CHAPTER - VII

CONCLUSIONS AND SUGGESTIONS
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Counselling was a science and the systematic approach of scientific thinking always looked for a cause in the event of an effect. In the pre-scientific era, the happening of any events whether fortunate or disastrous was attributed to the supernatural. This attribution was due to a lack of knowledge about the individual factors or environmental forces responsible for the events. Various sciences dealing with the individual as well as his environment had equipped man with adequate power not only to explain, but also to control and predict events in terms of cause-effect relationships.

Counselling was as old as society itself. In everyday life counselling went on at many levels - in a family set up parents counselled their children, in society doctors counselled patients, lawyers clients, teachers students etcetera. In other words there was no limit to the problems on which counselling could be offered nor to the type of persons who could render the help. Professional counselling, in its form was a recent development. Colleges and Universities and industries in business establishments were becoming increasingly interested in counselling and its potential for improving interpersonal relationships. It was believed, where no counsel was, the people fall, but in the multitude of counsellors, there was safety.

Counselling was not giving advice, making suggestions and recommendations. It was not influencing the client's values, attitudes, beliefs, interests, decisions, etcetera with or without any threat or admonition. The process of counselling included home visit, interview and relating of case history by the client at the centre, counselling service at the individual and group level, reconciliation and referral service after observation and diagnosis of the problem. Free legal help and extension of personal help had been taken up as a process for
solving the problem. Informations collected and reported to the counselling centres or collected from the newspapers was another help step taken up by the counsellors for solving the problems.

The main objective of counselling was to bring about a voluntary change in the client. For this purpose, the counsellor provided facilities to help achieve the desired change or make the suitable choice. The client alone was responsible for the decisions on the choices he made, though that counsellor might assist in this process by his warmth and understanding relationship.

In this context role of the nine Counselling Centres in solving the Family problems of the State of Manipur with a population to 23,88,634 persons including 12,07,338 males and 1,181,96 females have been studied with a sample of 900 parents and guardians, 900 teenagers. The 900 samplings were made by taking up 100 from each of the nine districts. The study had explored whether the family problems had affected 483,410 teenagers in their educational pursuits.

With the demographic feature and literacy figure of 14,29,656 including 8,11,944 males and 6,13,712 females, the state had suffered from family problems as occurred in other sister states. These problems of families were handled and taken up by different non-government organisations through the Voluntary Action Bureau under the Manipur State Social Welfare Advisory Board. The Voluntary Action Bureau routing through the Manipur State Social Welfare Advisory Board received grants for disbursing it to the Family Counselling Centres when the Central Social Welfare Board made financial sanction.

With a background note of the establishment and existence of the Central Social Welfare Board, the Manipur State Social Welfare Advisory Board and the Voluntary Action Bureau, the objectives of these bodies have been studied. The objectives laid for each of the non-government organisations were also explored and studied.

The Central Social Welfare Board which was established on 12th August 1953 had its own objectives to assist in the improvement and development of social
welfare activities. The main functions were: (a) to cause a survey to be made of the needs and requirements of social welfare organisations; (b) to evaluate the programmes and projects of the aided agencies; (c) to co-ordinate the assistance extended to social welfare activities by various Ministries in the central and state Governments; (d) to promote the setting up of social welfare organisations on a voluntary basis in places where no such organisations exist; and (e) to render financial aid, when necessary, to deserving organisations or institutions on terms to be prescribed by the Board.

In order to enable to achieve these objectives of the Central Government, the State Social Welfare Advisory Board had been set up in all the states governments of the country in August 1954 in consultation with the Central Social Welfare Board. This was done not only in achieving the objectives but also in implementing it into action.

The Social Welfare Advisory Boards in the states were assigned to work with the following functions: (a) to act as media for exchange of information between the field and the centre and vice versa; (b) to invite receive, examine and recommend to the Central Social Welfare Board, application for grants-in-aid from voluntary welfare institutions; (c) to surprise generally and report on the working of the aided institutions; (d) to advise and assist the Central Board in spousing new welfare programmes activities where they were needed within their states; (e) to co-ordinate the welfare and development activities undertaken by the various departments of the state government with a view to avoid duplication, and to undertake such other activities as might be conducive to the fulfillment of these objectives.

Realising the seriousness of the problem of the deteriorating relationship, maladjustments in the family and also in meeting the challenges of atrocities on women and children, the Central Social Welfare Board set up Voluntary Action Bureau in 1982. Since its establishment continuous efforts had been made in solving the family problems particularly of the teenagers.
In Manipur the State Social Welfare Advisory Board was established in 1954 in achieving the objectives of the Central Social Welfare Board. This Board had set-up Voluntary Action Bureau since April 1984. Under the Voluntary Action Bureau, the Family Counselling Centres were established as directed by the Central Social Welfare Board.

The objectives of the Voluntary Action Bureau were; (a) to provide preventive and rehabilitative services to victims of exploitation and atrocities; (b) to educate and mobilize public opinion against social crimes; (c) to establish social justice; (d) to galvanise voluntary sectors as a people’s movement in the implementation of 20 point programmes specially in the field of social welfare.

The Central Social Welfare Board sanctioned grant for setting up Family Counselling Centres to the registered voluntary organisations which had been engaged in the welfare of women and children. The services of these centres ranged from preventive to rehabilitative to the victims of atrocities, settlement of cases out of court or through counselling and providing free legal aid, police assistance, psychiatric help et cetera.

With the objectives laid by the Central Social Welfare Board nine Family Counselling Centres were established in Manipur by the non-government organisations through Manipur State Social Welfare Advisory Board since 1984 till the period under study. These Counselling Centres were established in the seven districts of Manipur. The districts were Imphal East, Imphal West, Bishnupur, Churachandpur, Senapati, Thoubal and Ukhrul. However, these centres were not established in Chandel and Tamenglong Districts.

The Counselling Centres in Manipur were (i) the Family Counselling Centre of T. Khullen, Senapati District which was run by Association of Professional Social Workers, Tera of Imphal West District; (ii) Family Counselling Centre, Keishamthong Elangbam Leikai run by Nupi Meira Marup of Keishamthong Elangbam Leikai, Imphal West District; (iii) Family Counselling Centre, Keinou Bazar run by Keinou Volunteer’s Association, Keinou of Bishnupur District; (iv)
Family Counselling Centre, Langmeidong run by Rural Medical Institute,
Langmeidong Mayeng Lamjao of Thoubal District; (v) Family Counselling Centre,
Upper Lamka of Churachandpur District run by Christian Guardians Association,
Upper Lamka, Churachandpur; (vi) Family Counselling Centre, Ukhrul Mission
Compound, run by Tangkhul Naga Baptist Women Welfare Association of Ukhrul
District; (vii) Family Counselling Centre, Awang Potsangbam run by Langjing
Marup Awang Potsangbam Khunou of Imphal East District; (viii) Family Counselling
Centre, Nongmeibung run by Centre for Organisation Research and Education
Nongmeibung of Imphal East District.

In addition to all these Counselling Centres, the Manipur State Social Welfare
Advisory Board in collaboration with the Police Department of Government of
Manipur run one counselling centre at Police Head Quarter located at Imphal West
District. This Counselling Centre remained very active and powerful among all the
centres.

The Family Counselling Centre, Upper Lamka, Churachandpur was
established in 1988 at Churachandpur. The main objectives of this centre were to
fight social evils, poverty and desperation to give relief, to help in redefining and re-
establishing family relationship and counselling amongst the problematic people of
this hilly district.

This centre had two counsellors, one clerk-cum-typist and one peon. The
centre had taken up 216 cases of which 160 cases were successful, 56 cases were
pending. The nature of the cases taken up by this centre were dowry demands,
marital maladjustment with spouse and in-laws, maladjustment due to personality
difference, interference of parents and in-laws, extra-marital relation, alcoholism,
drug addict, economic crisis, etcetera.

The Family Counselling Centre, Keinou Bazar of Bishnupur District was
established in 1991. This centre was run by the Keinou Volunteer’s Association
Keinou. This Family Counselling Centre had seven objectives (i) to trace out directly
or indirectly the cause of disturbances in the locality involving a family or families
and analyse it, discuss it and to find out a possible solution to bring harmony in the locality; (ii) to impart elementary knowledge of penal laws, family laws, etcetera to the women particularly to those women who were neglected by their husbands and who were divorced according to local customs and to give proper assistance and advice them to fight for their legal right for maintenance, inheritance etcetera; (iii) to bring awareness among the women-folk the necessity of reporting the causes of rape, molestation, physical assault etcetera by unscrupulous persons under any circumstances or under influences of drinks instead of being a silent sufferer; (iv) to find out means to rehabilitate young widows and gave her employment suitable to her status; (v) to organise meetings, group discussions etcetera in the areas covered by this centre to bring awareness among the people the evils of the dowry system; (vi) to provide for temporary shelter to the women who were destitute and had none to look after her and to find out the possible means for rehabilitation by way of employment, vocational training etcetera; (vii) to face any problem arising out of drug abuse, alcoholism, marital discord, excesses by in-laws and to render possible help to solve the problems with the help of social workers, voluntary organisations non-government organisation, Counselling Centre, Voluntary Action Bureau, etcetera.

In September 1992, Family Counselling Centre, Langmeidong Mayeng Lamjao, Thoubal District was established. This centre was run by the Rural Medical Institute since 1992. This centre was also controlled by this organisation and sponsored by the Central Social Welfare Board, New Delhi through Manipur State Social Welfare Advisory Board, Imphal.

The main objectives of this centre were: (i) to take up possible action plan under the Social Welfare Scheme by organising discussions and meetings in co-operations without non-government organisations, (ii) to organise awareness of the people and take their opinion against the illegal oppression and victimisation of women and children, (iii) Counselling be taken up in connection with forging adjustment against maladjustment creating awareness and understanding of the guardians in respect of the heavy burden of dowry for checking it and also to
provide short stay home to helpless and crime victimised women and girls, (iv) to restate and resettlement the helpless and oppressed ones without the aid of the court. Number of cases successfully handled by this centre was 117 out of 147 registered cases and 30 cases remained pending.

Family Counselling Centre T. Khullen Senapati District was established in the year 1991 with the objectives to provide various programmes on atrocities against women and other relevant welfare activities of the family. The centre was run by the Association of Professional Social Worker, Tera of Imphal West District. The centre was controlled by this non-government organisation.

Family Counselling Centre, T. Khullen Senapati District had taken up 151 registered cases of which 106 cases were successfully solved and 45 cases remained pending.

Family Counselling Centre, Imphal West District Police Head Quarter was established on 12th July 1993. The centre was run by Imphal Police District Head Quarter of Imphal West, controlled by Superintendent of Police of Imphal West District. Since 2000 the centre was handed over to the non-government organisation of Association of Professional Social Workers, Tera. But day-today supervision was done by the Superintendent of Imphal west District Police Head Quarter. The aim of opening such a centre in the Imphal District Police Head Quarter was to enable the Police and the professional counsellors in a better way. It would be possible to narrow down the distance between the public and police with such a collaboration.

This Family Counselling Centre, Imphal West District attached to Police Head Quarter had been operating in all the districts of Manipur. During the period under study the number of cases taken up by this centre were 793 of which 281 cases were closed, 492 remained pending and 20 cases dropped.

In 1993 Family Counselling Centre, Keishamthong Elangbam Leikai, Imphal West was established. The nature of the cases taken up by this Counselling Centre were on harassment, alcoholic, drug addiction, nuisance and disturbances created
in the family and in the locality and problems created out of it, maladjustment, unmarried mother, rape, personality difference etcetera. The number of registered cases taken up by this centre was 172 of which 128 were successfully handled and 44 cases remained pending.

Family Counselling Centre, Ukhrul Mission Compound, Ukhrul District was established in 1998 and was organised by the Tangkhul Naga Baptist (TNB) Women Welfare Association Ukhrul. The major role of this counselling centre was to take measures against social evils and to bring peace, unity and development in the society.

The centre had four staff members. There were two counsellors, one typist-cum-clerk and one peon. The Centre was controlled by the Secretary, Tangkhul Naga Baptist Women Welfare Association, Ukhrul. The working hours of this centre was from 6 a.m. to 9 a.m. for morning and from 4 p.m. to 6 p.m. for evening. The centre did not maintain up-to-date official records, personal files of the clients, account book, cash record, attendance register of the staffs, stock register, etcetera.

The Family Counselling Centre, Nongmeibung, Imphal East was established in 1999 and was organised by the Centre for Organisation Research and Education, Nongmeibung. In its initial stage the office of this centre was at Yaiskul Police Lane while the Counselling Centre was located at Singjamei. As complaints were raised by the clients about its location, on grounds of their hesitation to go to the Centre in the eye of the public the office and the Centre were shifted to Nongmeibung.

This Counselling Centre assisted more than 37 clients during 1999-2000. Through the activities and networking of this Counselling Centre at the international level for organisation of Research and Education, two clients under the age of 23 had been identified to participate in the National Workshop on prevention of sexual exploitation of children and youth which was held on 23-24 April 2000 at Calcutta.

The nature of the cases registered under this centre were of commercial sex workers, drug addiction, alcoholism etcetera. More cases were solved with the
assistance of medical experts, legal experts and voluntary organisations. The
counselling centre could extend their help to the girls who were sexually abused
and exploited within the age of 14 to 22 years.

The Family Counselling Centre, Awang Potsangbam Khunou, Imphal East
was established in 1993 with an objective of solving the family problems and
developing peace in the society. This centre was run by the Voluntary Association
Lamjung Marup Awang Potsangbam Khunou of Imphal East District.

The centre had four staff members. There were two counsellors, one clerk-
cum-typist and one peon. This centre handled 71 cases of which 40 cases were
successfully handled, 06 cases were dropped and 25 cases remained pending.

The role played by the Family Counselling Centre in solving the family
related problems by using various techniques on the study were reviewed. While
reviewing the related literature definitions on certain terms like ‘role’, ‘family’,
‘counselling’, ‘counsellor’, ‘client’, ‘centre’, and ‘teenage’ were given and
interpretations made by different educationists were reviewed. Books, journals, and
literatures relating to the present work were also reviewed in order to enable to
make the present study comprehensive and analytic.

While reviewing the related literatures the present study revealed that many
studies had already been made by many educationists and researchers in the field
in varied aspects in different states of the country and abroad. Among other books
reviewed mention could be made of Indira Madhukar’s Guidance and Counselling,
Sarla Gupta’s Career and Counselling Education, M. ASCH’s Guidance and
Counselling, S.K. Kakkar’s Educational Psychology, Ram Nath Sharma’s Guidance
and Counselling, K.S. Lakhsmi’s Encyclopaedia of Guidance and Counselling were
some in addition to others. The books written by Women activist, feminist,
researchers and other dedicated functionaries on Violence Against Women: Women
Against Violence etcetera were also reviewed. Many more books written by
foreigners were also reviewed. Some write ups on the relevant journals were also
reviewed.
The study was designed with research tools developed for the investigation. The area of adopting sample was chalked out and made randomly. With the help of the research tools data were collected from different sources like Directorate of Economics and Statistics, Government of Manipur; State Social Welfare Advisory Board, Manipur; Directorate of Planning, Government of Manipur; Directorate of Education, Government of Manipur; Libraries like Indian Council of Social Science Research, New Delhi; National Council of Educational Research and Training, New Delhi; Delhi University; Jawaharlal Nehru University, Delhi School of Social Work, Manipur University. Central Library Imphal were also consulted.

Samples were made randomly among the 900 teenagers and 900 parents and guardians, that is 100 teenagers and 100 parents and guardians of each of the nine districts of Manipur. The age group of parents and guardians ranged from 30 to 75 and their main occupation were cultivation, social work, wine brewing, labourer, business, private and government jobs. And their qualification were from illiterate to post graduate. But in average they were high school and higher secondary level workers.

For teenagers the age group ranged from 13 to 19. Out of 900 teenagers 92 were drop out, 99 were students of Mission School, 318 were student of local English School, 391 were student of Government School. They were studying in class VIII to Second year of degree course.

With the tools developed, the data were collected, the designs had been made and adopted, the method of approach of the research studies were laid out. While consulting all the approaches the present study applied the descriptive and historical approach. Based on the field survey method, the study were analytical including statistical applications and scientific approach. It was rather a multi-approach.

Hypotheses had been framed and tested in order to enable to ascertain the roles played by the counselling centres. The study utilized certain statistical treatments on the data collected from the different sources. The data were collected
with the help of tools designed and framed for specific purpose. Simple statistical formulae including percentages, co-efficient of correlation, hypothetical testing and graphical representations were made wherever necessary.

The study explored the roles played by the nine family counselling centres in solving the various family related problems in Manipur and the impacts of family problems on teenagers. The number of cases taken up, the nature of cases dealt by the Counselling Centres and the number of cases dropped and kept pending were also explored and studied.

Areas of the problems and the cases explored and handled in the present study by the Family Counselling Centre and the Counsellors were on the family related problems like harassment, wife beating, kidnapping, abduction, rape, separation, alcoholism, drug addiction, extra-marital relation, marital maladjustment, maintenance demand, family pension, old age pension, destituted women and children, bride price demand, child custody, poverty and economic problem, property dispute cases, ezat dabi or prestige demand, mental retardation, inter-caste marriage crisis, vocational education, elopement, bigamy and other cases.

When a client came to a centre she was encouraged to come out with the problems and situations bothering her. This gave her a feeling of immense relief. She felt more normal and able to deal with the problems that disturbed her mind. She was interviewed over a period of time to explore how far she was responsible for the trouble she found herself in. Counselling was given to help her to modify her behaviour and reactions to better suit the situation.

The other side (respondent) was also contacted by the counsellor to get a true story of the problem. In such cases they were called to the centre without betraying the confidence of the client. In such case if they failed to come, home visits were conducted to interview them.

When the counsellor paid home visits in connection with a problem the client was made to understand all the information that had been accumulated about
himself in the context of his word. The counsellor helped him to develop the ability to take wise, discrete, independent and responsible decisions.

Wherever both parties tried to adjust, the centre was able to achieve a happy reconciliation. But that was not the end of the whole exercise. Follow up visits were conducted to see that both sides were keeping their promises. When the respondents did not turn up on the appointed days not only once then summonses were issued. Negotiations were brought through dialogues and discussions and reconciliation was brought.

However, there were a few instances where it was found that the person who happened to be the root cause of the problem was not willing to adjust. In such cases the counsellor explored the client’s mind to see whether he or she wanted to make a separate and start a new life. She was helped to adapt whichever course of action she opted for. The centre helped her to see the situation clearly in a better perspective. She was encouraged to live independently if needed. In case she decided to leave her old house but had no place to go, she was also provided with shelter in the Short Stay Home at Nongmeibung.

In case of maintenance if both parties could not bring reconciliation where the client demanded much more than the capacity to be given by the respondent. At that time the counsellor counseled both the parties to bring understanding to the level of the capacity of the respondent and for the sake of the client to start a new life. If reconciliation was brought the case could be settled easily. If reconciliation could not be brought the case would remain pending. The period of pending would be different according to the case or circumstances. If the pending case remained one to two years without any communication the case would be dropped by the centre.

In case of settled cases the centres gave a time period to both parties to see what happened during that period after reconciliation. Sometimes, counsellors made home visit, sometimes, they took messages from the relatives or neighbours.
If nothing happened or settled for both parties the centre closed the case after three months.

In case of rape, abduction, kidnapping, the centre collected reports from the daily newspapers or from the spot. In such type of cases counsellors went directly to the spot or at the residence of the victims. Counselling services were given by the counsellors but such cases were mostly handled by police and were not directly registered by the client at the counselling centres. Such type of cases were also handled but could not be solved as these cases were dealt by the police.

Attempts had been made to make a thorough comprehensive and critical analysis on the role of the counselling centres in solving the family problems in Manipur along with a case study of teenagers. Attempts had also been made to analyse whether the problems occurred in un-organised peaceless, non-cooperative and less harmonious and crimes involved families had affected the youths particularly the teenagers. Whether drunkard’s, an addict’s family, a harassed wife, a broken family had affected the teenagers or not was also examined.

Comprehensive and critical analysis had been made to such an extent that whether the problems of the family affected the teenagers in attending to their classes regularly and on time or whether they failed repeatedly or whether they became delinquents or whether they become disinterested in the study or whether they become truants.

Before taking up the cases with the teenagers the nature and types of cases handled by the nine Family Counselling Centres and the number of cases registered and handled were studied. It included the cases solved, kept pending ad dropped ones.

The number of cases handled by the nine family counselling centres was 1919. Out of which 166 were on ill treatment and harassment, 30 were on wife beating, 148 were on illegal separation, 57 on divorce, 138 on alcoholism and drug addiction, 13 on dowry related cases, 43 on abduction, rape and kidnapping, 111 on marital maladjustment, 234 on maintenance demand, 28 on family and old age
pension, 16 on destituted women and child, three on bride price demand, 29 on child custody, 78 on poverty and economic problems, 107 on property dispute, 168 on family maladjustment and disorganised family, 80 on extra marital relation, 20 on lottery and gambling, four on juvenile delinquent, 40 on ezat dabi or demand for loss of prestige, nine on mental retardation, 11 on inter-caste marriage, 23 on vocational education, 36 on elopement, seven on quarrel, and 98 on other cases.

All these cases were handled by the nine family counselling centres. These counselling centres were located at the urban, rural and hill areas of the state. The number of these cases handled by these family counselling centres were varied. It ranged from 34 to 793. Out of the 1919 cases 793 were handled by the Family Counselling Centre of Keishamthong Elangbam Leikai of Imphal West District, 151 by the Counselling Centre of T. Khullen Senapati District, 147 by the Counselling Centre of Langmeidong Mayeng Lamjao of Thoubal District, 298 by the Family Counselling Centre of Keinou Bazar of Bishnupur District, 71 by the Counselling Centre of Awang Potsangbam Khunou of Imphal East, 216 by the Family Counselling Centre of Upper Lamka of Churachandpur District, 34 by the Counselling Centre of Ukhrul Mission Compound of Ukhrul District, 37 by the Family Counselling Centre of Nongmeibung of Imphal East District.

Among other counselling centres the Family Counselling Centre of Imphal West District Police Head Quarter handled more cases than the remaining eight centres. The counselling centres according to the number of cases handled were Imphal West District Police Head Quarter, the Family Counselling Centre of Keinou of Bishnupur, Family Counselling Centre of Upper Lamka of Churachandpur, Family Counselling Centre of Keishamthong Elangbam Leikai of Imphal West, the Family Counselling Centre of T. Khullen of Senapati District, the Family Counselling Centre of Langmeidong of Thoubal District, the Family Counselling Centre of Awang Potsangbam of Imphal East, the Family Counselling Centre of Nongmeibung of Imphal East and the Family Counselling Centre of Ukhrul Mission Compound of Ukhrul District.
Going deep to the causes of these problems it was revealed that most of the parents had the difficulties to maintain the family as they had large family size ranging from six to eight in average. This was found out through the questionnaires and interview schedules developed for the study. Some of the guardians of Manipur were not highly educated. They were at high school level in average. The main occupation of the parents of the sampled area were cultivation, wine brewing, labourer, small-scale business, social worker, private teacher in school and government employee, etcetera. The annual income of these parents ranged from twenty to sixty thousand for the maintenance of six to eight family members. Problems automatically would crop up with small income and large number of mouths to feed.

Some family had income from the field. However the income from the field could not manage the family. In this regard, out of 900 parents 44 were having more than one wife. Some could not control and provide psychological and physical support to their children including their wives.

Some parents and guardians had separated and divorced. Accordingly they had the problem of maintenance of children. The problem of inter-caste marriage, child custody, handicapped, family maladjustment were also the cases handled by the family counselling centres.

Most of the husband consumed local liquor and disturbed the family. Sometimes they demanded their expenses to their wives and if not fulfilled they had beaten the hard working wife and created problem to the family and disturbed the mind of the teenagers. When mother’s income could not fulfill the demand of the father and children they created physical and mental problems but only a few reported to the local clubs and Meira Paibis. However, they did not inform the counselling centres personally and directly. Perhaps one of the local club members or one of the Meira Paibis could have informed the counsellors so that the counsellors could have taken steps.
This study showed that most of the people of Manipur were not aware about counselling centre and they had no idea what counselling centre is. But few expressed the dislike for establishing counselling centres near their villages.

Family counselling centre was still a comparatively lesser-known institution in the Indian social milieu. Perhaps it would be more accurate to say that its existence was more or less unknown to those who were most likely to utilise its services. It had been observed that most of the cases coming to a family counselling centre derived from the lower strata of society but ironically it was these very people who were not aware that such a centre exists. Considering the vast population of rural women who lived in remote areas, who were illiterate and ill-informed and those who were too suppressed to come out of the house on their own, the enormity of the problem leaves one deeply disturbed. Incidentally, mere knowledge was not sufficient. They should also have the freedom to step out of the house and the moral courage to go and sought help from outside. Hence, the need of the hour was to educate the public to give women their rightful place in society, to make women aware of their rights and privileges and also to tell them whom to approach when things go wrong.

Regarding the aspect of affecting the teenagers by the problems created in the families it was found that some of them dropped from the educational career because of inability to pay school fees and unable to purchase books resulting to repeated failure, delinquency, truancy, illness, seeking for jobs etcetera.

Father’s drunkardness was one of the main problems that influenced the teenagers psychological development. Teenagers’ father or brothers’ regular habit of drinking wine was not only the factor for disturbance. There were other factors like gambling, drug addiction, laziness, quarrel, having many wives, etcetera with marginal or below poverty line income. The most important factor was the psychological impasse and mental torture and harassment made by these characters towards the family members.
Mothers' income was also one of the factors for family problems that influenced on the study of teenagers in large size families. However, in some of the micro and small size families mothers' income could manage the families and some of them became civil service officers. The sources of mother's income were mainly on small-scale business, cultivation, labourer, earning on wage basis, vegetable vendor, piggery, wine brewing, weaving, etcetera.

The comments given by some teenagers in regards to their family members and parents like "if there was no drunkard and had sufficient money for family maintenance they would be very happy", "their father was having two wives and he could not advise and suggest them, moreover he drank wine and gambled everyday", "their parents were cultivators, as such, their family had financial problem and they could not continue study" etcetera needed consideration.

An analysis was made on the question whether family counselling centres were properly run for solving the problems faced by the society. The organiser of the Association of Professional Social Workers of Tera of Imphal West reported that they worked well for solving the problems faced by the society. In the meantime the Centre for Organisation of Research and Education, Nongmeiubung reported that they worked with excellent support for the sexually abused and exploited girls. The rural Medical Institute of Langmeidong of Thoubal District responded that the family counselling centre had been working for solving the problems faced by the women society but it could not cover all the problems. The Keinou Volunteer's Association of Keinou of Bishnupur District and Lamjing Marup Awang Potsangbam of Imphal East reported that they had been working well for the society.

Regarding the problems faced by the Family Counselling Centres it was reported that non-release of fund in time by the Central Social Welfare Board was one of the major hurdles in the smooth running of the counselling centres in Manipur. This problem was followed by misunderstanding amongst the members of the organisations, with the Secretary or President of the non-government organisation, and the local clubs and lack of dedicated professionals, poor
infrastructure and lack of skilled staff. Even in creating awareness among the people the role of the counsellor was very important.

As such the qualification of the counsellors and abilities or organisation and control could be an important aspect at the time of appointment of the counsellor. The Selection Committee consisting of the President, Secretary and Executive members of the non-government organisation and one expert from the Social Welfare Advisory Board particularly counsellors of the Voluntary Action Bureau must also consider the negotiating and organising capabilities, control and decision making at any situation in addition to educational qualification.

The emphasis for professionalising family counselling services as recommended with National Workshop on “Need for Professionalising Counselling Services” organised by the Central Social Welfare Board on 4th to 5th July 2002 at the Board’s Head Quarter at New Delhi need to be referred. In the inaugural address made by Smt. Summan Krishna Kant, Chairperson of Mahila Dakshita Samiti as “Counselling is not a mechanical process but is a humanitarian process in which counsellor needs to understand the problem with sensitivity and utmost care. To be a successful counsellor, one should not only understand the agony of the client and work for solutions but also should be congenial and behave warmly. It is the relationship between the counsellor and client, which will lead to effective solution of the problem”.

Analysis was also made on the role of the officials of the Voluntary Action Bureau on counselling centres in Manipur. It was reported that the counselling centres had solved more than 1500 problems concerning women and families. In this regard the Manipur State Social Welfare Advisory Board reported that the achievement of establishing the Family Counselling Centre was “poor target” because of the untimely release of fund by the Central Social Welfare Board.

The Manipur State Social Welfare Advisory Board also pointed out the inadequate number of staff of the Board to manage the counselling centres. It further reported that the procedure and methods of work of the State Board was to
follow the instruction of Central Social Welfare Board and there were many schemes and programmes under State Board to bring development to the society. However, the investigator felt that the State Board could give suggestions for increasing the number of counselling centre and timely release of fund so that the programmes became successful and meaningful to the society. This would be appropriate since welfare programmes were the best policy for the developing states and developing countries.

Suggestions

From the findings and analysis made on the role of Family Counselling Centres in solving the family problems in Manipur along with its impact on the teenagers, the following suggestions have been made as remedial measures.

The need for seeking and receiving counsel has been one of the basic urges of mankind. This need tends to assume much larger proportions in a techno-industrial age. In a science-based world, the methods of identifying needs and assisting individual to optionally meet them also require a scientific approach. The comparatively recent discipline of counselling psychology aims at providing each individual with such scientific assistance.

The ultimate welfare, progress, and happiness of any country depend on the optional contribution made by each individual to the nation’s developmental process. It, therefore, becomes all the more important that each individual be assisted to understand himself in a realistic manner, to optimally use his potentialities, and make maximum contributions to the entire country’s development. This fact further emphasizes the need for scientific counselling.

An analysis of the records of the Family Counselling Centre shows that though the problem exists in the whole family it is the women who have to be the brunt of the burden and are, therefore, motivated to seek redress. Of course, for every case that comes to light there must be many more where the women are
unable to approach a Family Counselling Centre or where they are not even aware that such a centre exists.

Dynamic and constructive change is needed in the perception of society towards the dignity of women. She should be treated at par with her male counterpart because of the exercise of male authoritarianism, even though he is the culprit, is the main cause of domestic violence against women. Of course, it was sometimes women who creates problems and became the root cause of disparity amongst brothers, sisters and in-laws. This attitude also needs to be changed.

Violence against women is primarily a gender issue. So awareness against gender biases is necessary to minimise the problem. In this regard, legal education to fight against injustice must be imparted to girls at high school or secondary school level so that they can stand up and fight for their rights.

There is a need to motivate poor families to utilize the various schemes started by the government for their welfare. The women in particular may be motivated to benefit from the ongoing programmes for their economic empowerment.

Strict legal action should be taken against those who are involved in violence related activities against women. There is also a need to strictly implement the legal provisions of the various legislations which are meant for the protection of women. Moreover there is a need for specific legislations which make wife beating and other similar problems a criminal offence and a ground of immediate divorce.

There is a need to strengthen and increase the non-governmental organisations which could take-up individual women's problems with their in-laws and police and courts etcetera. Women in general must be educated about their rights and also about the agency to be approached if they have any problem of violence in their family.

Violence against women does not end by merely bestowing the judicial rights or by making women literate. Most of the urban women are literate today but they
are also the victims of domestic violence. So to check the problem of violence against women, it is imperative that women must be morally strong or empowered.

There should be more Family Counselling Centres in Manipur. People in far places including hill areas did not know where the Family Counselling Centre is and what is the need for it. The number of existing Family Counselling Centre in Manipur was not sufficient enough to deal with the family related problems. The study strongly recommends to establish more Counselling Centres.

The study found out that most people of Manipur did not have the idea of Family Counselling Centre. There should be awareness programmes of the existence of the Family Counselling Centre through various programmes and activities so that people should have the idea and knowledge of counselling centres and the need for it. For the awareness to common people media like radio, television film show, newspaper, bulletin could play a great role and various awareness programmes in localities should be made. The study therefore, suggests for giving more awareness programmes on the existence and role of the Family Counselling Centres.

There should be a timely release of fund by the sanctioning authority to the Family Counselling Centre. Lack of timely release of fund affected the work and progress of counselling centres as the counsellors' salaries and other contingency expenditures are totally based on the fund to be released without which they could not perform their services smoothly and sincerely. It is therefore recommended for the timely release of fund for effective functioning of the Counselling Centres.

The salaries of the staffs are to be increased as it was so meager and unsuitable with the job and not up-to-date. Scope can be made for the existing counsellors by promoting them as professional counsellors so that they may have a prospect in the profession and also a vision in their life. This will strengthen the activities of counselling. More efforts should be given by the State Board regarding this matter.
There should have a criteria for fixing educational qualification of the Secretaries who run the Family Counselling Centres. It was the Secretaries who controlled the Family Counselling Centres. The study found out that some Secretaries of the Non-government organisations were matriculate and higher secondary (XIIth standard) level. So there were always a misunderstanding between the controller and counsellors of Family Counselling Centre and misunderstanding between members of the non-government organisations. Thus, it affected sometimes the smooth running of the Family Counselling Centres. The more power struggle continues the progress of the centre would be affected. Hence, to solve the problem the educational qualification should be fixed.

There should not be communication gaps between the Voluntary Action Bureau of Manipur State Social Welfare Advisory Board and Central Social Welfare Board as it affected in the submission of report and sanctioning of grant by the Central Social Welfare Board. A delay in submission of report had affected a lot.

There should be proper supervision of the Family Counselling Centres by the Voluntary Action Bureau Counsellor of Manipur State Social Welfare Advisory Board so that there should not be partiality to the concerned centres. Each centres should be supervised on equal footing but not on partiality based.

The Voluntary Action Bureau and Manipur State Social Welfare Advisory Board should at the best level try to feel the local scenario and need of the problem, so that the closure and continuance of counselling centre should not be affected. For instance, when the ethnic crisis came up it was difficult to control it. The Secretary of the non-government organisation was found to shift the counselling centre from the original place of working to a new place. At such situation it would be beyond the control of the Secretaries and also the counsellors. Interestingly such centres were closed because of the non-submission of report during the particular month during which tensions were high for the survival of the people in the ethnic areas.
Writing a report and submitting it at the cost of the life the counsellors and organizing members came from ethnic problem would be a question of mockery. The inspection team should also have felt the pulse of the situation. Hence, the inspecting team should be aware of the problem and another programme should be made sensing the crux of the situation.

Incentives should be given to the counsellors who worked whole-heartedly for the purpose of solving the problems. These could be given in the form of a special allowance so that there could be competition. If it has been worked on this line it could be effective. The progress of the Manipur State Social Welfare Advisory Board seems to be very slow and ineffective. It should be made more effective and the role of the personnel that is, the office staffs should also be made more dynamic instead of remaining stagnant and confining to their respective chairs.

Corruption should be reduced. Efforts should be made for it and stringent actions for the corrupted persons should be taken against them. The scheme seems to be very comprehensive. However, assessments should be made in its effectiveness by adopting certain measures. Instead of taking bribes at report writing and inspection and supervision they should be taught of the techniques of report writing and submission.

To make the programme effective and successful the counsellors should be mobile. This could be made by sanctioning a vehicle whether it is a motorbike or a four-wheeler. This would assist in their effort to reach out the problem areas and places.

The service interest and placement area of the counsellors should be well looked after with appropriate selection and placement from the government of Manipur. The executive bodies for appointment of the counsellors should be dynamic instead of passing time attitude.

The co-ordination between the Nodal Agency and state government should be made effective. It would be more important at the time of inspection of the
Counselling Centre. The Nodal Agency should be made more aware of the ground reality of the problems.

Problems came up when the Counselling Centres are located at one district and the organisers are located at another district. This organiser running one centre at one place and taking up other programmes on the other hand affects the progress and efficiency of the Counselling Centre. In this regard the Manipur State Social Welfare Advisory Board should not allow such organisers to run two three programmes simultaneously. In short running the Counselling Centre for namesake and organising other programmes by the same organisation will naturally affect the merit of the programme and its progress. Hence the management of these non-government organisations should be taken care of by the Manipur State Social Welfare Advisory Board.

The channel of sanctioning fund seems to be a bit lengthy for running the Family Counselling Centres. It started from the voluntary organisation to State Social Welfare Advisory Board routing through Voluntary Action Bureau and also joint sitting of Board’s Director of Social Welfare with the State Social Welfare Advisory Board and to Central Social Welfare Board and vice-versa. Passing through such a long channel sometimes creates problems and shall affect the management and administration of the Family Counselling Centre. In other words it would affect the implementation of programme of the Family Counselling Centre. Hence it is suggested that the channel be made shortened by empowering the State Social Welfare Advisory Board not only of Manipur but of all the states of the country for effective implementation of the programmes.

The chairman of the Board should be appointed through proper and open advertisement with due qualification. This would reduce the redundancy of the programmes under the State Social Welfare Advisory Board. A dynamic person with vision must be appointed instead of dull headed persons since the programme is meant for the development of the society.
When the appointment of the chairperson of the Board through open advertisement is done the general impact of the State Social Welfare Advisory Board would be meaningful, and a closer tie between the Board and society would be brought. In the meantime if the programme is to be made effective by creating awareness of the political appointment of chairperson of the Board should be rectified.

The programmes of the Board should bridge the gap between the needy and lowest strata of the society instead of confining to a handful section of the society. This rectification should also be applied to the Central Social Welfare Board.

The system of inspectional supervision through the NODAL Agency would help in lingering the programmes. It is suggested that the system of inspection and supervision be made directly either by the State Social Welfare Advisory Board or by the Central Social Welfare Board. It should not be done for the name sake. When it is supervised and inspected by the Central Social Welfare Board it should be done in all the existing Family Counselling Centres but not only in one or two centers in co-operation with the State Social Welfare Advisory Board. This system, if implemented, would help in making the State Social Welfare Advisory Board and the Centre more effective and rapid progress would be brought.