

## **School Counseling Under Stress Management**

**A Review Paper**

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### **ABSTRACT**

*Stress management is a combination of techniques and psychotherapies focusing at controlling a person's stress level, especially long-standing stress, usually for the benefit of enhancing everyday action. Counseling is one of the techniques which can also be used for the school going children & teens. Because in their age they are unable to express how they are feeling. Studies disclose that most schools are running without counselors in all the schools in India. If the government takes action for appointing counselors in all schools we can grow up our school children in a stress free environment. It will be used for reducing their stress physically, mentally and emotionally and will lead to countries development as well.*

**Key words:** Stress Management, School Counseling, Students, Counselor, Coping strategy

### **1. INTRODUCTION**

Now a day's school counseling plays a vital role worldwide. Because while during schooling itself if we know the techniques to reduce or balance a and personal issues etc. According to the Indian council of Medical Research around 12% of students affected by emotional, behavioural and learning problems<sup>1</sup>.

#### **1.1Stress in Students**

American Psychological Association (2014) found in their study that teens are even more stressed than adults in Unites States<sup>2</sup>. Stress will be differing with various type of students i.e. Elementary School, Middle School, High school and College. In each stage they are undergo stress due to various situations. While we control or balance their stress by using positive coping mechanism it will not be continued in their future life.

#### **1.2. School counseling**

School Counselors plays a vital role in the education system and deliver precious support to the students despite of whether they are in an elementary school, middle school, high school or beyond. School intervention program should be connected with students, parents, teachers, communities, peers and relatives. They have to meet all the type of students from rural, urban

or suburban areas and various social levels. Issues will vary with the students in different aspects of areas, parent status and school environment etc.

### **1.3. Mobile School Counseling Centre – Tamil Nadu**

Tamilnadu Government had inaugurated the first Mobile Counseling Centre in October, 2013 at Guddalore District<sup>3</sup>. The state is divided into 10 regions each region is having three districts which are contiguous. Under each district they will select forty schools, and 120 schools come under one region. The team will have one qualified psychologist and educational aids with them. The Psychologist will communicate with students and teachers to find out the reasons for poor results and come out with the solutions. This service focused at helping to improve in their behavioural pattern and mental health.

### **1.4. Instructions for guidance and counseling**

The motive of any education system is not only to nurture academic achievement but also to foster all round success of children. Besides cognitive development, schooling also is a part of socio-affective development, self-sufficiency, self-discipline, taking initiative, freedom of thoughts, understanding relationship with people and environment and responsible behaviour. The school beyond the family gives a major impact in personal – social development.

Education aims at ensuring optimum development of students in all spheres viz. educational, vocational, personal, moral, social, physical development, so as to make them productive & fruitful citizens. Guidance & counseling in harmony with the objectives of education, target to promote maximum personal development of children in all sphere of life.

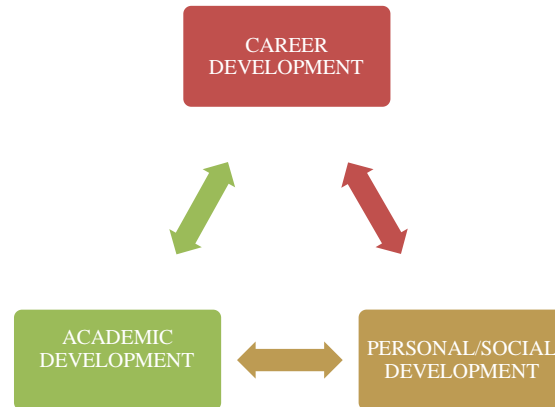
According to the guidelines prepared by the Department of Educational Psychology & Foundations of Education & RMSA (Rashtriya Madhyamik Shiksha Abhiyan) January 2015, it is noted that the status of state level guidance agencies in the guidance & counseling cell/bureaus are either not established or are working in a limited role. This highlights the requirement to explore the possibilities to strengthen the cells / bureaus. Also they have proposed the guidelines for placing the staffs for guidance and counseling at national level, state level and school levels with respect to academic, infrastructural and training modules<sup>4</sup>.

## **2. Role of School Counselor**

According to the American School Counseling Association's website, school counselors participate in developing school curriculum guidance, individual & group counseling, student planning, referrals, intervention, consultations, and mental health-education (ASCA, 2009). They have to proficient and interested to contribute with immensely assorted the different type of human being<sup>5</sup>.

The main role of the counselor includes helping students in the areas of academic achievement, personal/social development & career development. School counselors are the person who is one to find an issue with a student. Cornell & Mehta (2011) revealed that counselor's competencies to identify the suffered persons through bullying were positively correlated with the student self-reports of bullying. This proves that counselors are regularly monitoring the intend of student's internal and external changes<sup>6</sup>.

Fig.1.ROLE OF SCHOOL COUNSELOR



**Academic Development:**

- ✓ School counselor would help the students to develop their belief, learning & ability that furnish to fruitful experience in school & across their life.
- ✓ Help Students to establish their academic goals successfully and they can get guidance about their higher studies.
- ✓ School Counselor would help the students to understand the importance of academic relationship with the job opportunities in their future.

**Career Development:**

- ✓ School Counselor can guide the students to take decisions which are related to their career employment opportunities.
- ✓ Students can work to attain their career goals with success & satisfaction.
- ✓ School Counselor will help the students to understand the association between personal traits, education, training & work environment.

**Personal / Social Development:**

- ✓ School Counselor will help the students to understand and appreciate self & others.
- ✓ Students can develop their decisions making, goal setting abilities and take needful action to attain it.
- ✓ Students would be developing the safety & survival skills through the school counseling.

**3. Review of literature**

- ✓ **Shalan Al-Abbudi (2018)**, states that high prevalence rates of depression, anxiety and stress symptoms among Iraqi secondary school students indicated exposure to severe ongoing stresses. Psychological support and stress resilience reduced the severity of these symptoms<sup>7</sup>.

- ✓ **Kartik Chandra Sarkar & K.N.Chattopadhyay(2017)**,their analysis reveals that there is no significant difference in mala & female as well different classes. But there is a relationship between academic stress and self-efficacy of the students<sup>8</sup>.
- ✓ **Sibnath Deb, Kevin McGirr, Banhisikah Bhattacharya and Jiandong Sun(2015)**, Parental traits were found to negatively influence mental health, e.g., anxiety, adjustment, self-concept and self-confidence. Findings suggest a need for expanding school guidance and counseling to assist parents and adolescents with developmental tasks<sup>9</sup>.
- ✓ **Sibnath Deb, Esben Strodl, Jiandong Sun(2015)**, stated that Academic stress, Parental Pressure, Anxiety and mental health is positively correlated with one another. Two third of senior high school students affects through academic stress<sup>10</sup>.
- ✓ **J.A.Akanda, Dr.A.O.Olowonirejuaro, Dr.C.E.Okwara-Kalu(2014)**, their study established that secondary school students having various sources of stress includes Academic, inter-personal, intra-personal and environmental<sup>11</sup>.
- ✓ **Kodah H.S, kazi S.A (2014)**, stated that suicidal tendency increasing among school students due to lack of guidelines about their academic and self related problems. School and family environments should make them as a positive manner through this school counseling<sup>12</sup>.
- ✓ **Susan C.Whiston and Thomas L.Sexton (2011)**, studied a review of school counseling outcome research: Implications for practice between the year 1988 and 1995 of research published. They found tentative support for group counseling , career guidance, social skill development & peer counseling<sup>13</sup>.
- ✓ **Bharath Kumar Reddy.K.R, Asthik Biswas, Harini Rao(2011)**, their study reveals that Indian adolescents suffered through mental health problems. They needed for mental health promotion in urban area schools<sup>14</sup>.
- ✓ **David K.Carson, Sachin Jain, Sylvia Ramirez (2009)**, their study revealed that there is a psychological issue with all the type of Indian people i.e: individual, couple, families throughout the country. The counseling had been needed from all the aspects. So the counselor and therapist having bright future and as well can they can contribute the development of nation<sup>15</sup>.
- ✓ **Linda D.Webb, Greg A.Brigman and chari Campbell (2005)**, did a study on Linking school counselors and students success: A Replication of the students success skill approach targeting the academic and social competence of students in grades 5 & 6 participated. They compared with positive outcomes of previous research studies and their study revealed there is an improvement in student academic achievement & behaviour<sup>16</sup>.
- ✓ **Greg brigman and chari Campbell(2003)**,conducted a study on Helping students improve academic achievement & school success behaviour among the school students in grades five,six,eight & nine participated. A positive effect has been measured from their study<sup>17</sup>.
- ✓ **Radhika Soundararajan & Aruna Balachandra** , concluded their reviews Indian people are differs in their life style , family values and parent- children relationship. As a result there is a help and interventions needed by them for improve their mental health. The government and counselors need to wake up and prepare themselves for the up gradation of physiological aspects of people through models and programmes<sup>18</sup>.

## 4. Conclusion

The review reveals the importance and role of the school counselor clearly. School Counselor is playing a vital part in Education sector. In our country there is a lack of awareness and opportunities about school counseling. But now days the students have to meet the competition from schooling itself. In 2014 January, The Hindu news paper has been reported that only 3% of private schools having counselors<sup>19</sup>. Apart from parents & teachers, school students needed a Counselor who can solve their issues physically & psychologically. The Education sector of India should take necessary steps to appoint & monitor the school counselors as soon as possible. As a result we can reduce the suicidal tendency among the students and help their whole life with success and satisfaction. Hence qualified and experienced persons must be employed as school counselors in all private and government schools in the whole country.

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