STUDENT CHANGES IN THE IMPLEMENTATION OF GUIDANCE AND COUNSELING IN SCHOOLS

Mohd Norazmi bin Nordin¹, Intan Suraya Noor Arzahan², Norkhafizah binti Yussuf³, Albert Feisal@Muhd Feisal bin Ismail⁴, Sharifah Fazirah Syed Ahmad⁵
¹Cluster of Education and Social Sciences, Open University Malaysia
²Ministry of Health Training Institute, Sungai Buloh, Malaysia
³Faculty of Human Development, Universiti Pendidikan Sultan Idris, Malaysia
⁴Faculty of Technology Management and Technopreneurship, Malacca Malaysia Technical University (UTeM), Malaysia
⁵Department of International Business and Management Studies, Faculty of Business and Management, Universiti Teknologi MARA, Malaysia

ABSTRACT

Guidance and counseling services in schools are usually entrusted to one or more teachers who teach in a school. However, there are also full-time counselors placed in certain schools most of which are in secondary schools. These placed counselors will provide their services full time and they are not involved in the teaching and learning process. Compared to discipline teachers who are responsible for ensuring that students follow the rules in school, these guidance and counseling teachers are usually closer and liked by students because of their willing to listen and help. In general, these guidance and counseling teachers will create a number of regular counseling sessions for school children and provide special guidance services to students with problems. An effective guidance and counseling teacher or full-time counselor is an individual who is easy to communicate with students regardless of who they are. This makes the students willing to accept the reprimand as well as the advice given. This literature review explains the changes that occur to students if the implementation of counseling is given correctly. It is hoped that the results of this survey can provide a clear picture to future researchers on this issue.

Keywords: student changes, implementation of guidance and counseling, counseling in school, behaviour

I. INTRODUCTION

With high determination and commitment, the goal of turning students in a better direction will be achieved. Making a human being is not an easy task. But most of those who engage in pure endeavors will succeed in doing so with certain approaches and methods. With proper and appropriate technique, the pupil’s changes can be detected. Among the changes that occur to a student through this guidance and counseling session is that students can get to know themselves and understand the problems that occur in the family so that they can live life in a positive situation (Abdul Jalil et al., 2021; Mohd Noh et al., 2021; Mustafa et al., 2021; Roszi et al., 2021; Tumisah et al., 2021). As mentioned earlier, a change in the student's thinking from rebellious to positive action despite facing family problems is a good change for the student himself.

This is agreed by the evidence given by the counseling teacher of this school as well as the student that the family problems he faced will no longer interfere with his learning focus in school (Irma et al., 2021; Suzana et al., 2021; Rohanida et al., 2021; Nazrah et al., 2021; Shahrulliza et al., 2021). This is a result of the concern of the school, teachers and also the guidance process provided. For the record, the guidance process provided by the guidance teachers in this school is 3 times a week specifically for this problem only in addition to the focus on shaping student discipline.
II. LITERATURE REVIEW

Family problems are some of the problems faced by students related to changes in society and it is very challenging the ability of counselors, but everything can be solved if guidance and counseling services are provided effectively. Effective counseling services will be able to treat mental health problems, making counseling recipients choose to be more positive in the face of challenges.

Improving Academic Achievement

In addition to these changes, through the process of guidance and counseling as well, students will be able to improve their academic achievement with their diligence in pursuing knowledge in school (Mohd Arafat et al., 2021; Sumaiyah et al., 2021; Hifzan et al., 2021; Shahrul et al., 2021; Sumaiyah et al., 2021; Hifzan et al., 2021; Shahrul et al. al., 2021; Helme et al., 2021). Not necessarily a student who was originally lazy and incapable will continue like that. If good guidance and counseling can be given, things will go the other way. This was stated by the school guidance teacher and 2 students interviewed. The student who was previously at level 1 had enough problems to focus in class and even his academic performance was very weak. Yet after the coaching sessions conducted, there was a good change even in a small percentage in his academic achievement.

Eating Habits and Healthy Lifestyle

Other changes that have taken place are also such as students’ eating habits that are increasingly projecting in a healthier direction. The function of early intervention through nutrition counseling for example and health can treat various problems such as unemployment, chronic diseases, academic achievement and so on related to personal. Interventions through motivation (also involving counselors) allow a person with health problems such as obesity and depression to get out of those problems in addition to engaging in physical activity (Farah et al., 2021; Syahrul et al., 2021; Quah et al., 2021; Ahmad Syarifuddin et al., 2021; Jumiah et al., 2021).

Similarly, the situation of students in school, many of whom suffer from obesity and excessive appetite, this method of intervention through motivation can change their habits while interspersed with physical activities. In a study related to alcohol consumption habits among trainee doctors in the US found that a high percentage was recorded among those who were able to overcome the problem by attending counseling sessions. Another study related to healthy lifestyle through counseling sessions found that individuals involved with stroke are able to reduce the effects of stroke, understand the positive function of stroke and deal with it wisely if given ongoing counseling and motivation sessions. In approaching sick children and in trying to cure them is by counseling intervention (Mohd Ali et al., 2021; Parimala et al., 2021; Siti Jamilah et al., 2021; Nor Fauziyana et al., 2021; Noel; et al., 2021).

III. DISCUSSION

The conclusion that can be made based on the discussion on guidance and counseling is that this service is very important to a community especially in schools where the school is an institution where children begin their formal learning (Ahmad Shafarin et al., 2021; Junaidah et al., 2021; Farah Adibah et al., 2021; Ahmad Shakani et al., 2021; Muhamad Amin et al., 2021). Exposing students as early as possible to some good things will push them to become a useful human being. It has been acknowledged that school guidance and counseling services provide many benefits for students, teachers and school administrators.

With proper and effective implementation, the various changes from the students can be seen clearly. Pupils who lack self-confidence for example will turn into someone with high self-confidence (Santibuana et al., 2021; Nor Diana et al., 2021; Zarina et al., 2021; Khairul et al., 2021; Rohani et al., 2021; al., 2021). More than that, they will be able to communicate and socialize healthily with members of the community at school and outside of school. The implementation of guidance and counseling also makes students more sensitive to school rules and discipline (Badaruddin et al., 2021, Abdul Rasid et al., 2021). Pupils will be made aware of the importance of following school rules in an appropriate manner.

IV. CONCLUSION

For students, interacting with a counselor or guidance teacher is more confident to them than if they were dealing with a discipline teacher. In addition, with the change in the way students behave in school, there is a change in positive thinking, academic achievement will also provide positive development. As a result of interviews conducted with teachers and students, they acknowledged that positive thinking and following the rules is the
basis of success or improvement of academic achievement. Therefore, a guidance and counseling teacher needs to play their role best because their responsibilities are very heavy and the end will return to being a student.

REFERENCES


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