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RESEARCH ARTICLE

NEEDS AND PROBLEMS OF ADOLESCENCE PERIOD: PROPER GUIDANCE AND COUNSELLING IN THE FIELD OF THEIR FUTURE LIFE CONSTRUCTION

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Abstract

Adolescence is the most significant period of human life. It begins in biology and ends in culture. It is a period of growth which is characterized by rapid physical, emotional, social, moral and intellectual developments. The need of adolescents is really different from earlier stages of life cycle. If the need of adolescents are not properly gratified the adolescent becomes a problem youth. Due to innumerable biological and emotional stresses adolescents face various problems related to their day to day life. Moreover these problems are deeply effect in their field of study. Guidance and counseling are two very important services to be provided to the adolescents by the family as well as by the school and college authorities. It is great importance for the school students, who face lot of problems. Guidance and counseling helps in understanding the physical, mental, emotional and attitudinal handicaps of students in relation to their opportunities, plans and adjustments. This paper is an attempt to the significant stage of human life and attempt has been tries to highlight the need and problems adolescence period and also tries to solve the significant problems through the process of Guidance and Counselling.

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Introduction:-

In an individual life, adolescence is that period which begins at the end of the childhood and ends at the beginning of adulthood. Adolescence is best regarded as a recapitulation of the period of life. It is a second turn on the spiral of development. In this period, the child again becomes unstable. It is the most crucial and significant period of an individual's life because it is the stage of development that comes between childhood and adulthood. It is a period of rapid changes. The peculiar and unusual changes that take place during this stage create problems for the adolescent boys and girls. Similarly the need of adolescents is really different from earlier stage of life cycle.

Especially adolescence is a phase which makes a person enters into the adult world. As the child grows into an adult he experience problems in various domains such as personal, social, educational, vocational and career related. Through guidance and counseling services, adolescents can be helped to solve these problems. Again with the help of career counseling and vocational guidance they can be helped with insights into various career opportunities. Therefore personal and social counseling can help them in resolving their problems and help the adolescent for a smooth transition to adulthood.

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An objective gives the way to go forward. So, in this field I would like to express the main objective of the present paper is to know about the need and problems of adolescence period and tries to how can solve the problems through guidance and counseling service in the field of their future life construction. Also the present study is mainly based on descriptive method which provides a method of analytical study. As secondary data I have collected from various sources like – Review studies, Research Article, Books, internet, Magazine, thesis, Journals, etc.

Need of Adolescence Period:

We know that adolescence is the stage of development that comes between childhood and adulthood. So in this field the basic need of the adolescent boys and girls are as follows –

Need for Sympathy:

Adolescent becomes capable of accomplishing more easily. It is a turbulent period which forces the adolescent to behave awkwardly. The child at this period requires sympathy and understanding from parents and teachers. Due to rapid psychological and physical changes he/she gets perturbed. Thus during this stage an adolescent youth requires a good deal of sympathy. If their success or achievement is not recognized at home or in the school they begin to lose interest in such activities and may turn into violent and unrealistic ways.

Need for Sex Education:

Adolescence is a period of growth. Actually the maturing of the sex glands is the most important single development of the adolescent period. Development and sudden functioning of the sex organs create worries, anxieties and tension among the adolescent boys and girls. Members of both sexes display a variety of attitudes towards the changes in their bodily functions, and these attitudes influence their personalities, their school work, interest and their general adjustment to life. Therefore there is an urgent need to input sex education in our school curriculum.

Need for Independence:

Adolescents are age of self-decoration. Adolescent's youth need economic and emotional independence. They do not like to depend upon their parents regarding money matter and no longer want to be treated as a child. They want to be self sufficient but they are inexperienced and incapable of taking responsibility for their security and comforts which leads to confusion, anxiety and frustration in them.

Need for Extra-curricular Activities:

Generally, the emotional restlessness and instability of the adolescent can be safe guarded by providing opportunities for social interaction through extra-curricular activities like debating clubs, games, sports, drama, art, music etc. These help to sublimate emotions to healthy channels.

Need for Status:

Man is a social animal. Without society we cannot live alone. Adolescent is a stage of transition and period of rapid changing yet their behavior and thinking are not accepted by the society easily. If their need for status is not met satisfactorily in the family or in the school it may lead to confusion, ambiguity and disappointment in them. Thus their status in the society must be understood by parents and teachers and accordingly opportunity for participating in all decision making programmes in home, school and the community should be provided.

Need for Security and Moral Education:

The adolescent is on the boundary line of childhood adulthood. So he is typically a person who needs security, guidance and protection like and independent views, maturity of opinion and self support like an adult. The adolescents are idealistic by nature. Therefore proper moral education for the development and building up of character of the adolescents must be taken into consideration.

Need for Recreation Activities and Vocational:

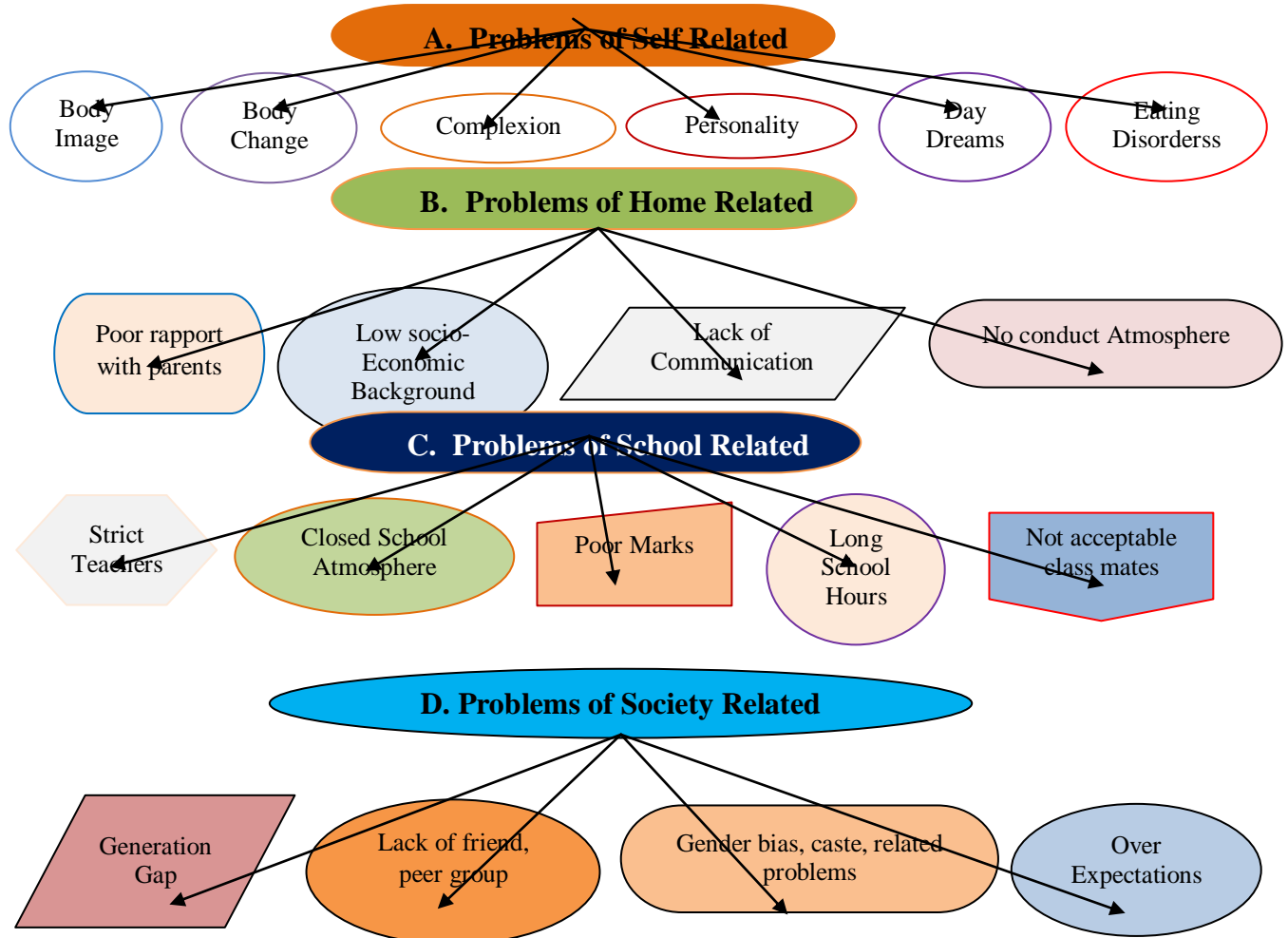
Adolescents become more independent and self sufficient and parents need to accept this fact. They are interested to spend their recreation time in useful ways. If their need for recreation is not utilized in proper order then their study is hampered. Thus parents and teachers should guide them properly to utilize their recreation time in a fruitful manner. Also they prefer to earn him or her independently and follow a suitable vocation. Thus during this period proper care should be taken while educating them as well as an idea about selection of the various vocations as occupation must be informed.

Need for Sublimation of Instincts:

Sublimation of the animal of the adolescents in the right direction is very essential during this period. Without sublimation, the emotional, moral, social and intellectual aspects of his personality cannot be properly trained. Scouting can be utilized for the sublimation of many impulses of the adolescents, in order to make them physically, morally, intellectually and emotionally more stable and stronger.

Problems of Adolescents:

Due to innumerable biological and emotional stresses and changes, adolescents face various problems related to their home, school/college and society. When the needs of adolescents are not satisfied problems occur in behavioural characteristics. Thus problems of adolescents are either due to himself or herself or due to the conditions of the society in which he or she lives. Some of the common problems faced by adolescents are listed as follows –



Besides above listed problems there are some serious problems faced by adolescents. These serious problems are drug addiction, smoking, truancy, alcoholism, sexual obsessions etc.

Sometimes parents in majority of the cases are responsible for the problems like imposing restriction on their freedom misunderstanding between parents and adolescents at home, treating adolescent as a small child and not providing facilities when he is in need, etc., are the causes of adjustment problems of adolescents. Also during the period of adolescence the specific problems related to education are dislike for study, fear of failure, restlessness in class, low grade in the examination, fear of speaking in the class, too much work, dislike for school, partial behavior of teachers on the basis of caste, creed and religion. This situation frustrates the mental state of the adolescents.

Adolescents are very much concerned about their future vocation. The problems lie with the selection of a vocational preference and preparation for it. Thus proper care should be taken in the school that while educating him/her an idea

about the availability of different vocations and its selection procedure, etc. must be informed. It is a period of wider social contacts, increased mental ability and understanding, and excessive physiological development which create problems and bother adolescents too much. Which philosophy of life they have to follow is difficult and complex on their part to decide. Thus, opportunity must be provided to the adolescent to take a decision to govern their future life in a positive manner.

Need and Importance of Guidance and Counselling for future life construction of Adolescence Period:

In simple sense we can say that guidance can be explained as the assistance provided by qualified and trained person to an individual of any age in order to manage the activities of his/her life, develop the capacity to think and take correct decisions. On the other hand counseling is a part of guidance process, in which the person being counseled is assisted by the counselor to select his/her area of interest or to solve the problems faced by him/her.

Generally, guidance and counseling are two very important services to be provided to the students by the school and college authorities. Especially for the future life construction of the adolescence period the role of guidance and counseling is very significant. Guidance and counseling are of importance in the following situations –

1. Counseling helps the adolescents evaluate their own assets and liabilities according to the requirements of the next opportunity. When a student needs not only reliable information but also an interpretation of such information as meets his own personal difficulties.
2. Counseling helps in understanding the physical, mental, emotional and attitudinal handicaps of students in relation to their opportunities, plans and adjustments. Also when a student thinks that the counselor has access to facilities for acting in the solution of his problem and the student does not have an easy access to them.
3. Counseling helps the adolescence period as well as students to select the curricular activities and participate in them. It helps in identifying the deficiencies in study skills of students. When the adolescence is aware of the problem but is unable to define it.
4. It helps to understand the growing inferiority complex and deviates behavior amongst students and help them in adjustment. It helps them understand their recreational needs and available opportunities.
5. When a student needs a wise listener with a broader experience, to whom he can recount his difficulties and from whom he may get suggestions. Also counseling helps them to solve their home, environmental and learning problems.
6. Counseling helps the adolescence period in their placement of vocational jobs and it helps them to adjust to the school situation.
7. Besides, parent and teacher can play a very important role in the guidance programme. As a parent helping the children develop effective study habits, plan their activities and budget their time for maximum achievement. As a teacher should study the needs, interests, abilities and problems of each student in his class. Should co-operate with placement organizations in their task of making specific suggestions and finding suitable openings.

Conclusion:-

At the end I would like to conclude that adolescence is the most important period in human development about which poets, writers, historians have made references. It is a period of transition and a turning point in the life of the individual. The study of adolescence period helps the parents as well as teachers to understand the maturity level, behavior characteristics and their curiosity in relation to the larger interest of the society. Also the study of adolescence period helps the teachers and parents to know the responsibilities of the adolescents and guide them to live harmoniously without any emotional tension. It helps to prevent, cure and improve the deteriorating trends in mental health of adolescents.

In the field of solution of the problems of adolescence period the guidance and counseling can play a very important role. Through the proper guidance and counseling the students of adolescence period can develop their life security, status, social need, recreation activities, vocational need etc.

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