



Significance of counselling and guidance in adolescents life

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DESCRIPTION

The desire for guidance and counselling has increased in the modern day due to the variety of issues that people now encounter in significant areas of their lives. Counseling and guiding are both interchangeable phrases. Guidance and counselling are intended to help users reach their full potential by facilitating behaviour change, improving coping mechanisms, encouraging decision-making and improving relationships. Guidance and counselling assist in developing an awareness of one's strengths and aptitudes, a positive viewpoint for removing negative tendencies, and the resourcefulness and self-discipline needed to adjust to social changes.

Guidance and counselling gain recognition for their contributions to improving human happiness by helping people become healthier, more productive, learn useful skills, and also get rid of issues in the future. The primary goal of counselling and guidance services is to support students' growth on the academic, social, emotional, and personal levels. Thus, they are also a crucial part of education. Today's young minds require guidance to polish their personalities as well as assistance with attending to their physical, social, psychological, educational, and vocational needs, which go a long way to remove learning obstacles. Guidance and counselling have become crucial for young children, and schools play a huge role in bringing out the best in children.

Adolescence is frequently represented as a difficult stage of life that must be endured or survived. It is generally regarded as a chaotic time. This stage is best described as a puberty-related critical era and as a revolution in a person's life that begins with biological change and ends with adaptation to societal problems. Adolescence is the time when an individual begins to emerge and develop their identity. This process requires overcoming challenges and adjusting to changes over time. Numerous physical, cognitive, emotional, and social

changes occur throughout this time. Adolescence separates from late childhood and transitions into adulthood. It is characterized by sexual maturity, higher hormone levels, a desire for greater independence, the ability to think abstractly, rising interest in peers, distance from parents due to relationships with peers or the outside world, and the beginning of a romantic engagement. These traits resemble the transition from being childlike to becoming adult like. In contrast to childhood, when a child is more likely to be afraid of their parents or unwilling to go far, adolescence is a time when people experience greater independence, which increases the inclination to make novel discoveries. Adolescents also deal with a variety of issues, such as deciding on their future adult roles, developing their identities, and severing ties with parents.

Teenagers need special attention. Millions of kids use drugs, commit crimes, drop out of school, act delinquently, try suicide, and deal with anxiety and sadness. Despite improving reading rates, children are increasingly choosing the incorrect path or becoming confused since there aren't enough guiding resources available. Adolescents face a variety of difficulties at this period of life, and if these difficulties are not overcome, they may grow up to be social outcasts. Many of these issues require not only corrective care but also significant assistance from the guidance and counselling profession to implement preventive measures. So, for individuals going through it as well as for the parents and other adults who are raising and caring their children, adolescence becomes a difficult and perplexing stage of lifetime development. Adolescents need advice and open support to navigate through this time and find the path to realising their potential.

The role of teenagers in society is significant. The hope, future citizens, and leaders of tomorrow are the young people of today, so it is essential that they develop skills,

attitudes, and behaviours consistent with democratic values. Adolescence has a strong hold on the populace in India. One day, they will rule and run the entire planet. It is obvious that we need to comprehend these issues better and identify effective remedies. Academic attainment is the only standard used by both teachers and parents to evaluate pupils' performance. However, it can be a very trying time and a lot of compassion,

endurance, and support are needed. Modernization has had many beneficial consequences because it offers so many opportunities, but it has also contributed to several stressors in the lives of adolescents. Massive mental health issues are caused by this stress. Therefore, it is crucial to understand the guidance and counselling requirements of students so that appropriate efforts can be taken to make these services available to them.