CHAPTER I

INTRODUCTION

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INTRODUCTION

Life is filled with joy and sorrow, success and failure, health and sickness, wealth and poverty. It is hard to find a person who has not experienced these. It is also rarely seen, any family which does not have any problem. There is also no scientific evidence to prove that a problem arises only after a certain age. In fact, problems arise at any stage of life.

When changes take place in our life, we find it harder to adjust and this itself leads to a problem. The changes taking place in our society have made themselves felt in every sphere of life: political, economic and social. Technological changes have made a major impact on people’s lives and work. Industrialization has resulted in social and vocational mobility. It has affected child-rearing practices too.

Technological advancements and the changing socio-economic and political situation in the country shape adolescents and transition to adult roles and responsibilities. It is the adolescents group which is highly and negatively influenced by these changes. Even today we hear the elders and parents expressing the difference between their generation and the present generation.

1“Educational and occupational scene is fast changing here, there and everywhere. Curriculum and co-curriculum offering have tremendously expanded during the past few years. It is becoming extremely difficult for the educational generalists to prepare the youth for education, for occupation, for life in this rapidly changing world”.

This is very much evident in today’s society as we find intellectual and highly qualified youth involving into anti-social activities.

High school life is to some extent felt stressful by the adolescents and their parents as the curricular and extra-curricular activities along with family life and school life cause stress among them; the importance of school counselling is very much felt by the school authorities. Some of the states have made it mandatory to appoint a school counselor. Yet school counselling is at the experimental stage in India. Hence the present study on ‘Problems of Adolescents and the effectiveness of counselling’ intends to study the effectiveness of school counselling and the importance of it.

MEANING AND DEFINITION OF ADOLESCENCE

Adolescence means 'to emerge' to achieve 'identity'. Personhood is what we want the Adolescent to attain not only just in its physical or intellectual aspects but also in his/her whole humankind, which includes the often neglected but equally important aspects, which are emotional or psychological, social and spiritual.

The time of growing up from childhood to adulthood is known as the Adolescence. It is a period of physical growth. However, it is more than that. It is a time for the maturing of mind and behaviors as well. The length of time for this period of development varies. Adolescence can start at nine (9) and end at eighteen (18). It can start at fourteen (14) and end at twenty five (25).

Young people may grow quickly in some ways and more slowly in others. This is why children who may be only 9, 10 or 11 years old may be Adolescents in some ways already, while teenagers of 13 or 14 may just be reaching Adolescence. On the one hand reaching out towards adult roles and on the other still needing the love and protection of parents. It is a time when children undergo a crisis of identity. Questions which have never bothered them before,
start haunting them now as they struggle for independence from their parents. They want to be their own person.

2 The term “Adolescence” comes from the Latin word ‘adolescere’ that means “to grow” or “to grow to maturity”. Maturing involves not only physical but also mental growth. It is a period, which fills the gap between childhood and adulthood. Generally, this period is termed as “youth”.

3 According to A.T. Jersild, "Adolescence is a span of fears during which boys and girls move from childhood to adulthood mentally, emotionally, socially and physically". In India Adolescence is a phase that is more difficult to define, particularly in terms of age. The classic age-wise grouping for Adolescence is between 11 to 18 years for girls and between 12 to 18 years for boys.

Dorothy Rogers has viewed this period as a process of achieving the attitudes and belief needed for effective participation in the society. Thus, there is no absolute age limit for a clear-cut boundary between the Adolescence and adulthood.

Adolescence is the stage between childhood and adulthood. It is not an age, but a stage. In India, the Adolescent is a person who has not been sufficiently recognized and encouraged. Due to financial reasons the Adolescent is dependent on his parents for many more years than in the West. The emotional dependence is also as great, producing what is termed ‘Delayed Adolescence’.

4 Adolescence is between 12 to 20 years. A delayed Adolescence goes on until 21 years and even up to 25 years.

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Early Adolescence: Early adolescence is from 10 to 12 years. The rate of growth increases, starting first in the hands and feet and later in the limbs. In early Adolescence, they start initiating independence from the family, and desire for privacy. There may be a clash between the wish for their autonomy and parental authority.

Middle Adolescence: Is from 12 to 16 years. The peak of the height velocity curve is seen auxiliary hair and sweat glands develop. In 80% of girls the dramatic event of menarche occurs. The timing for this is influenced by genetic factors and nutritional status. Any chronic illness can delay puberty. The eruption of the second permanent molar and menarche closely correspond in timing.

In middle Adolescence, the school and peer group gain importance. Girls develop into personal skills quicker, loyalty and commitment matter more, shared information becomes important. Decisions of vocations and education are made. Physical maturation can influence school performance and aspirations for better achievement because the physical effect of pubertal development becomes incorporated into the self-image.

Late Adolescence: Is from 16 to 19 years. The body approximates the young adult and development of secondary sex characteristics is completed. In late Adolescence, career decisions are finally traced. The child gradually returns to the family, on a new footing.

Physical growth and development during Adolescence have a great impact on the emotional world of a youth. An Adolescent boy or a girl gets a newer body having newer ideas and attitudes. The main aspect of their thought is that they pose themselves to be the fittest in the adult world. However, they can also get a serious inferiority complex.

Adolescence may be looked upon as the last step in the long period of development, which begins at the time of conception. By the end of Adolescence, development has reached a point where the individual is legally and socially regarded as mature, and thus capable of living an independent life, free from supervision and guidance. Adolescence in Hall’s views came to represent "storm and stress" period that reflects the unsettling turbulence of growth in modern societies.

Definition of the term ‘adolescent’ under various aspects:

- **Chronologically**, Adolescence ranges from age 12 to 18 years.
- **Legally** A boy who is of the age between 12-18 years would be termed as minor or juvenile (Adolescent) who also means to say that he has not attained his maturity. Whereas in the case of girls the age group of 12 – 21 years would be termed as minor or juvenile (Adolescent).
- **Sociologically** it is a period, which fills the gap between dependent childhoods to self-sufficient adulthood. In addition, they are generally termed as youth and characterized as hot-blooded in nature.

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11 Medically adolescence begins with the growth and a hormonal change associated with sexual maturity and ends when there is no further growth.

12 The adolescent period between puberty and the completion of physical growth is roughly from 11 to 19 years of age.

13 The period of adolescent development is between the onset of puberty and adulthood. This period is generally marked by the appearance of secondary sex characteristics, usually from 11 to 13 years of age, and spans the teen years.

Educationally adolescence is the time spent in high schools and early colleges.

14 Psychologically it is a period of transition, during which cognitive, physical, personality and social changes occur.

15 WHO defines adolescence both in terms of age spanning the ages between 10 and 19 years.

16 In India adolescent age is defined as children in the range of 10-19 years.

17 According to Bigner (1983), Adolescent can be defined as a stage in the life cycle between 13 and 18 years of age characterized by increasing independence from adult controls, rapidly occurring physical and psychological changes, exploration of social issues and concerns increased focus on activities with a peer group and establishment of a basic self identity.

Saunders - Dorland's Medical Dictionary for Health Consumers, an imprint of Elsevier, Inc. 2007

C. L. Kanda and D.N. Tutoo - Educational psychology, New Delhi: Sterling publishers private Limited, 1998

Das G. - Developmental Psychology, Delhi: King Books, 2000


Das G. - Developmental Psychology, Delhi: King Books, 2000
Many psychologists use the term synonymously with “pubescence” or reproductive maturation. Some of them define it as the transitional period of life during which the child experiences a number of changes - physiological, emotional and intellectual. This period runs between childhood and adulthood, sometimes-called "the period of storm and stress". Piaget has defined adolescence from a psychological viewpoint. According to him “psychologically, Adolescence is the age when the individual becomes integrated into the society of adults, the age when the child no longer feels that he is below the level of his elders but equal, at least in rights”.

Adolescents in the age group 10-19 years constitute 21.4 percent of India’s population. Within this paradigm of population and development related issues, the role of adolescents cannot be overlooked.

IMPORTANCE OF ADOLESCENCE:
Adolescence is one of the periods when both the immediate and long-term effects on attitudes and behaviour are important. Adolescence has both physical and psychological effects accompanied by rapid mental developments. These give rise to the need for mental adjustments and necessity for establishing new attitudes, values and interests.

Adolescent’s life is full of hopes. The Adolescent is eager to interact with new experiences, to find new relationships to examine inner strengths and explore the strengths of inner ability. Adolescents try to have freedom to think and set their own goals and discover means to achieve them. Adolescents want to have more
freedom to enjoy. Although they are not fully mature to shoulder the responsibilities of life, they enjoy life in youthful dreams. Love and power become a strong motivating force in life. An Adolescent lives in a lush season and it falls between the springtime and the summer of life. Adolescence is a time when boys and girls feel the joy and pride of growing up. However, there are many restraints that keep them under control. These controls come from home and society and impose them to behave in a right manner by establishing themselves and obey the rules at home and outside. No matter how much help Adolescents are given, they still are dependent on others. The Adolescent’s task is not simply one of interacting with the external environment or with other individuals but one of developing their own potentialities. They try to explore their role in the world in which they live.

Personality Development gets stronger at this period and continues to be in the same for a long time. A proper shaping of the personality during adolescence can prepare a valuable human resource for our nation. Hence the life script of adolescence continues through out for a long time. Also as in India the adolescence period is spent in High school or Secondary school for the school going adolescents, a right career choice or a future plan can help them settle well in their future. Hence this period is very important to plan their future. We find many of the youngsters regretting that if they were made aware of the consequences of neglect to life; a wrong career choice; lack of proper planning etc., many research studies on unemployment have proved that wrong career/course choice as one of the cause for unemployment. The happy moments one goes through during adolescence makes them recall their good or happy memories of adolescence period in their old age and the bitterness one has gone through makes them painful even while they recollect those moments.
CHARACTERISTICS OF ADOLESCENCE:

Jerild has emphasized the following characteristics of Adolescent stage:

- Firstly, the Adolescent strives to grow up, to be big and yet also to have some of the security that goes with being little.
- Secondly, there is something radical about being an Adolescent, yet also something conservative.
- Thirdly, the Adolescents, if able to draw upon their resources, have a great capacity for flexibility, yet they are rigid in many ways.

Adolescence can be a time of creative energy and vitality, of great zest for living. It can also be a time for self-expression, curiosity, and exploration, a time of discovery and adventure. Slowly but surely, the boys and girls accept more and more responsibility for their own behaviour. If they do not expect too much of themselves too quickly, they find Adolescence an exciting and rewarding time of life.

Adolescence is something dynamic, something that changes from moment to moment. Therefore, no matter how you define it, you could be right and at the same time, it may not apply at all. Adolescence is a period of anxiety, a time to adjust with the changes occurring in them during that period, a time to find out the reason for their existence. The family problems and foolish activities of theirs make them land up in pain or depression. When they do not find any way to solve their problems, they surrender to drugs. By consuming this they lose their mental balance and try to forget their anxiety and depression.

Another well recognized feature is that Adolescents get motivated by very short-term goals, and find it almost impossible to forego an immediate pleasure in order to ensure for themselves a much greater one. This dependency on short-
term incentives is also one of the reasons for the teenagers to be notoriously motivated to conform to the customs and values of their age group rather too steadfastly thereby creating anxiety in the parents.

Adolescence has certain characteristics that distinguish it from the period that preceded it and that follows it. Following are some of the characteristics of Adolescents.

*Fast growth and structural changes in the body:* The individual desires to be free and independent of all authority. Due to the sudden changes in body and other features like change in voice, changes in body proportions, secondary sex characteristics, and expectorant, they feel inadequate at the beginning. They desire to be like adults and therefore, imitate the behaviour of adults.

*Development of new attitude towards oneself and others:* Adolescents develop new attitudes towards themselves and others. Parents too expect Adolescents to behave more responsibly and adopt adult ways of behaviour. Adolescents express their dislike towards the established rules and regulations in the society, and strongly defend their views and opinions. Some adolescents show leadership traits during this period.

*Rising awareness of one’s rights and duties:* Adolescents become aware of their rights and duties. They also become conscious about social approval. Due to sexual maturity, many physical changes take place in the body and this leads to changes in the personality of the individual. The ideas, thinking and personality traits admired before seem to the Adolescent as childish and undesirable. A new set of values and norms emerge and they are confused. They establish new

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relationships with others, find new friends and may break away from old friendships. They are always eager to better their abilities (competency).

*Adolescence is a transitional period:* Transition does not mean a break with or a change from what has gone before but rather a passage from one stage of development to another. The physical changes that take place during the early years of Adolescence affect the individual’s behavioral level and lead to re-evaluations and a shifting adjustment of values. During any transitional period, the individual’s status is vague and there is confusion about the roles the individual is expected to play.

*Confusing and dual standards:* Adolescence is not an easy stage by any standards. The Adolescent struggles between dependency and independence. They are caught between what their parents expect from them and what they want. They are confused about what they really want to do and be. Society on the whole does not make things easy.

*Admiring qualities of peers from the opposite sex:* The Adolescents admire certain traits in peers of opposite sex. Boys are admired by girls for traits like frankness, protectiveness, pleasing personality, neatness and good sense of humour. Boys admire girls for qualities like pleasant appearance, intelligence, friendly mannerism and kindness. Boys are late in sexual maturity by about a year than the girls of the same age. Therefore, generally girls are attracted to boys who are older than they are.

*Adolescence is a period of change:* The rate of change in attitudes and behaviour during Adolescence parallels the rate of physical change. There are almost five universal concomitants of the changes that occur during Adolescence. *First,* is heightened emotionality; its intensity depends on the rate at which the physical and psychological changes take place.
Second, the rapid changes that accompany sexual maturing make young Adolescents unsure of themselves, their capacities and interests, leading to strong feelings of instability, which are often intensified by the ambiguous treatment they receive from parents and teachers.

Third, changes in their bodies, their interests and in the roles the social group expects them to play, create new problems which may seem more numerous and less easily solved than any they have had to face before. Until they have solved their problems to their satisfaction, they will be preoccupied with them and with themselves.

Fourth, as values change, what was important to them as children seems less important.

Fifth, most Adolescents are ambivalent about changes. While they want and demand independence, they often dread the responsibilities that go with independence and question their ability to cope with these responsibilities.

Adolescence is an age with problems: Adolescence is especially difficult for boys and girls to cope with, for two reasons. First, throughout childhood, their problems were met and solved in part at least by parents and teachers resulting in many Adolescents being inexperienced in coping with problems alone. Second, because Adolescents feel that they are independent, they demand the right of coping with their own independence, they demand the right of coping with their own problems, regulating the attempts of parents and teachers to help them. Their inability to cope with problems, results in their finding that the solutions do not always come up to their expectations.

Adolescence is a time of search for identity: Conformity to group standards is more important than individuality in the early years of Adolescence. Gradually
they begin to crave identity and are no longer satisfied to be like their peers. However, the ambiguous status of the Adolescent in today’s world presents a dilemma that greatly contributes to the Adolescent “Identity Crisis” or the problem of ego identity. As E.H. Erickson has explained, “The identity an Adolescent seeks to clarify is who he is, what his role in society is to be. Is he a child or is he an adult? Overall, will he be a success or a failure? ”. Adolescents hope to attract attention to them and to be recognized as individuals while, at the same time, maintaining their identity with the peer group.

**Adolescence is a dreaded age:** Acceptance of the cultural stereotype of teenagers as sloppy, unreliable individuals who are inclined toward destructiveness and antisocial behavior has influenced the self-concepts and attitudes of Adolescents toward themselves, making the transition into adulthood difficult. It leads to much friction with their parents and places a barrier between them and their parents, which prevents them from turning to their parents for help in solving their problems.

**Adolescence is a time of unreality:** Adolescents have a tendency to look life through rose-tinted glasses; seeing themselves and others, they would like them to be rather than as they are. This is true of Adolescent aspirations, which are unrealistic and responsible for the heightened emotionality. As Adolescence draws to a close feeling that this period of life is happier than what they will face in adulthood, with its demands and responsibilities, it creates a tendency to glamorize Adolescence.

**Adolescence is the threshold of Adulthood:** As Adolescents approach legal maturity, they are anxious to shed the stereotype of teenagers and to create the impression that they are near-adults. Apart from dressing and acting like adults, they begin to concentrate on behavior that is associated with the adult status-
smoking, drinking, using drugs, indulging in sex, etc., which they believe will create the image they desire.

**Physical Changes during Adolescence:** There are individual differences in physical changes. As physical changes slow down, the awkwardness of puberty and Adolescence generally disappear. They are motivated to use their newly acquired strength, which further helps them to overcome any awkwardness that appeared earlier.

Few Adolescents experience body-cathexis or satisfaction with their bodies. However, they do experience more dissatisfaction with some body parts than with other parts. This failure to experience body-cathexis is one of the causes of unfavorable self-concepts and lack of self-esteem during the Adolescent years. Adolescents realize that people treat those who are more attractive more favourably than those who are less attractive.

24**Adolescence a developmental transition:** “Adolescence is a developmental transition between childhood and adulthood. In India, the Adolescent is a person whose individuality has not yet been sufficiently recognized”.

When Adolescents become seniors at school, they are usually recognized by their parents as nearly grown ups and on the verge of entering the adult world of work, of going to college or of receiving vocational training of some kind. Their status in school likewise makes them conscious of the responsibilities they have never before been expected to assume as they take their place as “seniors” in school. Awareness of this new and formally recognized status, both at home and in school, motivates most Adolescents to behave in a more mature manner.

Adolescence is a co-period of storm and stress: Many Adolescents come into conflict with norms. They are divided between independence and conformity. Their need to establish their identity often makes them confronting others.

Changes in the expression of emotions: Emotional expressions of Adolescents are greatly influenced by maturity and training. They do not express their emotions directly like young children but have great control over them. Emotions become less general and more specific in expressions. With adult guidance, they are able to control babyish anger, jealousy, fear etc. They learn to use those expressions, which are more likely to be socially approved; in case of an Adolescent, the heightened emotionality, results from the physical and glandular changes. Sometimes, these changes make it difficult for him to make necessary adjustments to new patterns of behaviour and new social expectation. As a result, the Adolescent may suffer from anxiety and social pressure. Hence this stage is also called the period of storm and stress.

Acquiring skills and building up attitude: During early Adolescence various skills and special abilities are developed. In the later Adolescence, the individual is more interested in the vocational courses, which will be useful for his adult life. He also takes interest in reading novels, stories and other literature concerned with romance, scientific invention, adventures, biographies etc. The reasoning and abstract thinking also develop considerably in Adolescence.

Adolescence is a period of individuals’ emancipation: Western culture emphasizes the teenage years as appropriate for establishing one's independence as a mature person. The experiences of an Adolescent represent a struggle towards the advancement of the behaviour pattern. The Adolescent becomes an emancipated person who attempts to achieve a new self-definition in many ways.
Westernized Interests: Adolescents are primarily interested in knowing more about sex, and are especially curious about birth control, “pills”, abortion and pregnancy. Boys on the other hand want to know about venereal diseases, enjoyment of sex, sexual intercourse and birth control. Their major interest is in sexual intercourse, its context and its consequences. Adolescents today are sexually very active. Sexual activity like casual kissing, petting and genital contact fulfill a number of Adolescent’s important needs, one of which is physical pleasure. Some of the sexual behaviour and practices of Adolescence are dating, masturbation, pre-marital sexual behavior and homosexual tendencies.

Adolescents, like the students in high school, spend more than half of their working hours with other teenagers and only very little of their time is spent with their parents. Before young people become truly independent, they move from being dependent on parents to being dependent on peers.

Friendships are likely to be closer and more intense in Adolescence than at any other time of life. Adolescents have the most fun when they are doing something with their friends with whom they feel free, open, involved, excited and motivated. An important part of many teenagers’ lives is the music they listen to, binding them to their peers and separating them from their parents. Music is an important symbol, and rock music stands for many things in a teenager’s life.

Adolescence in today’s context: Adolescents are the citizens of tomorrow. Behavioural patterns followed by a person during Adolescence will last a lifetime. They influence the health and well being of an individual. Worldwide, in the 21\textsuperscript{st} century, life is undergoing significant changes and the most affected are the Adolescents.
The health of Adolescents is strongly linked to their development. Their physical, psychological and social abilities will decide what they do, how they act and with whom they associate. Technology and advances in communication have made the world a global village. Today, Adolescents are exposed to more information and cultural alternatives than previous generation, providing them with liberal culturally diverse options, which cannot be easily exercised due to economic constraints. Ironically, an Adolescent has to prepare for a global life of competition, comparison and independent functioning in a dependent environment.

Rapidly changing values social, moral, ethical and religious have ushered in certain ‘Life Styles’ in the present society especially among the youth or Adolescents affecting their health significantly. Some of the health problems and behaviors prevalent among the Adolescents are poor eating habits, poor oral hygiene, lack of rest, need for quick results, pleasure seeking behavior and stress. Thus ‘Unholy Triad’ sums up these as substances abuse, violence and early sexual experimentation.

Stress and Adolescents: One of the greatest times of stress for families is the onset of the Adolescent or teenage years. In today's complex society, these years can be more turbulent than ever before. The frightening realities of AIDS, drugs, violence and broken homes add a real dimension to stress that make being a teenager one of the greatest challenges a young person will face. No parent is perfect. Regardless of age, all children experience the stresses of life and are just as prone to stress reactions as we are.

Psychological characteristics of adolescents: Adolescents are keenly aware of the problems of morality. They are ambitious. They are not easily amenable to discipline, authority and strictness. They favour freedom and democratic life. They like permissive atmosphere. They want parents and teachers to be lenient towards them. They tend to be rebellious by nature.

Conscience formation: takes place at this time and at times the adolescent is disturbed by non-formation of values and double standards. Moreover when peers or leaders in the contravening environment replace the authority of parents and teachers, conscience of young people is further decimated by the beliefs and teachings of these new educators namely, "stars" of the film world, sports and political field.

The Adolescent is plunged into a whirlpool of confusion and needs much help to form a sound system of values with some emotional, social and spiritual stability. She/he needs to enter into a dialogue and share with caring adults both in the home and community, and arrive at a mature ethos.

The Adolescent and Religion: Adolescents possess a self-owned yearning for religion, God, worship, prayer and spiritual values. If religion is shown to them as something which is not monotonous, irksome, and burdensome, and if God is not pictured to them as a monstrous creature, ready to punish and condemn, then Adolescents will find the fulfillment of their own achievements in the love of God.

Needs of the Adolescents:

A. Biological:
1. Visceral food, water, sleeps rest, clothing and shelter.
2. Safety needs - suitable temperature, protection from dangers and external threats.
3. Sex urges - basic to the perpetuation of the species and individual fulfillment.
4. Sensory, motor needs - need to have sensory and motor exercises.

B. Psychological:
1. Need for love and affection.
2. Need for approval.
3. Need for nurturing.
4. Need for affiliation.
5. Need for orientation.
6. Need for feeling of adequacy.
7. Spiritual needs.

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THEORIES ABOUT THE NATURE OF ADOLESCENCE:

According to Sigmund Freud, conflict is an essential part of the physical changes of Adolescence; Freud viewed conflict as a preparatory phenomenon to the genital stage of mature adult’s sexuality.

Anna Freud considered the Adolescent years more important for the formation of personality. She believed that the libido, which quieted during the latency years, reawakens in Adolescence and threatens to upset the delicate balance of ego and id. The resultant anxiety calls forth such ego defense mechanism as intellectualization and asceticism.

Erik Erickson (1968) believed that the chief task of Adolescence is to resolve the conflict of identity versus identity confusion- to become a unique adult with an important role in life. To form a person’s identity, the ego organizes abilities needs, desires, and helps adapt them to the demands of society. The search for

C. Egoistic Needs:

1. Need for dominance.
2. Need for achievement.
3. Need for retention.
4. Need for attention.
5. Need for autonomy.
6. Need for acquisition.
7. Need for cognizance.
8. Need for destruction.

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29 Dr. G. Das - Developmental Psychology. Delhi: King Books, 2000.
identity is lifelong—it comes into focus during Adolescence. Erickson sees the primary danger of this stage as identity (or role) confusion which can express itself in a young person's taking an excessively long time (until after 30) to reach adulthood. However, a certain amount of identity confusion is normal and accounts for the chaotic, volatile nature of much Adolescent behaviour, as well as self-consciousness about appearance.

G. Stanley Hall explains the "storm and stress" of Adolescence. Hall, the first psychologist to formulate a theory of Adolescence proposed that the major physical changes that take place at this time cause major psychological changes. He believed that young people's efforts to adjust to their changing bodies ushered in a period of "storm and stress". Hall saw Adolescence as a period of intense, fluctuating emotions from which young people may emerge morally stronger. Although this view of Adolescence as an invariably stormy period of life was widely accepted for many years, the dominant opinion today is that storm and stress are not inevitable for most Adolescents.

Margaret Mead emphasized the importance of cultural factors in shaping the personality of the Adolescent. Mead was an anthropologist who studied Adolescence in the South Pacific Islands off Somoa (1928) and New Geneva (1935). She emphasized the importance of cultural factors in the transitions of Adolescence. Mead observed "storm and stress" but rather a serene and gradual, transition from childhood to adulthood and an easy acceptance of adult roles. She concluded that Adolescence is relatively stress-free in a society.

Harold W Bernard also subscribes to the opinion that Adolescence is a cultural phenomenon. In some societies, the young person passes swiftly and smoothly from childhood to adulthood. Sometimes, "pubertal rites are held to mark the recognition of the young as an adult. He can then marry and assume his adult role in the society". However, in western countries, this transition from
childhood to adulthood is not so smooth and it is accomplished in stages and by degrees. In this context Bernard says, "Thus one often may, by law be allowed to marry at 16 years of age, be compelled to stay in school at 18 and vote when 21 and continue in school till the late twenties".

According to the biological explanations based on psychological tranquility, the Adolescent youngster is confronted with a chaotic and strong sexual drive. He experiences unpredictable anxiety, stress and strain during this period of puberty and takes recourse to many activities as means of avoiding threat of sex.

The cultural interpretation of Adolescence states that (a) Adolescents experience a rapidly widening life - space along geographic, social and future time-dimensions, and (b) are caught in ambiguous overlapping between the roles of the child and adult. In a dynamic and heterogeneous culture with ambiguous and conflicting situations young adolescents feel ill equipped to tackle them. Therefore, they are engrossed with conflicts, values, emotional tension and extreme attitudes.

PROBLEMS OF ADOLESCENTS:
As people live together personal problems, family problems and community problems appear on the horizon of everyday living. Drug abuse, homelessness, crime, delinquency, mental illness, suicide, school dropouts and numerous other social problems which are around us at every turn. Globalization has not only affected the economy alone, it has affected every individual, their behaviour and the society in a whole. The changes taking place in the society further leads to adolescent problems.

Features of changes in the society:
The whole society is changing; this includes changes in our very social fabric, changes in our surroundings and changes in us as individuals. Changes began to
take place in our way of life; in our lifestyle. Changes take place even into our manner of thinking. This was not only in the world of grown-ups but in the world of children as well. So, naturally changes also come about in parenting patterns.

The educational system is also responsible for a good portion of this change. Schools no longer cater to just academic achievements and excellence. Extra-curricular activities like sports, games, arts and crafts have their place as well. Parents are putting in greater efforts on their behalf and a lot of focus is directed towards them in terms of budgeting, living location, fixing the social calendar and so on. It sounds to be an easy task. The end-result is stress.

This stress is taking a heavy toll on parent’s sense of well being and creating untold problems for parents to whom children are the embodiment of their unfulfilled dreams and ambitions, insurance for the future and their source of joy and happiness. This pressure is transmitted in turn to the Adolescents and affects their well being too.

Children today know more, learn more, and want more. They make demands on their parents, which cannot always be met. More often parents do not agree with many of these demands. This leads to arguments, friction and tears on both sides. The media blitzes have a very bad effect on youth.

Globalization has further brought about social strains that were non-existent before. At the time of Independence, it was said that our country was fifty years behind the times. As time went by, this too began to change. For example: the fads and fashions of the West of the 1950’s were being followed here in the mid-1960; those of the ‘60s in the ‘70s and so on. Today, it is all copied in the same year, the same month and perhaps even in the same week. What is even more
striking now is that we in India are also becoming trend setters in many foods and fashions.

30 *Cultural gap:* In India, we are not merely facing a generation gap today, but a wide cultural gap. The result is more and more friction between parents and children, which reaches its peak during Adolescence. Parents are realizing that children cannot be controlled any more. They want to be seen and heard.

They have no time for cumbersome procedures to do anything the ‘old fashioned’ way. There are pre-furnished houses. There are services available within minutes or ‘just a phone call away’ or ‘at your doorstep’. Parents want advice in the area of parenting on the same lines, something similar to a ‘do-it-yourself kit’.

31 *Disorganization of city:* Absence of community feelings, lack of family unity, moral laxity, unstable personality, increase in crimes, disorganization, marital problems, shortage of houses, diversity, artificial and dependent existence and stimulating atmosphere. Urbanization has lead to decline in social sympathy, lack of informal social control, decline in family control, decline in the influence of religion, changes in the status of women, changes in the institution of marriage, changes in family structure, professionalisation of entertainment, scarcity of living accommodation, slums, changes in moral values, breakdown of joint family, increase in evil professions, increase in the incidence of crime, increase in juvenile delinquency, corruption, conflict and competition.

32 *Mental Health among the adolescents:* Mental health experts say that the shift towards the nuclear family living has brought about disorientation because of the

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absence of emotional roots. It has given rise to many neuroses that are reflected in the growing fragmentation of our society.

Adolescents notice their physical appearance at this period, if their physique does not match with that of an average person, it causes tension and worries in them. We come across several cases where their attempts to solve these problems have caused health hazards.

The overall increase in the number of AIDS patients, especially in the age group of 15-30 and experimenting sex has lead many into a death trap. If they fail to succeed in any relationships, they land up in psychological problems like depression and anxiety.

In spite of all its drawbacks and iniquities the joint family system of the ‘good old days’ had a sound in-built support system that cannot be debated upon. In the large joint families, friction was present but wisely diffused by an older member of the household or the ‘head of the family’. One did not have to go to legal or social counselors to sort out husband-wife squabbles or children’s maladjustments. Within the joint family, children did not feel alienated from family and friends. They were never lonely. There was always a sibling or a cousin to play with. There was always someone to listen to them. There was always a lap to snuggle in and a shoulder to cry on. To cap it all there was always someone to shower affection on them, give them a hug or a kiss at frequent intervals. Children felt loved and secure even during the so-called turbulent teens.

Our nation was moving from the era of labour to machine-based economy. This led to an evolution from a rural to the urban-based family system. The nuclear family system became the new unit of society. With its rise, things began to
change. Tasks had increased since mothers started working and time was at a premium, and parents just had no time for their children.

33 Working Mothers: Changes in parenting patterns also emerged due to the increasing number of educated women and working mothers. Man is no longer the only earning member of the family. Woman became a co-earning member now. In a number of cases this was due to a financial need, which could be traced to rising prices and cost of living. In many cases it was also because women wanted to find a creative outlet and assist their own personality. They not only wanted to walk hand-in-hand with men but to work shoulder to shoulder with them in their quest for an ideal marriage and a happy family.

In fact, today, more and more mothers are asserting their views and exercising their ideas of bringing up children. At the same time, fathers are also beginning to attach more importance to their role as fathers and have begun to take more interest in their children.

There is greater awareness about parental roles and duties and parents do talk of spending quality time with their children and being a friend particularly to their Adolescent children. However, there is very little that translates into actual practice. Parents are so busy earning a living or striving to achieve their ambitions that they really do not have the time. Distance between home and the workplace and commuting further aggravates this problem.

34 Latchkey Problems: Left to fend for themselves most of the time children are often left unguided and unsharpened. A number of problems have arisen because of this. Some of these include laziness loss of interest in school and the fact that they are left alone in the house, and the problems multiply - extended telephone

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Problems of Adolescents and the effectiveness of Counselling
calls resulting in phenomenal bills; having friends over leading to messing up the house and emptying the refrigerator; experimenting with sex and drugs and alcohol, viewing blue films and devouring pornographic literature.

This situation has arisen not merely because of the working mother; It is also because of the non-availability of proper domestic help. Parents are ‘killing themselves’ trying to make life easy and comfortable for their children- Adolescents in particular. Therefore, they have little or no time to communicate and interact with their children.

35 Family disorganization: family disorganization is mainly due to lack of family unity, decrease in family control, strife, laxity in marital bonds, lack of protection, conflict between parents and children.

a) Changes in family life are reduction in the economic functions of life, reduction in other activities of family, increase in family recreation, laxity in marital and sex relationships, changes in relationship of men and women, increase in importance of children, decrease in the importance of blood relationship, disorganization of joint family, smaller family, family disorganization and instability.

b) New problems confronting the family are problems of adjustment between the husband and wife relationship, problem of sexual adjustment, marriage based on romantic love, problems of broken marriage, problems of working women, laxity in family control, family conflict and lower birth rate.

c) Divorced or Separated Parents: The divorce rate and incidences of separation have increased tremendously during the last two decades. The effect it has on

Problems of Adolescents and the effectiveness of Counselling

Adolescents is far more traumatic than were an Adolescent to lose a parent. This is primarily because tension, disagreements, arguments and fights often dominate the preceding period. This may completely drain those who are affected with emotions. What often remains is a feeling of emptiness and even bitterness. It is most traumatic when the case has been fought out in court and the battle for custody of the child had been involved.

To Adolescents all this could spell doom and the end of the world. They feel very embarrassed to discuss it with friends and peers. It becomes very difficult to Adolescents when their loyalties are divided, as they must be when parents separate. Their self-image takes a nosedive and it affects their behaviour.

Indian culture and tradition can make a divorced woman carry some sting. She experiences a mixed feeling of embarrassment, anger, resentment and a kind of free-floating anxiety about the future. Since social gatherings in urban India are dominated by invitations extended to husband and wife, the change in status affects the single parent with almost no invitation forthcoming. Going out is difficult and they become very isolated. That is why women become so child-oriented after divorce. The Adolescents feel stifled by this as all attention of mothers is centered on them. They feel a lack of privacy and a sense of being caged.

Adolescents are at a loss about role models that they can consistently emulate. The parents too are not sure how to guide them. They know that the scientific and electronic age is important, but they do not want to let go of their culture and their traditions. They are always trying to strike a balance between Western influences and our own culture and heritage.
Problems of Adolescents and the effectiveness of Counselling

Personal adjustment: Quite a number of students of our college and university campuses find themselves in the grip of personal adjustment problems. Drug addiction is no longer an uncommon experience in our institutions of higher learning. Unfortunately, the suicide rate among the students too is increasing. All these factors imply that we take a hard realistic look at the problems of the Adolescents to take right measures at the right time in their life. Pressures on the home front are numerous. One of the primary ones relates to studies. So the social pressures tend to carry over to school life.

Relationships: The pressures at school often exist because of the insecurity at home. Of course, the school itself can be a hotbed of tension in several areas; academic, co-curricular and extra-curricular activities, adjustmental problems with teachers and peers, relationships with classmates and schoolmates. The negative relationship with the parents, teachers, and classmates disturb the Adolescents.

Stress: Stress is one of the major health hazards of the modern world affecting all people irrespective of age, gender, education, occupation, domiciliary status, finance, region, race, ethnicity and nationality. All young people today face significant stresses in their lives and many go through their youth without significant problems. However, nearly one in five children and Adolescents will have emotional and behavioral disorders at sometime in their young lives regardless of their geographic region or social economic status. Even by conservative estimates ten percent of child population, has mental disorder with serious associated impairments, including learning problems, health problems and drug abuse, at any given time. At least three percent of school children suffer from serious emotional disturbances such as severe depression, suicidal thoughts, psychosis and serious attention problems (Kapur 1994).

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Stress is not a modern disease; however, it is a life experience as old as the human species. The stress itself does not cause the illness but helps to bring it about by decreasing immunity. Studies have shown that stress can be a major factor in triggering the onset of hypertension. In a study of 9-16 year-olds, it was discovered that a routine act such as reading aloud in front of classmates caused insignificant elevations in blood pressure. Studies continued to show that it is not only adults, but also children, who fall victims to hypertension as a direct result of stressful events in their lives.

**Juvenile Delinquency:** Juvenile delinquency is a social phenomenon that could be universally observed. The processes of industrialization, urbanization and individualization have further accentuated the span of delinquency.

A child is the maker of the future society. Therefore, during their period of growth the parents invest in them their energy, resources and hopes and rear them up so that they could take up the socially established roles and continue the heritage begotten by them through generational transfer on becoming an adult. This is a universal explanation of highlighting conformity as a process in the internalization of social norms and values. Thus, there occurs character formation along with the development of personality, which reflects in his normal social behaviour. When the parents fail in their responsibilities, they deviate and behave as delinquents causing injury to both individuals and society.

Criminologists stress that crimes among the Indian youth have increased. The department of Tata Institute of Social Sciences has done the study on various aspects of crimes. These studies have stated that the crime rate is at 40% among the youth; of all groups. According to National Crime Bureau, 56% of the crimes are committed by the youth aged between 16-25. In Mumbai in 1998, murder
rate was 551, out of which 80% of them were committed by the youth and they were the first attempts in the field of crime.

Elders put Adolescents into confusion, by treating them as children and grown-up simultaneously. Therefore, Adolescents want to prove their identity to their parents and usually they adopt unhealthy and dangerous means/hobbies. E.g. smoking, alcohol consumption, drug addiction, open discussion of sexual activities, vulgarity, watching blue films, sexual experiments, suicidal attempts and other criminal activities like rape and murder.

**Drug Addiction:** When problems merge and seem to be heavy for the Adolescents, they take refuge in drugs. Drug addiction among Adolescents has spread throughout the country; even villages are not excluded. Any drug addict will follow any means to earn/have it, and will not hesitate to commit any crime. They become very dangerous to their family members and the society and may attack anyone anytime, like lions on the prowl.

38 Adolescents’ problem of development is of basic nature. If they are warmly accepted at home, they will feel happy and emotionally secure. If they move into a group of peers, which is dominated by youngsters, they are likely to have different values. Other factors can also influence their behaviour. A good home may do well and a bad home may affect their social and mental adjustment. Healthy attitudes in Adolescents are necessary. They can stand up better to problems of the world in such a situation. If they are uncertain of their worth, there can be a lot of problems for them.

**Teenage Pregnancies:** Parents fail to understand their growing children’s inhibitions regarding sex matters and the Indian family scene is still embedded in

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the age-old concept. The changes occurring in the Adolescents and the lack of guidance combine to create a communication gap between the two generations, which has lead to many complicated problems. Added to this there are problems of early marriages among Adolescents. The problems raised out of these marriages usually affect the personality of the females as well the personality of the children born to them.

Problems of adolescent socialization: Many Adolescents have problems of socializing and they are merged into the adult world. These are sex hormone related and need understanding. The physical growth and development during Adolescence have a great impact on the emotional world of a youth. An Adolescent boy or a girl gets a newer body having newer ideas and attitudes. The main aspect of their thought is that they pose themselves to be the fittest in the adult world. But they can also have a serious inferiority complex.

Conduct disorder is noticed in actions such as truancy, defense-mechanism, stealing others money, absenting from the school, usage of bad language against the teachers, retaliating nature, threatening/physically attacking the teachers, etc. The thoughts of communalism are easily sprouting in the Adolescent minds along with other peer pressures.

The problem of Adolescents is a never-ending problem; Like any other human problem it can never be obsolete, it can never be ended with a full stop. To elaborate on this is a factual point to say that it started from Adam and it will last long as this world lasts.
CAUSES FOR THE PROBLEMS OF ADOLESCENTS:

Technological changes have made a major impact upon people’s lives and work. Industrialization has resulted in social and vocational mobility. It has affected child-rearing practices too. The causes for adolescent problems are studied under the following sub heads:

Individual: Adolescence is preceded by childhood. It is widely acknowledged that maximum development takes place during the first six years of childhood. Children show a tremendous capacity to absorb a lot from their surroundings that consist of their homes, families, peer groups and the general environment they are exposed to. It is important to note that whatever children feel or observe is stored up in their subconscious mind. In addition, memories so accumulated since childhood have a profound impact on ‘the growing up into maturity stage’ i.e. Adolescence.

Moral values are assaulted almost everyday by materialism that has crept into our society. Consequently, we lack conviction and the resulting “practice what you preach” attitude of the younger generation towards the older generation has complicated each and every aspect of a child’s life.

Adolescence undoubtedly is the most crucial part of our life. For that matter during this phase, a number of changes begin to take place – both physical and behavioural. There is doubt and confusion in the minds of teenagers. They are often torn between what they are told by their parents, what they find outside and what they actually want to do. All this has its effect on the family and particularly the parents.

Family: Adolescents are deprived of imbibing the culture and traditional values, which they formerly did through grand parents and felt time with mothers and aunts in the joint family way. They have time, which they spend with their peers.
Radio, movies, cheap literature and other media for communication retard their moral growth and transmit shallow short-lived goals and estrange them from older generation.

With joint families becoming increasingly extinct and nuclear families a norm, the first casualty with both earning parents is the family ties. There is hardly any interaction between parents and children, which has an adverse effect on both. Parents tend to shower their children with materialistic things in order to compensate for their absence. This becomes a problem later on when this generosity backfires and the children get out of hand and become rude and disrespectful when their wishes are not granted immediately.

*Social:*  
39 Influence of the Peer Group: The peer group is everything to Adolescents. It constitutes their real world. That is the yardstick by which they function. It determines their attitudes, values, lifestyle and behaviour.

40 According to Mr. Bunsel, the psychological reasons for suicide are the inferiority complex and its fulfillment. Runaway have been characterized as insecure, unhappy and impulsive (Jenkins and Stable 1972), having low self-esteem (Beyer 1974), and feeling out of control (Bart Ollas, 1975) the bulk of research on runaways shows them to be more disturbed than normal teenagers.

This is evident from the steep rise in the cases of run away children and in the crimes committed by them. Criminologists stress that the crimes among the Indian youth have risen. 41 The department of Tata Institute of Social Sciences has done a study on various aspects of crimes. These studies have stated that the crime rate is at 40% among the youth, where all the different groups of youth

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According to National Crime Bureau, 56% of the crimes are committed by the youth aged between 16-25 years. In Mumbai in 1998, murder committed was 551, out of which 80% of them were committed by the youth and they were their first attempts in the field of crime.

Grueling and De Blassie (1980) have found that suicide is the second leading cause of death among Adolescents. The concept of suicide is not limited to self-murder. Some contend that suicide is simply the ultimate form of self-destructive behaviour. According to Miller (1975) the causes of Adolescent suicide include, 1. Feelings of isolation; 2. Stress due to strained relations with parents or in reaction to parental abuse; 3. Drug abuse; 4. Alienation from society; 5. Depression; 6. High suggestibility to suicidal ideas; 7. Internalized, self-directed aggression and; 8. A need to communicate, a desire for help.

To prove that they are grown-up, independent and to oppose the elders whenever they restrict them, they adopt unhealthy and dangerous means/hobbies. E.g. smoking, alcohol consumption, drug addiction, discussing about sexual activity openly, vulgarity, watching blue films, sexual experiments, suicidal tendencies and other criminal activities like rape, murder etc.

Adolescents quickly realize and oppose partial treatment by their parents and teachers. This may lead to psychological problems in them like depression, anxiety etc. Parents fail to understand their growing children’s inhibitions regarding sex related matters. Reserved and withdrawn attitude of the parents makes matters worse for these youngsters. Ignorance pertaining to natural phenomena of life like masturbation and menstruation has lead to many complicated problems.

Most teenagers are more concerned about their physical appearance than about any other aspect of themselves and many are dissatisfied with what they see in the mirror—especially if they are maturing much sooner or later than most of their friends.

There is enough stress placed on Adolescents by the education system. The parents who should be the source of strength and support put additional strain on them. A number of these anxieties end in suicide attempts.

The areas that bring about these negative reactions to school are many. The most common are poor teaching, boring lessons, too much homework, strict and meaningless rules and regulations, and the manner in which the school is run. Adolescent students are often critical of teachers, not just the way they teach but also the way they dress, behave and play favorites.

**EFFECTS OF ADOLESCENT PROBLEMS:**
India has its own traditional culture where family relationships are very strong. However, if the Adolescent problems increase, these relationships will lose their values and people will go astray. It becomes very tough to build a harmonious society. The increase in juvenile delinquency would lead to increased rate of crime. Education level would decrease the value for education. Early Adolescent marriages will lead to broken marriages. There will be increased number of maladjusted families due to lack of proper guidance. The values of Indian families will be completely lost. As per the famous proverb “Today’s child is tomorrow’s citizen” and the problematic Adolescents of today would be the problematic citizens of tomorrow. The highest suicide rates will create an adverse impact on the other youth.
Adolescents bring their family to the school in the sense, the tensions, frustrations, and conflicts experienced at home affect their behaviour in school. This indicates the education level would fall due to the increase in school dropouts.

Juvenile delinquency is a social phenomenon that is universally observed. The processes of industrialization, urbanization and individualization have further accentuated the span of delinquency. The increase in Juvenile delinquency would lead to increased rate of crime.

All these Problems call for a new horizon to keep the society intact; therefore changes in all spheres of life should be taken to account more to the problem of adolescents which is a crucial period.

MEANING AND DEFINITION OF COUNSELLING:
The people who go for counselling are normal people who need help to cope with their personal problems. The goal is to achieve a better personal adjustment and growth in maturity by stimulating the counselees to exploit their potential and use more of their resources. The psychologists, marriage counselors, pastoral counselors, teachers, parents and friends practice personal counselling. They exhibit a deeper self-knowledge, a change of attitude and modification of self-perception of others.

Counselling is an act of assistance. When a person is in difficulty and seeks out someone in whom he has confidence for advice and guidance, a situation exists for counselling. It requires the special knowledge skill and competence of a counselor in order to understand the problem of the other person in the perspective of the other person and then lead to the person through a process of

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discovery to a solution or alternative solutions, which are not only feasible but acceptable to the person. The art of counselling depends so much on specific knowledge, understanding, skill attitudes and values of the counselor that it has become a specialized job for which one requires professionalism.

Counselling is a familiar concept in our society. Since time immemorial, people have sought advice from elders. In times of difficulty, involving difficult decision making, individuals have found it helpful to go to an older, more experienced and educated and seek help for taking important decisions. During a conflict situation, people find it helpful to talk to someone and unburden the tension caused by the conflict. This however is not professional counselling.

Counselling is a relationship in which a counselor helps people with problems of behaviour, which are closely connected with their motivation and emotional experiences. The level of emotional maturity and integration is directly related with the ability of the individual to tackle these problems and is a function of the individual’s life history. It is often believed that normal people do not need counselling. The present point of view, however fails to support this belief. On the contrary, it suggests that all people may gain from psychological counselling.

Rogers defines counselling as “A series of direct contacts with the individual which aims to offer him assistance in changing his attitudes and behaviour”. Rogers also mentions that (1962) ‘counselling is to enhance the personal development and psychological growth toward a socialized maturity of its clients’. Shostrom and Brammer define it as “A self-adjustive process, which helps the client become more self-directive and self-responsible”.

Counselling is an old and well-known concept in Indian society but the type of work done under the traditional set-up differs significantly from the professional counselling. Traditional work can more appropriately be called advising because
it consists of information giving, based on the experience of the older individual. 
Counselling in the professional sense is helping the problems of a counselee, 
based on empirical study and understanding of the individual, his interests, 
aptitudes and emotional maturity. Counselling is a one-to one relationship in 
which a professionally qualified individual tries to help another individual who 
is caught up in emotional conflicts and difficult decision-making.

This however is not professional counselling; it is different, in the sense that it is 
based on empirical evidence rather than the subjective judgements of the 
counselor. During traditional counselling parents have often counselled their 
children to go to a particular profession simply because that was the line they 
themselves would have liked to pursue but could not.

Every human being sometime or the other has experienced conflicting feelings 
and desires, which cause dissatisfaction and unhappiness when he takes an 
action or fails to do so. He is unable to adjust to this discrepancy between his 
feelings and desires on the one hand and the demands of the world on the other. 
Maturity and integration are required to bring about harmony in the inner desires 
and the external demands. The process requires the individual to exercise some 
control over himself and his urges, to achieve a certain degree of freedom from 
the external demands. There are significant individual differences among people 
as far as the maturity and the integration are concerned. At times people need 
help in establishing harmony between their desires and the expectations of the 
world; this is the process where counselling begins.

Every well wisher of education today feels that educational institutions should 
take extra responsibility in providing guidance and counselling to improve the 
performance of students in different spheres, introduce an atmosphere conducive 
to intellectual excellence and minimize tensions.
In the ancient universities of our country like Nalanda and Taxila, the learned monks were sagacious and wise in their handling of students. They were occupied with the process of guidance and counselling, of course informal and incidental right from admission of students to these seats of higher learning to see them through to enter the world of work and face life. The process was highly successful as these monks knew the students and no undesirable element could either enter or stay in the universities. Even the old ‘Gurukula’ system of this ancient land was very healthy and led to harmonious relations between the teacher and the taught. All this was possible because the number of students was small, courses of study were simple and job opportunities were limited and world of work was more or less stable and students had few problems. Now with the tremendous increase in the number of students in the educational institutions, rapidly changing world of work and great complexity of student’s needs and problems, there is a definite need for providing a time nucleus for an organized programme of professional help, in the form of guidance and counselling by mature, experienced and professionally qualified persons for the development of all the unique personalities of the students, for individual fulfillment in particular and social and national uplift in general.

Good teachers have always been interested in providing understanding assistance to students to over come problems of learning and adjustment so as to ensure optimum achievement and profitable placement.

The need for guidance and counselling is felt the most during career choice. With our society getting industrialized so rapidly, the young students need help with information about various jobs available to them and the requirements, responsibilities and the nature of work involved in a particular job or career. The need for counselling is enhanced with larger number of students seeking admissions to colleges. Education is no more a privilege of the elite; our
educational institutions are open to all who can meet the minimum standards set for admissions.

The individual student brings with him the attitudes, beliefs and the values typical of his own background. Conflicts arise between two sets of values which require professional help. In order to be able to derive the maximum benefit from the educational facilities, it is necessary for the student to make an adjustment between the values at home and the values prevalent in the school. Here again a counselor may be helpful to him.

The student is required to make a place for himself in the social and co-curricular life of the institution besides maintaining his status in the curricular and academic sphere. This involves the skill to budget his time and energy between the curricular and the co-curricular both of which are equally important to the total development of his personality. A counselor can help him with this adjustment and budgeting of his time.

Children bring their family to the school in the sense that the tensions, frustrations, and conflicts experienced at home affect their behaviour in school. A counselor helps children understand and modify emotional attitude that may have grown out of the home environment. Many other social factors add to the insecurity experienced by the student. Competition for positions, fulfillment of ambitions and high goals, unemployment and the economic strain are a few that can be mentioned.

The counselor does not make plans and decisions for the counselee. Neither does he solve his problems. He confines himself to help the client gain new perceptions and insights into his problems, change his behaviour patterns so that they are satisfying for him and acceptable to the group he is a member of.
NEED FOR COUNSELLING:

We live in a challenging, fascinating world. We have learned how to go to the moon and project a satellite around Mars, yet we often have difficulty reaching some one in the same room. We live in a fast moving, push-button space age; yet we find that people are still the centre of the world and its values. The rocks, the stars, and the moon are important; but human beings are more important.

A growing individual needs counselling help at various developmental stages in his life. He needs help when he is choosing a career and he needs help when he is faced with conflicting situations and emotional frustrations. A counselor does not make plans and decisions for the counselee but he helps him in developing skills to make his own decisions. Counselling aims at attitudinal change and does not concern itself with action. Counselling functions at the emotional level and does not confine itself to the intellectual learning. The nature of relationship between the counselor and the counselee is the most important aspect of the counselling process. If properly established and generalized, it helps the counselee with his adjustment with other people too.

Problems of Adolescents in India are more complex. They arise out of the Adolescent’s total interaction with the environment which has various aspects namely, educational, social, cultural, economic, and religious. In the grip of personal adjustment problems, loneliness and feeling of insecurity, conflict with peers and teachers, low academic achievements; bad company, sexual problems etc., create emotional tensions and anxieties in the students. To face these practical problems of helping the youngsters, teachers in schools have to understand the psychology of the child and the Adolescent wherein the much earlier times the teacher in India performed the role of a guru, which included counselling. It is no longer possible in the present times.

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Understanding students and perceiving them correctly is the basic tenet of counselling. Understanding of student behaviour should not be based on generalizations and qualitative impressions; our judgments in this area should be based on research and empirical studies conducted on student behaviour. In 1960, the All India Educational and Vocational Guidance Association started work on the first nationwide survey of student problems and guidance needs. Some of the most revealing findings of this survey were: 1) On the whole male students marked more problems than female students did. 2) More males than females worry about the future. 3) More males than female students expressed a concern with problems of sex and friendship with members of the opposite sex.

The developmental tasks are saddled with the growth needs seeking satisfaction. Unsatisfied growth needs often lead to certain adjustment problems which need professional help from the counselor. The growth need during which the counselor is called upon is the need to belong, the need to express and the need to succeed. Understanding needs and behaviour is a helpful quality of teachers and parents but is a requirement for successful counselling.

Understanding of students and their needs can be enhanced and the work with their problems made more effective if the teacher or counselor possesses certain personal qualities in them. Warm personality with attraction to draw people and to encourage them to confide in the counselor is an important help in counselling work. Cold personality is likely to keep young people at a distance and discourage them from confiding in the counselor.

Adolescents should be allowed to grow according to their own interest. Adolescents want freedom and activities; they want to enter into spontaneous relationships with other persons. They want to be powerful and ambitious. If environment is not very congenial for the growth, they may develop dislikes for the things around them. They show a need for affection and attention. Rejected
Adolescents are likely to encounter difficulties in many ways. They may not learn to bank on their own worth or feel confident about their own resources.

Counselling aims to help an individual with his problems, which may be educational, vocational or personal in nature. This kind of help is possible only when information regarding different aspects of the individual’s life is available. To procure comprehensive and reliable information, the counselor uses certain professional techniques.

SOCIAL WORK INTERVENTION IN SCHOOLS:

Socialisation, which is “taken to mean the process of training a human being for social participation in his group”, is achieved through a number of socializing agents of which family and school stand out. Together they exert the most profound influence on the growing child.

In recent times, there is a growing realization that both school and family should work in close collaboration with each other. Accordingly, conscious efforts are being made to identify ways and means by which these two systems can join hands effectively. The necessities of home-school linkage and increasing responsibilities of schools have necessitated the induction of professionals, other than teachers and administrators, in present day schools.

Among several professionals who have found a place in school, one is the social worker. Equipped with the principles and methods of social work, special skills and knowledge of counselling and of facilitating, communication, they play numerous roles in school. To be brief they try to prevent or remove the disequilibrium caused by the interaction of the child with his environment.

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Professionals like psychiatrists, psychologists and social workers are engaged in the field of promoting mental health and are beginning to recognize the school as an agency for the promotion of Mental Health.

The profession of social work, likewise, views intervention in school as meaningful, purposive and effective. Expressing similar views Norma Rodin remarks, "It is in school that children can be crippled psychologically for life or aroused to do great things. Schools are seen by many, where the action is - therefore a primary target for creative and energetic social work". Social workers are becoming more and more interested in preventive aspects of delinquency and crime. Philosophically, they believe that if more time and talent can be put into preventing anti-social behavior in the first place, society as well as individuals and families, will be much better off. Several studies show that there are many boys and girls in school who are near delinquents and will get into trouble if something is not done to help them solve their problems and adjust to school, their families and life in general. Marriage and family counselling, particularly pre-marital counselling is another avenue that seems to be promising in preventing social ills.

Social workers work with principals, teachers, pupils and parents. Frequently they work with the teacher and the principal striving for greater understanding of the difficulty that confronts the pupils. School social workers are an 'extended arm' of the educator in fulfilling educational objectives. They act as consultants as well as caseworkers, group workers and community organizers. They share knowledge with pupils, teachers and parents and other supporting disciplines. Their special contributions and strengths are the pattern and character of practice - direct and indirect - uniquely identified with the profession of social work. In the school itself, social workers provide diagnostic counselling and treatment services to individuals or groups or arrange for such services.