

Course Name - Bachelor of Physical Education

Year - IInd (Part-1)

Paper Name - Psychology with Special Reference to Physical Education

Topic Name - Guidance and its Importance

Topic No. - Sec - C (11)

Paper No. - IInd

Lecture No. - 16

Lecture Title
Guidance and its Importance

FAQ's

Q.1 What is guidance?

Ans. 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).

Q2. Write the need and importance of guidance.

Ans. Guidance is needed wherever there are problems. The need and importance of guidance are as follows.

1. 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.
2. Optimum development of individual
3. Solving different problem of the individual
4. Academic growth and development
5. Vocational maturity, vocational choices and vocational adjustments
6. Social personal adjustment.
7. Better family life
8. Good citizenship
9. For conservation and proper utilization of human resources
10. 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.

Q.3 Write short note on Personal Guidance.

Ans. 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.

Q4. Write short note on Educational guidance.

Ans. 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.

Q5. Write short note on Vocational Guidance.

Ans. 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.