CHAPTER - 1

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The period of adolescence is universally acknowledged to be a critical phase in human development. It is a transitional period from childhood to adulthood where the individual experiences many anxieties as he is caught in an overlapping role of a child and that of an adult. The individual’s physical, mental, social, moral and spiritual outlook undergoes revolutionary changes along with changes in their social perceptions and expectations. These changes bring about far reaching effects on an adolescents’ attitude and behavior. It is a stage when society entrusts certain tasks on the individual as he is considered to be mature enough, it is also a stage when adolescent students are usually faced with a dilemma in making career choices and related to educational plans becomes the roots high in the enumeration of worries and problems of adolescents. It is during this stage that an adolescent becomes aware of social expectations and he or she starts making plans for his or her career keeping in view his or her abilities, potentials, interests and their like. Inability to make the right decisions often leads them to make the incorrect choices in life. A right decision will result in satisfaction and happiness in an adolescent and making decisions about their own career will help adolescents believe that they are competent and capable and their self-esteem gets strengthened in the process. On the other hand, an incorrect decision by an adolescent will result in dissatisfaction which in turn will cause frustration adding to his already stressful stages of life. Choosing an appropriate career is an important task of an adolescent life. That is why Guidance is a systematic process that helps them in identifying their own potentialities and limitations for determining the career in future.
1.01 ADOLESCENCE

The stage adolescence is one of the most crucial and significant period of individual life. It is often referred to as the spring of human life. The word adolescence comes from Greek word “adolescere” which means “to grow to maturity”. It is a period which begins with puberty and ends with general cessation of physical growth. It emerges from the later childhood stage and merges into adulthood. So the essence of the word adolescence is growth and it is in this sense that adolescence represents a period of intensive growth and change in nearly all aspects of a child’s physical, mental, social and emotional life. The most important fact about adolescence is that it is a period of transition from childhood to adulthood. Transition from one period to another always is associated with some problems. The name of G. Stanley Hall (1904) is of great significance in studies related to adolescence as he was the first psychologist who devoted much of his time in collecting data on adolescence. He wrote two volumes in 1904 on psychology of adolescence which contributed significantly to the study of adolescents. His pioneering work on adolescence was ground breaking, laying the foundation for subsequent studies on child behavior. His views on adolescence as “a period of storm and stress” aptly sums up this stage in an individual’s life as the individual enters a new and powerful phase in his life causing upheavals and turmoils in all aspects of development be it physical, mental, social and emotional.

Jean Piaget (1969), an acknowledged international authority in the field of child psychology and cognitive development expresses his views on adolescence when he said, “psychologically adolescence is the age when the individual becomes integrated into 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.” This integration into adult society has many
affective aspects, more or less linked with puberty. It also includes very profound intellectual changes. Hence intellectual transformations typical of the adolescents’ thinking enable him not only to achieve his integration into the social relationships of adults, which is in fact, the most general characteristic of this period of development.”

E. A. Peel (1956) is of the view, “the adolescent is beset by problems of divided loyalties, accentuated by the lack of adult privileges and responsibilities. He thus appears excessively aggressive and then excessively shy, excessively affectionate and then quite suddenly detached and cool. These are all problems of the stresses and strains of transformation.”

Dorthy Rogers defines adolescence as, “a process rather than a period, a process of achieving the attitudes and beliefs needed for effective participation in society.

The World Health Organization (W. H. O.) identifies adolescence as the period in human growth and development that occurs after childhood and before adulthood from ages 10-19. It represents one of the critical transitions in a life span and is characterized by tremendous pace in growth and change that is second only to that of infancy.

Adolescence is one of the most critical phase of an individual’s life, hence it is important to conduct more careful studies not only with respect to an adolescent but also with respect to develop a better adjustment in society in every aspect of their future life.

1.02 STAGES OF ADOLESCENCE

The stage of adolescence is usually divided into two parts:

Early Adolescence (10-14 years) and

Late Adolescence (15-19 years)
**Early Adolescence (10-14)**

Early adolescence encompassing the ages 10-14 is characterized by the beginning of physical changes and development of the secondary sexual characteristics in an individual. These physical changes that take place during this period in girls as well as in boys may be at the same time, resulting in source of excitement and pride as well as a source of anxiety and self-consciousness, bringing about moodiness, irritability and emotional tensions. One significant aspect of this stage is that the brain undergoes rapid physiological development. Awareness of their gender also begins at this stage and adolescent boys and girls make adjustments to their behavior and appearance in order to fit in with perceived norms. At this stage, therefore, parents, the school and the community should introduce the younger to more mature experiences and to the larger environment with their full support, love and encouragement.

**Late Adolescence (15-19 years)**

This stage includes the latter part of the teenage years broadly between 15-19. Both the body and the brain continue to develop during this stage and mental abilities seem to increase during this stage. Although peer group still continues to play an important role in an adolescents’ life, their hold diminishes as the individual now becomes more confident of his own identity and opinions. Risk-taking, as adolescents experiment with adult behaviours declines during late adolescence. It is in this stage that the adolescents make their way into the world of work or further education, settle on their own identity and world view and start to engage actively in shaping the world around them.
1.03 CONCEPT OF GUIDANCE

The present world has become complex, competitive, with rapid industrialization, globalization, a changing social structure etc. To adjust in such situation, the individual needs advice, suggestions and guidance from their teachers, family members and senior members of the society. Such guidance will help an adolescent as he/ she prepares himself/herself for the challenges of the future and making oneself useful in his or her own life as well as for the betterment of the society. It helps every individual to help himself, to recognize himself, to develop his abilities and to set the goal of his life.

The root word guidance is “guide”. Literally meaning of guidance is “to direct”, “to point out or to show the path”. Guidance is a process through which an individual is helped to guide himself. It is a process by which individuals are assisted in making their life and career to better adapt to the environment and to enjoy a temporary worldly life. Guidance is a broad term that includes a program of activities and services which is aimed at assisting students to make and carry out adequate plans and to achieve satisfactory adjustments in life. It may also be meant for helping in formulating insightful plans and arriving at appropriate adjustment with complex situations of life. Guidance stands for creating a spirit of self-dependence in the individual, thus helping him to solve his own problems by himself. Guidance refers to information given for the purpose of resolving a problem of difficulty and is mainly given by someone’s authority. It is also seen as steering and directing a certain process or event in a certain way. It may also refer to the giving of direction that is aimed at getting something to a particular target. Guidance is the assistance given to an individual in making intelligent choice and adjustments in life.
Guidance is a concept as well as a process. As a concept, guidance is concerned with the optimal development of the individual. As a process, guidance helps the individual in self-understanding one’s strength, limitations and other resources and the ability to solve problems, make choices and decision on one’s own. It is used in the meanings of provision of assistance, aid or information by a more experienced person to a less experienced. Guidance programs are designed to address the physical, emotional, social, vocational, and academic difficulties of adolescent students.

To define guidance in clear terms is not easy. It has been defined in various ways. According to Crow and Crow, “Guidance is not direction. It is not making decisions for an individual which he should make for himself. It is not carrying the burden of another’s life. Rather, guidance is assistance made available by competent counselors to an individual of any age to help him direct his own life, develop his own point of view make his own decisions, carry his own burdens.”

Hamrin and Erickson defines guidance as “that aspect of educational program which is concerned especially with helping the pupil to become adjusted to his present situation and to plan his future in the line with his interests, abilities and social needs”

Mathewson believes that, “Guidance is the systematic professional process of helping the individual through education and interpretative procedures to gain a better understanding of his own characteristics and potentialities and to relate him more satisfactory to social requirements and opportunities in accord with social and moral values.”

Skinner defines, “Guidance is a process of helping a young person to adjust to self, to others and to circumstances.”
According to Oxford dictionary, “guidance means the help or advice that is given somebody especially somebody older or with more experience”

The UNESCO module on guidance and counseling (2000) also posited that guidance is a program of services to individuals based on their needs and influence of environmental factors. Guidance is a professional field which has a broad range of activities, programs and services geared towards assisting individuals to understand themselves, their problems, their school environment and their world, and also to develop adequate capacity for making wise choice and decisions.

If we analyze the above definition following characteristics of guidance are found:

- Guidance is an integral part of our life.
- Guidance is a personal assistance which helps a person to recognize his inner recourse, to set goals, to make plans, to work out his own problems of development.
- Guidance is a process of educating the individual to understand himself.
- Guidance is continuous processes of helping an individual develop to the maximum of his capacity, in the direction most beneficial to himself and to the society.
- Guidance is a process of regulating problem and challenges.
- Guidance is an organized service designed to help individuals in making adjustments to the environment.
- Guidance is a systematic process to prepare individuals for their future life.
• Guidance is to get direction from any person of any age by those who need it.

• Guidance is a service which is needed not only for the students and teachers in an educational institution but also to the parents, administrators, planners and community members.

• The scope of guidance is too wide. Any needy person can be guided.

• Guidance is helpful in adjustment to different situations of life.

• The process of guidance is helpful in preparing for the future of a person.

• Guidance is possible with co-operation and not compulsion.

• Guidance programme is an organized and a systematic process.

1.04 PRINCIPLES OF GUIDANCE

Guidance is based upon the following principles.

• Principle of holistic development of individual: Guidance needs to be provided in the context of total development of personality. Guidance deals with the development of the whole person. It does not only focus on the learner’s academic achievement, but also take into account the all-round development of the individual when bringing about desirable adjustments in any particular area of his personality.

• The principle of human uniqueness: Each individual is a combination of different characteristics which provides uniqueness to each person. Guidance helps the individual gain better control over his/her own behavior such as likes, dislikes, tendencies and weakness. In this principle the guidance worker uses
tools such as personal interviews, counseling relationship, and test interpretation service.

- Principle of universality: Guidance is universal phenomena. Guidance is for everyone. The service is not only limited to a few persons who give observable evidence of its need, but it should be extended to all persons of all age, who can benefit from it directly or indirectly.

- The principle of continuity: Guidance is a continuous process of service to an individual in different stages of his life. The individual needs a continuous guidance process from early childhood throughout adulthood. Guidance runs from the nursery school through primary, secondary and to the tertiary institutions. It is not a once- and- for all- event but a process which is an integral part of total educational program throughout the school life of an individual.

- The principle of cooperation: No individual can be forced into guidance. The consent and cooperation of the individual is pre-requisite for providing guidance.

- The principle of adjustment: While it is true that guidance touches every aspect of an individual’s life, it is chiefly concerned with an individual’s physical or mental health with his adjustment at home, school, society and vocation.

- Principle of flexibility: Guidance is based on the principle of flexibility in methods and procedures.

- Principle of self-pacing: Guidance is based on the principle of self-pacing. All guidance activities must emphasize the will for each student to learn more about himself in an accurate and systematic manner.
• Principle of evaluation: The guidance program should be evaluated in terms of its effectiveness and improvement. Evaluation is essential for the formulation of new goals and re-drafting the existing goals.

• The principle of responsibility: Parents and teachers have a great responsibility in execution of the work of guidance. The responsibility for guidance should be centered on a qualified and trained person, who is the head of the guidance centre.

• The principle of extension: Guidance service should not be limited to a few persons, who give observable evidence of its need, but it should be extended to all persons of all ages who can benefit from it directly or indirectly.

• The principle of expert opinion: Specific and serious guidance problems should be referred to persons who are trained to deal with particular area of adjustment for their expert opinion.

• The principle of periodic appraisal: Periodic appraisal should be made of the existing guidance programme so that requisite changes, if any, can carry out for its improvement.

1.05 AIMS AND OBJECTIVES OF GUIDANCE

Keeping in view the dynamic role of students in deciding their future, much emphasis must be laid on guidance and hence the following points may be useful in considering the aims and objectives of guidance-

• To help students recognize his/her strengths and make himself/herself useful and beneficial to the society.
• To encourage the pupils personal, social and intellectual development.

• To help students to face challenges and to find solutions and to make proper career choices and adjustments.

• To instill discipline in the lives of students so as to make them ready for the walks of life ahead.

• To identify and respond quickly and appropriately to the specific needs of individuals.

• To record accurately and disseminate effectively information relevant to the welfare of individual pupils.

• To help the pupils be aware of their own development and to accept responsibility for it.

• To foster the development of good relations between teachers and pupils.

• To develop a climate of trust between pupils and Guidance Staff where information can be discussed in a confidential manner.

• To help the individual to live a well-balanced life in all aspects i.e. physical, mental, emotional and social.

• To work in all aspects of the pupil, to provide support within the school in order to promote inclusive education.

• To motivate and wherever necessary challenge young people in their learning and development.

The Kothari Commission (1964-66) has given the following aims of guidance at the secondary school stage:
• To help the adolescent pupils to know and develop their abilities and interests.

• To help pupils to understand their strengths and limitations and to do scholastic work at the level of their abilities.

• To provide information of educational opportunities.

• To help pupils make realistic educational and vocational choices.

• To help the pupils in personal and social adjustment.

• To help the school to understand their students.

1.06 AREAS OF GUIDANCE

Guidance is a very broad term. It touches every aspects of individual development. Everyone needs assistance at some point in life. Some help is needed constantly throughout their life while others are needed at some critical period. With the advancement of modernization and technology, the need of individual is also increasing day by day and as a result, the areas of guidance are expanding very vast. Following are some of the important areas of guidance:

1. **Physical guidance**: A healthy physique is essential for all people. Health is regarded as wealth. Physical needs are the satisfaction that possibly can be brought about by the school or guidance personnel by providing guidance to the students in such activities as physical exercise, games and in regulating hours of study and rest.

2. **Social guidance**: All human beings are social animals. It has been found that social relationship constitutes a major problem area for most of the students. Educational Institution is a miniature society and students from different socio-
economic status, linguistic and socio-culture background assemble here for education. Students sometimes may face problems in adjustment of these social relationships. It is very important for every adolescent to be helped in acquiring the feeling of security and being accepted by their group in developing social relationship and in becoming tolerant towards others. This is the task for social guidance. Formally, social guidance can be given by Educational Institution & informal guidance may be provided by family, religious institutions, media etc.

3. **Psychological guidance**: Guidance is also important for psychological as well as personal adjustment. Sometimes students need help in relieving themselves from the mental conflicts, tension and anxieties. They need assistance for making proper social and emotional adjustment. Psychological guidance refers to those personal wants that are related to an individual’s mental or emotional satisfaction and is provided by the educational institution or guidance personnel.

4. **Educational guidance**: Educational guidance is related to every aspect of education school/colleges, the curriculum, the method of instruction, other curricular activities, discipline etc. Educational guidance is the assistance given to the individual to understand his/her potentialities, strengths and limitations. Educational guidance deals with those problems which are related with the educational progress and learning experiences. It helps the pupils to make wise selections and right choices regarding various educational programs. It gives a clear-cut idea of the different educational opportunities and their requirement and also consist of his/her abilities, interest and goals. It enables the student to know details about the subject and course offered. It helps the student to adjust with the school, its rules, regulations and the social life connected with it.
5. **Vocational guidance**: Vocational guidance involves complete and comprehensive knowledge of each pupil, nature of jobs, psychological characteristics needed for success, achievement and job satisfaction, type of training needed, relevant data about vocational opportunities etc. Vocational guidance is a process of assisting the individual to choose an occupation, prepare for it, and enter upon it and progress in it. It is concerned primarily with helping individuals make decisions and choices involved in planning a future and building a career. Due to advancement in science and technology and consequent changes in industry and occupations, there are thousands of specialized jobs and occupations. In this context there is a great need for vocational guidance. Vocational guidance is concerned with helping the individual to become aware of his strength and weakness in the world of occupation and helping him/her to choose a vocation for his better adjustment with every situation of the society. It is also a process of helping individuals or people to cope with problems relating to occupational choices, plans, developments adjustment and maturity.

6. **Avocational Guidance**: The individual student spends only a small portion of his time i.e. 4 to 6 hours per day in school. The rest of the time needs to be effectively managed and utilized by the child for his/her progress and development. The other co-curricular activities play an important role in the all-round development of the child. But many parents, teachers and children put secondary importance to these activities. The students need to be properly guided for effective participation in varied types of avocational pursuits so that they are able to shape their interpersonal behavior in desirable direction and
widen their outlook. These activities provide many opportunities for blossoming of talents of students. Students must enjoy them for an all round development to be possible. Thus, avocational guidance is the assistance to provide to the student to spend their available leisure time profitably.

7. **Moral Guidance**: Moral values occupy an important place in our life. Due to influence of various reason students sometimes tell lies and indulge in undesirable practices. Moral guidance helps in bringing these students in to proper track and help in their all-round development.

8. **Religious Guidance**: A guidance that relates particularly to religious affairs is considered as religious guidance. This type basically helps a person for better character building and moral training, as every religion tries to give its best on these issues. Religious practices itself are the major resource of character building, as true and complete knowledge provides inspiration and belief in an almighty God. It can protect a person from doing wrong and lead towards a right path. Guidance in religious affairs can assist the pupil for the best way towards religious practices. Thus, due to religious knowledge, many ethical and moral problems can also be easily solved by the guide or counselor. It is just not the duty of parents to provide healthy understanding about religious life to the children and youth but also the responsibility of the school.

9. **Leisure time guidance**: This guidance provide for the utilization of one’s leisure time. Spare time does mean that it will be of no use for individual. We can make it beneficial for us with the help of proper guidance. Everyone gets some spare time in his daily routine but there are selected people who know the better use of it. Leisure time guidance tries to help out the young generation to
make the best use of it. It highlights the activities of mental relaxation and physical health too.

1.07 GUIDANCE NEEDS

As the ever changing and constantly developing society is emerging, there is also the ardent need of guidance for the students to ensure their overall development which include adjustments, choices, decision making, identifying need and responsibilities of others as well as their own. No man can do without help from others but such a help must be in the form of proper, systematic guidance and then only strong foundation can be laid on which a future can be built. Guidance also help students in taking care of career related issues as they set foot into their career and to fulfill their needs in the smooth, fruitful, resourceful day to day functioning of life.

Among the many needs that human beings seek to fulfill, need of guidance is the most important, it guides and nurtures the human potential, especially during growing years when the foundation of healthy growth and development for an entire life is laid. It cannot be denied that individuals need help throughout their lives and therefore, guidance is needed for them from “cradle to grave”. However, there are certain stages where guidance is needed more because of the process of development and growth, or choice-making etc. These stages incidentally fall during the period when children are in school and therefore, the maximum need and importance of guidance is felt at various stages of schooling and after, when the individual enters the world of work.

Guidance is a crucial requirement for the adolescents because in this stage their physical, emotional, social, intellectual and motor development is almost complete. In the present day scenario, educational and occupational opportunities available to
students are vast and varied and hence in order to make the right decision regarding their career choice guidance is most important. Adolescence is the period of career choice and guidance is the systematic effort for improving their qualities of career choice. Guidance helps adolescents to become aware of their career choice and opportunities open to them. The stage of adolescence is crucial in the life of every individual. It is a period to learn new things and explore new possibilities. Human personality develops new dimensions during this period. It is also the period of becoming independent. In this period, adolescents feel various needs in their life in the field educational, vocational, psychological or personal. So, they face all kinds of problems especially in vocational aspects. So, proper guidance is necessary for the choice of a good career. Many a time adolescents may not able to decide for themselves and may seem confused regarding their career choice. In such a situation, guidance of parents, teachers and other social authorities are of utmost importance. So, to fulfill the diverse needs of adolescents’, guidance plays an important role in increasing their effectiveness and helping themselves to make appropriate decision at the right time. It is a process by which individuals are assisted in making their life and to build a good career for better adaptation to the environment and to enjoy a better life.

There is an urgent need of introducing and applying the guidance service in the schools in an organized manner to meet the diverse needs of the students, to manifesting and maximizing the potentialities of every student, to enable student to make appropriate plan for their future and to make satisfactory adjustments at home, school and society in a desirable manner. The Education Commission (1964-66) has stated: “one of the main functions of guidance at the secondary level is to aid in the identification and the development of abilities and interests of adolescent pupil.”
In short, guidance will be needed

- To help in the best use of opportunities for optimum development of the individual.

- To understand oneself, one’s talents, abilities and potential and also limitations.

- To recognize and develop favourable attitudes and habits and the elimination of undesirable traits.

- To develop resourcefulness and self direction in adapting to changes in society.

- To develop physical attributes so as to enable proper functioning during the growing stage.

- To help in the balance of physical development alongside the other needs of educational, social, psychological and vocational growth.

- To select appropriate courses in line with individual needs, interests, abilities and circumstances.

- To help in the resolving of conflicts as a result of psychological and emotional turmoil.

- To get information on occupational opportunities and trends and to find suitable employment.

- To develop an ability to solve problems and take decisions.

- To help in proper choice of courses and careers.

- To adjust with situations and develop the ability to face problems and resolve them.
• To provide all necessary information to the people to choose a better career and to get success in life.

• To facilitate in development of readiness for choices and changes to face new challenges.

• To help students recognize different multi career opportunities available in the vast manner at the present society.

1.08 CAREER CHOICE AND ITS IMPORTANCE

Explosion of knowledge and development of science and technology in the modern days have brought in many changes in the social and economic structure of our country. In the present time we have seen varieties of career opportunities, which bring lots of challenges to the young learners. Career choice is a significant part of human development and spans over the individual’s entire lifetime. It is an important aspect of discovering one’s personal identity. Choosing a career is an extremely important decision that impacts an individual’s entire future. Every individual starts to plan their future and what career they choose for their future so that they can achieve their success and expectations. The right career will help one to find out the meaning of the job and enjoy the work according to their likes. Proper career planning will lead to career adjustment in life.

Actual Career planning and career choice starts in adolescence period. It is a key developmental period where they take a decision for their future life. It is a stage where they struggle to find a balance between their self and their independence. Ginzberg (1952) suggested that adolescence is the period during which the fantasy world of children begins becoming more elastic. A variety of tests influence the individual in
selecting their career which directly affect on development and help in reaching their career goal. Development of individual means development of all dimensions such as physical, social, emotional, vocational, cognitive and moral dimensions. For the growth of these dimensions the individual needs certain skills and qualities which require a lot of guidance from different sources. So careers are now increasingly seen not as being chosen but as being constructed through the series of choices about learning and work that people make throughout their lives. Selection of a wrong career can affect their whole life, their achievement and satisfaction. Hence, it can be said that career choice is an important milestone in an individual life.

An adolescent is expected to choose a right career when he/she is at senior secondary stage which decides one’s future profession. At this stage one must be well distinguished with different types of courses and world of work. Super (1990) suggested that career planning becomes more significant during late adolescence and early adulthood. During this time, senior secondary school students enter such a phase in their lives where they seek information regarding career decision.

1.09 RELATION BETWEEN GUIDANCE NEEDS AND CAREER CHOICES OF ADOLESCENTS

The stage of adolescence is a critical period in an individual’s life not only due to tremendous changes in one’s mental, physical, social and emotional development but also due to an important decision to be taken at this stage i.e. Choice of a career. Adolescence is a period of ambitions. In this stage the individual experiences many anxieties and worries regarding vocational choice and related educational plans in order to take a decision for their future career. Most of the students who select their career path without proper guidance lead to unhappiness, frustration and uncertain future.
Through a proper guidance and career education program one can control the substance abuse of students which will help students acquire those skills and to take a decision for development of their career in a proper field. Vocational guidance helps adolescents to know themselves, to know the world of work, to develop employment readiness and to develop decision making rules. It helps them gain adequate information about various jobs, skills and opportunities. It helps students in making the best choice about their future.

Adolescent’s need guidance at every aspects of their development i.e. physical, social, psychological, educational and vocational. Deepti Sharma and Manmindar Kaur (2012), Anil Kumar Agnihotri (2012), Man jot Kaur Parhar, Kushwinder Kaur and Pushpinder Kaur (2013). Regarding the importance of guidance at secondary stage, the Government Regulation No. 29 of 1990 stated that “Guidance is the help given to learners in order to find a personal, familiar environment and plan for the future.” According to Alberts et al (2003) choice of career is one of the major areas concern for young people nearing the end of schooling. Not surprisingly, research in the areas of career development is often focused on the adolescent years as it is a crucial time for career decisions to be made. Guidance provides all necessary information to the people to choose a better career and academic competencies to get success in life. Paul C. Ondima, Henry Mokogi, Samson Ombaba and Gladys Nyaboike Osoro (2013). Hence it can be said that guidance needs and career choice are related to each other. Without proper guidance one can face lots of challenges in selecting their future career or profession which can affect their whole life. Guidance of parents, teachers and other social authorities are utmost important in this regard.
1.10 NEED AND SIGNIFICANCE OF THE STUDY

Adolescence is said to be one of the most important period of human life. It is a transitional period from childhood to adulthood when the individual experiences many anxieties and difficulties. The significance of choosing an appropriate career is the most important phase of development among adolescents. This is a crucial time for every adolescent when they decide in which field they choose their career according to their options and limitations. An adverse decision has an adverse effect in their future life and career. Unfortunately lack of proper guidance often leads to making incorrect choices in life which results in many bright minds to be lost into oblivion.

The complex and changing nature of the world poses a great challenge to the young learner today which needs some kind of help and assistance. Many students in Secondary School face difficulties in making career oriented decisions due to lack of adequate guidance. It is a well-recognized fact that all individuals need professional help in a complex society in getting timely information about their career and in ascertaining them, and knowing the educational and occupational opportunities available in the society and also knowing the appropriate ways of behaving & adjusting to various situations. Guidance is thus meant for all as a universal process.

One of the major significance of guidance at adolescence is to give support in the identification and development of abilities and interest of the adolescent pupils. Without the support of guidance services in school, it is not possible to study, understand and offer attention to them and their innate abilities. Guidance can help them in understanding their own strengths and limitations to do scholastic work at the level of their ability, to gain information about educational and vocational opportunities and requirements and to find out their solutions to their personal and social problems.
Guidance services guide students to choose proper and suitable course to achieve their goal successfully and systematically. Guidance services can also help teachers to better understand their students as individuals and to create situations in which students can learn more effectively.

In the 21st century, students for their overall development, make themselves well-adjusted to every situation, require effective quality and the ability to make sound decisions, solve problems, plan effectively, work independently, communicate well, evaluate themselves realistically, and explore new educational and career opportunities. Guidance helps people to accomplish their plans in the right manner. Guidance is needed to help students in choosing, preparing for and entering into an appropriate career. Guidance provides a platform of available information, scope and prospects about the various jobs which offer them to achieve occupation goal after entering into a job by better selection and preparation for it. It provides sufficient information to students to have a wise selection for the suitable job in the world of work.

Selecting an appropriate career is a critical task faced by all adolescents in all societies. The selection of a career during secondary stage is the most critical decision in a student’s lifetime; Wrong choice of a career not only brings frustration for growing adolescents but also cost lots of energy, money and time. Through a proper guidance and career education program one can control the substance abuse of students which will help students acquire those skills and to take a decision for development of their career in the proper field.

Now a day’s we see a lack of guidance services in both personal &academic especially adolescents, not taking a decision in choosing their career according to their skills and abilities as they undergo parental pressure, peer pressure etc; as a result
success is not achieved by all. It also results in various indiscipline in society, increase in number of unemployment, sometimes seen as classic incidents like suicide etc. because of an uncertain future.

In the present scenario there is stiff competition in the respective professional field experiencing heavy inflow of doctors, engineers, IT specialist, charter accountants, business graduates etc with less institution or organization offering employment opportunities. This signifies a point in pursuing diverse academic interest and their focus is only on a very limited variety of professions for their children and students. Guidance helps in reducing the problem of educated unemployment. Due to lack of proper knowledge a large number of students are not opting for a service which does not have any relevance with their job specification. Today there is also demand for self-employment and individuals involved in earning for livelihood. Guidance is needed for every student, hence it is essential to provide guidance services program in each and every educational institution.

In such a scenario there is a great need of parents as well as academic instructors to understand the diverse potentials of their children and to realize this potentials, nourish and polish them through proper academic and career guidance so that they progress in their school, college and university life. For a child to determine and make use for his inherent talents, he needs parents first of all, to realize and recognize what is truly best for him and to allow him to pursue his interest. At this point, the guidance counselors have to step in, to provide the professional guidance and counseling which is required to trained and polish the child’s personality with reference to his/her respective field of interest.
Guidance helps students to develop their interest and abilities. Some have difficulties with their studies, even though they have the ability to do work in another field. There are some children who have some special qualities, talent but due to lack of guidance they could not develop their qualities. Guidance also helps each student to achieve a better understanding and acceptance of themselves. It helps them to achieve self-dependence and self-direction for improving their self-concept. It gives an opportunity to test their strength and weakness in a specific field and gives opportunities to modify their weakness.

In view of the above, the present study of Guidance needs of adolescents in relation to their career choice becomes significant.

1.11. STATEMENT OF THE PROBLEM

The present investigation aims at studying the guidance needs of adolescents in relation to their career choice. The study has been titled as “A STUDY ON THE GUIDANCE NEEDS OF ADOLESCENTS IN RELATION TO THEIR CAREER CHOICE”

1.12 OBJECTIVES OF THE STUDY

The present study is undertaken with following objectives in mind-

1. To find out the level of guidance needs of school going adolescents.

2. To make a comparative study of the level of guidance needs of school going adolescents on the basis of locality.

3. To make a comparative study of the level of guidance needs of school going adolescents on the basis of gender.
4. To find out the career choices of school going adolescents.

5. To find out the career choices of school going adolescents on the basis of locality.

6. To find out the career choices of school going adolescent on the basis of gender.

7. To study the guidance needs in relation to different career choices of school going adolescents.

1.13 HYPOTHESES OF THE STUDY

Keeping in view, the objectives mentioned above, the following hypotheses have been formulated:

**Ho₁** - There is no significant difference regarding the level of guidance needs of school going adolescents on the basis of locality.

**Ho₂** - There is no significant difference regarding the level guidance needs of school going adolescents on the basis of gender.

**Ho₃** - There is no significance relationship between guidance needs and different career choices of school going adolescents.

1.14 VARIABLES OF THE STUDY

In this study career choice is the dependent variable and guidance needs, locality and gender are the independent variable.

1.15 OPERATIONAL DEFINITIONS

- **Guidance**: In this study guidance refers to those processes which help adolescents in selecting a good career. Guidance is essentially a helping process to overcome a problem. It is systematic, professional processes which help
individuals to understand, accept and utilize his/her abilities, aptitudes and interests and attitudinal patterns in relation to his/her aspirations.

- **Adolescents**: Adolescents in the present study refers to school going students between the ages 15-18.

- **Career**: Career may be defined as the progress and actions taken by a person throughout a lifetime, specially related to that person’s occupation.

- **Career choice**: Career choice in the present study indicates an adolescents’ choice of courses or progress through life. It usually pertains to remunerative work. In this study following careers were provided in the questionnaire - Business, Civil service, Engineering, Entrepreneur, Judicial, Mass media, Medical, Military, Social work and Teaching to find out career choice of school going adolescents.

### 1.16 DELIMITATION OF THE STUDY

The present study is delimited to the following:

- The first delimitation relates to the geographical area. Kamrup (Metro) district is taken up as field area in this study.

- It includes only the school going adolescents between 15-18 years of age.

- Only the Assamese medium Schools are taken up this particular study.

- Only those Schools which follow SEBA and AHSEC courses are included in the study.

- The study included only those Schools which are either government or provincialised schools. Private Schools have not been taken up in the study.