EFFECTIVENESS OF COUNSELING IN SCHOOLS: MALAYSIA SETTING

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ABSTRACT

Guidance and counseling services in schools are nothing new. The importance of these services cannot be denied in shaping better school pupils. With the shortcomings and challenges, this service continues to remain as a medium for student change in recognizing their potential and making students more positive in facing all kinds of problems. This service is seen as very relevant for the secondary school level. However, the increase in social cases among school children in Malaysia has made this service more relevant in primary schools. There are various studies conducted related to the effectiveness of the implementation of counseling in schools, which have touched on various issues and problems. Several shortcomings such as the qualifications of counseling teachers placed in schools, lack of facilities, limited time for the counseling process and many more have raised questions such as the appropriateness as well as the effectiveness of its implementation. This concept paper explores the effectiveness as well as the need for counseling guidance services in schools in shaping better students. It is hoped that the discussion of this concept will help future researchers in conducting research related to this issue.

Keywords: guidance and counselling, school environment, qualified counsellor, effectiveness conseling session

I. INTRODUCTION

Since this service was established in schools, the effectiveness of this guidance and counseling service has always been tested from various aspects. With motivation and focus to meet current needs, the guidance and counseling unit has proven to be able to create a conducive atmosphere in a given process (Abdul Jalil et al., 2021; Mohd Noh et al., 2021; Mustafa et al., 2021; Roszi et al., 2021; Tumisah et al., 2021). The need for this guidance and counseling is recognized by students, and even among teachers believe that these services can help solve students' disciplinary problems in schools (Irma et al., 2021; Suzana et al., 2021; Rohanida et al., 2021.; Nazrah et al., 2021; Shahrulliza et al., 2021).

THE CONCEPT OF EFFECTIVENESS OF COUNSELING SERVICES IN SCHOOLS

Shaping Student Behavior

Among the effectiveness of this service is to help students form good behavior and follow school rules. The services of an experienced and knowledgeable counselor will be able to impact students to understand themselves and act as they should. Counseling guidance helps students communicate effectively, making informed choices to the right actions (Mohd Arafat et al., 2021; Sumaiyah et al., 2021; Hifzan et al., 2021; Shahrul et al., 2021; Helme et al., 2021). The effects of counseling services in schools include improving students' academic performance, providing awareness on the importance of the future and discipline, providing a lot of information on preparation for high school and college, providing awareness on the importance of careers and forming a high sense of belonging to school. Similarly, the opinion of the majority of researchers who stated that the more often students seek guidance and counseling, the more significant changes in behavior that can occur to them.

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Concerned disciplinary problems now require effective guidance and counseling services. With the use of specific and appropriate techniques, disciplinary and behavioral problems such as not being on time, not completing assigned homework, long hair for male students, untidy dress and disrespect for teachers can be resolved within a certain period of time. For the counseling teachers as well as the students interviewed, they argued that the approach used by counseling was more effective in dealing with disciplinary problems when compared to the approach used by disciplinary teachers. (Farah et al., 2021; Syahrul et al., 2021; Quah et al., 2021; Ahmad Syarifuddin et al., 2021; Jumiah et al., 2021).

Similarly with the problem of bullying in schools, the role of counselors is no less important in addressing this issue. In this school for example, even though the pupils are made up of pupils with special needs, cases of bullying still occur. The effectiveness of counseling guidance programs can be seen in the reduction of bullying cases in schools. School counselors can help reduce cases of bullying by intervening through ways of developing a healthy and safe environment in schools.

The Direction of Choosing a Career

In addition, this service has also proven to be effective through the determination of students' interests and identities towards their talents. In other words, counseling guidance services can help students choose a career based on interests and talents. Help clients find and understand the attitudes, interests, talents and abilities of the client to grow well, understand and the opportunities they have so that clients can be helped to determine a career in the future (Mohd Ali et al., 2021; Parimala et al., 2021; Siti Jamilah et al., 2021; Nor Fauziyana et al., 2021; Noel et al., 2021). While a study by Ondina et al (2013) conducted in Kenya found that 55% of students agreed that guidance and counseling services help them determine their future careers.

According to Johari (2009), the impact of counseling services in schools include improving students' academic performance, providing awareness on the importance of the future and discipline, providing a lot of information on preparation for high school and college, providing awareness on the importance of career and forming a high sense of belonging to school. However, at this school level, it can help students determine their ambitions in principle because all students here are students with special needs where this determination needs to be identified since primary school (Ahmad Shafarin et al., 2021; Junaidah et al., 2021; Farah Adibah et al., 2021; Ahmad Shakani et al., 2021; Muhamad Amin et al., 2021).

Through interviews conducted with school guidance and counseling teachers and students, they acknowledged this fact. for them counseling services are very helpful in determining their future direction. If career planning is emphasized through career counseling sessions at school, there is no situation like students who want to become accountants majoring in literature at school and students who are capable as engineers take the field of accounting. Counselors can hold awareness talks as well as specific slideshows that can motivate students in finding out their interests and direction after school.

Association and Communication

Other effectiveness shown is such as being able to help students socialize and communicate well with the community inside the school as well as outside the school. Effective service can make a student develop well from their interpersonal and intra-personal aspects. Pupils are able to communicate effectively, feel confident about the future, and translate into high dri prices. Therefore, good service should be provided so that objectives such as making these students feel confident to get along is very important.

It is agreed by Catherine & Peter (2008) who state that counseling is actually a method where it can change the way a person communicates and interpersonal skills in a more effective direction. Interventions carried out through guidance and counseling are able to prepare passive students towards high self-confidence, socialize, communicate well and be able to consider some suggestions for solutions to problems encountered. A counseling session is at least capable of making a client express their feelings, try to communicate with the counselor, and appreciate what they have in themselves. Counselors can call certain students to be given social counseling services.

II. DISCUSSION

With the prevalence of various social problems today such as drug abuse, incest, abortion, bullying, gangsterism, extramarital sex and others, the guidance and counseling services in schools are becoming more challenging and
more widespread. It is an extraordinary thing when various problems like this that never happened before, are now spreading freely in society, even it involves the age as early as primary school. This is quite worrying.

Nevertheless, with the improvement and commitment of counseling guidance teachers in carrying out their responsibilities, this problem is to some extent able to prevent this from happening at a very young age (Santibuanu et al., 2021; Nor Diana et al., 2021; Zarina et al., 2021; Khairul et al., 2021; Rohani et al., 2021). Comprehensive counseling services coupled with support from outside parties, catalyze the effectiveness of combating social ills that exist today. This is agreed by Regis (2012) who stated that the function of early intervention through counseling can treat various problems such as unemployment, chronic diseases, academic achievement and so on related to personal.

Similarly, the opinion states that a more practical way in drug prevention programs at an early stage is to identify the characteristics or profile of school adolescents at risk of taking drugs, and then followed by an intervention approach (guidance and counseling) in the form of development and prevention (Badaruddin et al., 2021, Abdul Rasid et al., 2021). According to Johari (2009), the current social problems are a big challenge for counselors but they can be solved if effective services are provided.

III. CONCLUSION

In closing, know that the role of guidance and counseling teachers in schools is not only as a complement to the school organization chart, but they hold a heavy trust towards shaping students’ identities, helping students solve problems and also assisting in academic achievement. Therefore, support from other parties is needed to achieve this objective.

The current situation today is a situation where the world is more focused on gadgets, constructivist learning, exploration and intrapersonal. This situation makes our students also vulnerable to the following conditions. With this present urge, making a guidance and counseling teacher work even harder in tackling these issues. Great and effective guidance and counseling services can help students in facing challenges whether at school, home, family or community.

REFERENCES


