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Topic Name - Guidance and its Importance

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Lecture Title

Guidance and its Importance

Hello viewers. Welcome to the bachelor course of physical education today we will discuss about meaning of guidance and its importance in the field of physical education. We are social beings and, so in some way or other we need help and guidance of others. Mother, father, grand parents, and teachers and other elders, home, school and society guide youngsters for successful living. Due to explosion of knowledge, industrialization and changes in socio-economic set up the need of professional guidance is felt in the present day society.

MEANING OF GUIDANCE: Literally guidance means “to direct” to ‘point out’, to show the path’. It is the assistance or help rendered by a more experienced person to a less experienced person to solve certain major problems of the individual (less experienced) i.e. educational, vocational, personal etc. Guidance is a concept as well as a process. As a concept guidance is concerned with the optimal development of the individual. As a process guidance helps the individual in self understanding (understanding one’s strengths, limitations, and other resources) and in self-direction (ability to solve problems, make choices and decision on one’s own).

GUIDANCE AND EDUCATION:

The aim of education is to achieve the fullest possible realization of possibilities inherent in the individual. Education fosters all aspects of an individual’s personality. Guidance is an integral part of education and helps in achieving the goals of education. Guidance is quite essential for the development of individual which is the main objective of education. The Education Commission (EC-1964-66) observes —Guidance should be regarded as an integral part of education and not as a special, psychological or social service which is peripheral to educational purposes. It is —meant for all students not just for those who deviate from the norm in one direction or the other. Jone, A.J., pointing out the relationship between guidance and education observes, All guidance is education but some aspects of education are not guidance. Their objectives are the same the development of the individual but methods used in education are by no means the same as those used in guidance.

2. 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.

NEED AND IMPORTANCE OF GUIDANCE

1. Guidance is needed wherever there are problems. The need and importance of guidance are as follows.
2. Self understanding and self direction: Guidance helps in understanding one's strength, limitations and other resources. Guidance helps individual to develop ability to solve problems and take decisions.
3. Optimum development of individual
4. Solving different problem of the individual
5. Academic growth and development
6. Vocational maturity, vocational choices and vocational adjustments
7. Social personal adjustment.
8. Better family life
9. Good citizenship
10. For conservation and proper utilization of human resources
11. For national development

Guidance is helpful not only for student and teacher of physical educational but also to the parents, administrators, planners and community members.

DIFFERENT GUIDANCE SERVICES FOR PHYSICAL EDUCATION STUDENTS:

The institution is expected to provide more than just teaching and instruction. A guidance program includes all those activities other than instructional which are carried out to render assistance to physical education students in their educational, vocational, personal development and adjustment. The fundamental aim of guidance program being the maximum development of the child, all guidance program must be geared toward attainment of the pre defined goal. Guidance services can assist the students in knowing themselves-their potentialities and limitations, making appropriate choices in educational, vocational and other fields. Some of the important guidance services are;

- The orientation services
- Student inventory services
- Career Information services
- Counseling services
- Group guidance services

- Placement services
- Research and evaluation services

IMPLICATIONS OF AREAS OF GUIDANCE IN GLOBAL CONTEXT:

The student's life is getting complex day by day. Students in the twenty-first century are facing many perplex and difficult situations i.e. to make wise curricular and other curricular choices, to acquire basic study skills for optimum achievement, adjustment with peers etc. In its beginning guidance was concentrated on problems relating to vocations. It was largely concerned with getting jobs for young people. Now guidance has gone for beyond this. It is now concerned with the entire individual in all aspects. The areas of guidance are very vast. The following are some of the important areas of guidance.

3. Personal

Students of physical education face many personal problems related to themselves, their parents and family, friends and teachers, etc. They often have memories related to home or family which creates feeling of disappointment in them. If their parents are expecting too much of them it leaves them with a feeling of incompetence and insecurity leading poor self-concept and self esteem. The objectives of personal guidance are to help the individual in his/her physical, emotional, social, rural and spiritual development. The aims and objectives of personal guidance are:

- To assist the individual in understanding himself/herself.
- To assist the individual involving the personal problems.
- To assist the individual in taking independent decisions and judgment.
- To assist the individual to view the world and the social environment in right perspective.
- To assist the individual in making sound adjustments to different problems confronted in life.

Personal guidance is necessary at all stages of life. Opportunities should be given to students for their self expression. Personal guidance at this stage deals with the problems related to feeling of insecurity, social acceptance, discipline etc. Due to peculiar physical, emotional and social developments undergo noticeable changes in their attitude and behavior. Personal guidance at this stage should therefore focus on personal and social adjustment. Personal guidance should aims at helping them view life in relation to reality. The scope of personal guidance at this stage is very wider.

EDUCATIONAL GUIDANCE: If one closely examines the problems of physical education pupils in colleges, one would exactly realize the need of educational guidance. Educational problems head the needs of students 'problems. So education is an important guidance area. Educational guidance is related to every aspect of education, the curriculum, the methods of instruction, other curricular activities, disciplines etc. Educational guidance is the assistance given to the individual (i) to understand his/her potentialities (ii) have a clear cut idea of the different educational opportunities and their requirements (iii) to make wise choices as regards to school, colleges, the course : curricular and extra curricular. Some of the aims and objectives of educational guidance are:

- To assist the pupil to understand him/herself i.e. to understand his/her potentialities, strength and limitations.
- To help the child make educational plans consist with his/her abilities, interests and goals.

- To enable the student to know detail about the subject and courses offered.
- To assist the student in making satisfactory progress in various college subjects.
- To help the student to adjust with the schools, its rules, regulations, social life connected with it.
- To help the student in developing good study habits.
- To help the student to participate in out of class educational activities in which he can develop leadership and other social qualities.

Guidance program must help the students to make good beginning, to plan intelligently, to get the best out of their education and prepare them for further education. Educational guidance needs to be used in diagnosing difficulties, in identifying the special needs of students. Educational guidance should help the students to understand themselves better, to understand different aspects of the college, to select appropriate courses to get information about different educational opportunities, to develop good study habits. The students should be helped to be acquainted with the vocational implications of various subjects. Educational guidance must orient students about purpose and scope of higher studies and helps them to stimulate their studies. Each college/ university must have a guidance unit with due provision of guidance services.

VOCATIONAL GUIDANCE: You know that bread and butter aim is one of the main aims of education. Due to advancement in science and technology and consequent changes in industry and occupations have been emerged. There are thousands of specialized jobs/ occupations in physical education. In this context, there is a great need for vocational guidance. Vocational guidance is a process of assisting the individual to choose an occupation, prepare for it, enter upon it and progress in it. It is concerned primarily with helping individuals make decisions and choices involved in planning a future and building a career. The purpose behind assisting the youth to choose, prepare, enter and progress in a vocation is the optimum growth of the individual. Some of the aims and objectives of vocational guidance are:

- Assisting student to discover his/her own abilities and skills to fit them into general requirements of the occupation under consideration.
- Helping the individual to develop an attitude towards work that will dignify whatever type of occupation s/he may wish to enter.
- Assisting the individual to think critically about various types of occupations and to learn a technique for analyzing information about vocations.
- Assisting pupils to secure relevant information about the facilities offered by various educational institutions engaging in vocational training.

Although no formal guidance programs are needed, the orientation to vocation can be initiated at early stage. Qualities and skills which have greater vocational significance viz. love and respect for manual work (ii) training in use of hands (iii) spirit of cooperative work (iii) sharing (vi) appreciation for all works (vii) good interpersonal relationship are to be developed.

Vocational guidance should help the students to know themselves, to know the world of work, to develop employment readiness to develop decision making rules. It should be more formal one. The objectives of vocational guidance are to help the students to get information about different career, training facilities, apprenticeship etc.

Avocational Guidance: The individual student spends only a small portion of his time i.e. 4 to 6 hours per day in an institution. The rest of the time needs to be effectively managed and utilized by the student for his/her progress and development. Avocational guidance helps the student to judiciously utilize the leisure time. The other co-curricular activities play an important role in all-round development of the child. But many parents, teachers and children put secondary importance to these activities. The students need to be properly guided for effective participation in varied types of avocational pursuits so that they are able to shape their interpersonal behavior in desirable direction and widen their outlook.

4. Social Guidance

We are social animals. But social relationships constitute a problem area for most of the students. Educational institution is a miniature society and pupil from different socio-economic 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 the present day the concern of health guidance also pertains to guidance in HIV/AIDs.

5. 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 utilizing 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.

- Escape activities
- General culture or appreciation activities.
- Creative activities and
- Service activities

It has also been suggested that individuals should spend their leisure time in social welfare activities. For professional growth one must take active interest in the professional society of his profession. Thus it is quite evident that guidance for leisure is extremely important in

modern society because it helps the individual to attain efficiency and become a useful member of the society. Therefore, it has been suggested that in the physical education curriculum there should be provision for teaching about various leisure time activities so that children will be able to know about them.

LET'S SUM UP: Guidance is a concept as well as a process. Guidance is based upon the principles of holistic development of individual, recognition of individual differences and dignity and acceptance of individual needs. Guidance is needed wherever there are problems. Guidance helps in optimum development of individual, solving different problems of the individual, Academic growth and development, Vocational maturity, vocational choices and vocational adjustments, Social personal adjustment. Better family life, for conservation and proper utilization of human resources, and national development. Guidance is helpful not only for student and teacher in an educational institution but also to the parents, administrators, planners and community members. A guidance programme includes all those activities other than instructional which are carried out to render assistance to pupils in their educational, vocational, personal development and adjustment. The areas of guidance are very vast. Some of the important areas of guidance are personal, educational, vocational, avocational, health, social etc.