guidance ecosystem that starts early in the students' academic journey and involves teachers, parents, and external experts.

David et al. (2011): Guidance helps students develop better study habits, manage stress, and make informed academic choices, leading to improved performance. Counseling and support services contribute to better self-esteem, improved interpersonal relationships, and enhanced emotional resilience.

Bassey et al. (2014): Career guidance helps students explore options, understand their strengths, and make more informed choices about their future pathways. Addressing personal and social issues through counseling can lead to a decrease in behavioral problems and school dropout rates. When students feel supported and understood, they tend to develop a more positive attitude towards learning and the school environment.



Methodology

For the current research work, a total 200 respondents were chosen from Karnataka by using Random Sampling.

Data Analysis

Table 1 Gender of Respondents

Gender	Frequency	%
Boys	126	63%
Girls	74	37%

It can be observed from table 1 that out of 200 respondents, there were 63% male and 37% female respondents.

Table: 2

Regression Analysis

	Boys	Girls
R^2	0.393	0.396
F	33.405*	37.839*
Constant	0.289	0.301
Academic Guidance	0.198*	0.008
Career Guidance	0.006	0.296*
Academic Performance	0.290*	0.196***



Table 2 shows that the Academic Guidance, Career Guidance and Academic Performance conflicts variable explain 44.2% (Boys) and 43.1% (Girls) variance of Guidance in Karnataka.

FINDINGS AND DISCUSSION

In the intricate journey of education, students often navigate a complex terrain filled with choices, challenges, and aspirations. Just as a ship requires a compass and a skilled navigator to reach its destination, students need academic guidance to steer them towards their full potential and future success. The academic guidance needs of students are multifaceted, encompassing support for learning, career exploration, personal development, and overall well-being. Addressing these needs is not merely beneficial; it is fundamental to fostering a generation of informed, capable, and well-adjusted individuals.

Furthermore, the academic journey is not solely about intellectual growth; it also involves personal and social-emotional development. Students encounter various personal challenges, including stress, peer pressure, identity formation, and mental health concerns. Academic guidance can provide a safe and supportive space for students to address these issues. School counselors and mentors can offer individual and group counseling, workshops on stress management, conflict resolution, and social skills development. By nurturing their emotional well-being and resilience, academic guidance helps students navigate adolescence and young adulthood successfully, fostering a positive learning environment and contributing to their overall personal growth.

Moreover, academic guidance plays a crucial role in navigating the educational system and making informed choices about future studies. As students progress through their academic careers, they face critical junctures such as choosing subjects, selecting academic streams, and applying to higher education institutions. Guidance counselors provide essential information about academic requirements, admission processes, financial aid options, and the pros and cons of different educational pathways. This support demystifies the often-



complex educational landscape, ensuring that students have the necessary information to make well-informed decisions that align with their goals and aspirations.

The academic guidance needs of students are diverse and fundamental to their holistic development and future success. From providing effective learning strategies and academic support to facilitating career exploration, fostering personal growth, and navigating the educational system, academic guidance acts as an indispensable compass in the students' educational journey. Recognizing and addressing these needs through well-structured and comprehensive guidance programs is not just an investment in individual student but a commitment to build a brighter and more capable future for society as a whole. By empowering students with the right guidance, we equip them to not only excel academically but also to thrive as well-rounded, informed and purposeful individuals.

One of the primary needs for career guidance stems from the sheer complexity of the modern career landscape. Gone are the days of a limited set of readily apparent professions. Today, students are faced with a dizzying array of options, many of which are constantly evolving or entirely new. Without proper guidance, they can easily feel overwhelmed and unaware of the diverse pathways available, including emerging fields driven by technology and globalization. Career guidance provides students with exposure to this vast spectrum, offering insights into different industries, job roles, required skills, and future prospects.

Furthermore, students often lack self-awareness regarding their own strengths, weaknesses, interests, and values. They may excel in a particular subject but not realize its potential application in a specific career. Conversely, they might harbor a passion for something without understanding the educational and professional routes to pursue it. Effective career guidance employs various tools and techniques, such as aptitude tests, interest inventories, and personality assessments, to help students gain a deeper understanding of themselves. This self-discovery is crucial for aligning their inherent capabilities and passions with suitable



career paths, leading to greater engagement and job satisfaction in the long phase.

The need for career guidance is also amplified by the pressure of making critical academic choices. Selecting the correct subjects in higher secondary school and choosing the appropriate undergraduate degree are pivotal decisions that significantly impact future career options. Many students make these choices based on peer influence, parental expectations, or perceived prestige, rather than on informed self-assessment and understanding of career requirements. Career counselors provide objective advice, helping students understand the implications of their academic choices on their career goals and ensuring a more strategic and purposeful approach to their education.

Moreover, career guidance addresses the gap in knowledge about the practical aspects of career building. Students often lack information about the necessary skills for specific professions, the educational qualifications required, the job market trends, and the strategies for securing employment. Career counseling workshops and sessions can equip them with essential skills such as resume writing, interview techniques, networking strategies, and understanding the dynamics of the professional world. This practical knowledge empowers students to proactively prepare for their future careers and navigate the job search process with greater confidence.

In the Indian context, the need for career guidance is particularly acute due to factors like intense competition for limited seats in higher education and a diverse socio-economic landscape. Many students, especially those from rural backgrounds or disadvantaged communities, may lack access to information and mentorship regarding career opportunities. Career guidance initiatives can play a crucial role in promoting equity and social mobility by providing these students with the necessary support and guidance to explore and pursue a wider range of career options, breaking traditional barriers and fostering inclusivity.



Finally, career guidance is not a one-time intervention but an ongoing process. As students progress through their education and gain new experiences, their interests and aspirations may evolve. Continuous career support helps them adapt their plans, explore further educational opportunities, and make informed decisions about career changes or advancements. Mentorship from experienced professionals and access to career resources throughout their academic journey are invaluable for long-term career development.

Many schools employ full-time or part-time counselors who provide individual and group counseling, conduct workshops, and collaborate with teachers and parents. Their roles encompass academic advising, career guidance, personal and social support, and crisis intervention. Some schools have dedicated career counseling cells that organize career fairs, conduct aptitude tests, provide information on higher education options, and offer guidance on resume building and interview skills.

Schools often conduct workshops on topics such as study skills, stress management, time management, career awareness, and adolescent health. These platforms allow for discussions about students' academic progress, behavioral issues, and overall well-being, facilitating collaborative problem-solving. Counselors often have networks with external mental health professionals and other specialists to whom they can refer students with needs beyond the scope of school-based counseling.

Many schools struggle with a high counselor-to-student ratio, limiting the individual attention and support that can be provided to each student. Some students and parents may be unaware of the availability and benefits of guidance services or may hesitate to seek help due to the stigma associated with counseling. Not all schools have dedicated counseling rooms or adequate resources such as psychological assessment tools and career information materials.

The career guidance needs of students are multifaceted and critical for their academic and



professional success. It provides them with the necessary knowledge, self-awareness, decision-making skills, and practical tools to navigate the complex world of careers. Investing in robust and accessible career guidance programs is not just beneficial for individual students; it is an investment in a skilled and satisfied workforce, contributing to the overall progress and prosperity of the nation. Just as a ship needs a compass to navigate vast oceans, students need career guidance to steer them towards fulfilling and successful futures.

Conclusion

The guidance needs of students in Karnataka schools are multifaceted and critical for their holistic development. While some schools offer valuable guidance services, significant gaps and challenges remain in terms of availability, resources, and quality. Strengthening guidance and counseling programs by increasing the number of qualified counselors, raising awareness, allocating adequate resources, fostering parental involvement, and adopting a comprehensive approach that addresses academic, career, personal, social, and psychological well-being is essential. Investing in robust guidance services will empower students to navigate the complexities of adolescence, make informed decisions, and contribute meaningfully to society

References

1. Affulo, O. (2014). The Role of the Teacher in the Management of Students discipline in Public Secondary Schools in Bondo District. M.Ed thesis. Maseno University.
2. Anastasi, A. (2013). Psychological testing New York, NY: McMillan Publishing Co.
3. Arowolo, David .O (2011). Counsellors' Perception of Problems Facing Guidance and Counselling Services in Nigerian Schools. Journal of Education and Practice. ISSN 2222-1735 (Paper) ISSN 2222-288X (Online) Vol.4, No.24, 2011



4. Bassey, Mary.; Monday, Akon.; Esuong, Joshua. and Edet, Aniekan. (2014) "Attitude of Secondary School Students towards Guidance and Counselling Services", Cross River State Eyo
5. Bukoye, R. O. (2013). Introduction of Guidance and Counselling for the 6-3-3-4 System of Education, Jos: Savannah Publication Ltd.
6. Khanda, Subhasish (2013). Challenges Faced by Teacher Counsellors of Secondary Schools in the Smart City Bhubaneswar, Odisha. International Journal of Research in Social Sciences. Vol. 8 Issue 11, pp 327-340. November 2016.
7. Ondima, C.; Nyamwage, B. and Nyakan, O. (2011). Assessment of Challenges Facing Secondary School Guidance and Counselling Teachers in Nyamira District. Journal of Education and Practice. 3, 16.
8. Ramakrishnan, V. K. and Jalajakumari, V. T. (2011). Significance of imparting guidance and counselling programmes for adolescent students, Asia Pacific Journal of Research, 2(9), 102-112
9. Ngumi, O. N. (2013) Assessment of the Level of Training and Resources Needs of Secondary School Guidance Counsellors in Nakuru Municipality Kenya. Unpublished M.Ed Thesis. Egerton University, Njoro.
10. Okere A. (2014) The effective school counselors: Perception of students, teachers and counselors. Journal of Educational Foundations.;1:pp 147-152.