



Exploring The Areas Of Guidance Needs Among Adolescents: A Gender- Based Analysis

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Abstract: The present study was planned to find out the guidance needs of male and female adolescents studying in Jawahar Navodaya Vidyalayas of Himachal Pradesh with respect to Physical, Social, Psychological, Educational and Vocational Area. The students studying in Jawahar Navodaya Vidyalayas of Himachal Pradesh were selected for study. Data was collected with the help of standardized tool viz. Guidance Needs Inventory (GNI) developed by Dr. J.S Grewal^[1]. The statistical technique like Mean, SD and the 't'-test were employed for data analysis. The finding of the study reported no significant difference in Physical, Social, Psychological, Educational, Vocational and Total areas of guidance needs of Male and Female adolescents studying in Jawahar Navodaya Vidyalayas.

Keywords - Physical Guidance, Social Guidance, Educational Guidance....

1.0 INTRODUCTION

Guidance is as old as civilization. In the primitive society, elders in the family offered guidance to the young and to persons in distress. Even today, in India, guidance, whether in educational, vocational or personal matters, is sought from family elders. Guidance -unorganized and informal - in all places and at all levels has been a vital aspect of the educational process. With the passage of time, revolutionary changes have taken place in the field of agriculture, industry, business and medicine etc. These changes in all walks of life coupled with extraordinary growth in our population has made the social structure very complex. Head of the family or leader of the community with a limited knowledge of the changed conditions is hardly competent in providing guidance and counseling to the youth of today. Hence, there is a need for specialized guidance services. In this lesson, we will try to interact with you regarding the meaning and nature of guidance, its need and scope in India

“Guidance seeks to create within the child the need and power to explore and understand himself in order to prepare a balance-sheet of his assets and liabilities so that he is able to plan out his future growth and activities in a manner that offers maximum likelihood of success and satisfaction.”

Adolescents have multifaceted guidance needs, encompassing academic, vocational, psychological, and social support. Guidance helps them navigate the complex challenges of this developmental stage, including stress, emotional changes, and future decision-making, ultimately promoting healthy development and well-being.

1.1 Needs of Guidance

The need for guidance had existed at all times. Moreover, the need of guidance is universal. It is as old as man himself. It is based upon the fact that all human beings need help in one way or other way. "There is hardly any individual who does not need help". Jones has rightly said, "Everyone needs assistance at some time in his life. Some will need constantly and throughout their entire life, while others need it only at rare intervals at times of great crisis. There always have been and will continue to be people with an occasional need for the help of the older or more experienced associates in meeting problem situation." But there is a greater need for guidance services now than ever before due to the rapid advancement in technology, emerging of new world order, social change, globalization, liberalization, the need for outstanding leadership, a shift in standards of morality and integrity, people's high aspirations etc. all contribute to the need for guidance programme in the schools. We shall discuss the need for guidance in India under four heads:

1.2 Areas of Guidance Needs:

1. **Academic Guidance:** Assisting students with their studies, helping them choose appropriate courses, and supporting their academic performance.
2. **Vocational Guidance:** Providing information about different career paths, helping students explore their interests and abilities, and preparing them for future work.
3. **Psychological and Emotional Guidance:** Addressing personal issues, such as stress, anxiety, and social adjustment, to promote emotional well-being and healthy relationships.
4. **Social Guidance:** Helping adolescents develop social skills, navigate social situations, and build positive relationships with peers.
5. **Health and Wellness Guidance:** Promoting healthy lifestyles, addressing physical and mental health concerns, and encouraging responsible decision-making.
6. **Moral and Ethical Guidance:** Providing guidance on values, ethics, and responsible behavior.
7. **Family and Marriage Guidance:** Supporting adolescents in understanding family dynamics, building healthy relationships, and making informed decisions about marriage and family life.

2.0 REVIEW OF RELATED LITERATURE

It is only by familiarizing oneself thoroughly and critically with the works already accomplished in an area of life that one can find oneself in a position to plan any research. The review of related literature is the master step in a process of research in simple words, every type of information, written or verbal, printed or hand-written, contained in books or journals, in paintings or sculptures, rocks or levels, in folk songs or folk lores, in idioms or proverbs etc., which some way or the other is connected with the problem or research, is called Literature. The knowledge of previous related studies not only helps to avoid the pit falls but it is widen his outlook also. An attempt has been made to review some of the studies which are directly or indirectly to the present investigation. **Shah (1969)** ^[3] studied guidance needs of graduate and graduating student s and concluded than on the measure of family status, significant mean differences were present. **Grewal (1971)** ^[1] conducted a study of educational choices and vocational preferences of secondary school students. Humanities and science students differ significantly. Boys differ significantly from girls in their level of vocational preference. Home environment was more favorably perceived in comparison to that of the school and community. No clear cut rural, urban pattern of occupational choice was evident. **Kaur, D. A. (1973)** ^[2] made a comparative study of the adjustment problems of boys and girls of high classes in co-educational institutes of Ludhiana district. She concluded that there was no significant difference between boys and girls of co-educational schools regarding school adjustment. The girls of co-educational regarding school adjustment, school are better adjusted as compared to boys of co-educational institution. Girls of separate schools are better adjusted as compared boys of separate institution.

2.0 OBJECTIVES OF THE STUDY

- (1) To study and compare the guidance needs of male and female adolescents studying in Jawahar Navodaya Vidyalayas of Himachal Pradesh with respect to following areas:
 - (i) Physical area.
 - (ii) Social area.
 - (iii) Psychological area.
 - (iv) Educational area.
 - (v) Vocational area.

4.0 HYPOTHESES OF THE STUDY

- 1) There will be no significant difference in Physical, Social, Psychological, Educational, Vocational and Total areas of guidance needs of Male and Female adolescents studying in Jawahar Navodaya Vidyalayas.

5.0 DELIMITATIONS OF THE STUDY

The study involved the analysis of guidance needs of adolescents as measured by Guidance Needs Inventory (GNI) in the following area:

- (1) Physical area
- (2) Social area
- (3) Psychological area
- (4) Educational area
- (5) Vocational area

6.0 OPERATIONAL DEFINITIONS OF TERMS USED

Following terms have been used in the study:

Guidance Guidance is the process of helping individuals to solve their problems related to physical, social, psychological, Educational and vocational fields.

Adolescents Adolescents are the boys and girls studying in +2 classes having the age 17-18 years. Jawahar Navodaya Vidyalayas.

7.0 METHODOLOGY

The present study is 'descriptive survey' type. The term 'survey' suggest gathering of information relating to current problem. Descriptive research is concerned with the conditions or relationships that exists, practices that prevail beliefs, points of view or attitudes that are held, processes that are doing on, effects that are being felt, or trends that are developing.

8.0 SAMPLING

Sampling is a process by which a relatively small number of individuals, objects or events is selected and analysed in order to find out something about the entire population. The sample drawn out of population should be true representative of the population.

9.0 ANALYSIS AND INTERPRETATION

AREA WISE ANALYSIS OF GUIDANCE NEEDS OF ADOLESCENTS IN RELATION TO THEIR GENDER

Table 9.1 shown below gives the summary of the statistical results drawn on the basis of obtained-‘t’ values with respect to the guidance needs of male and female adolescents studying in Jawahar Navodaya Vidyalayas of Himachal Pradesh.

Table 9.1
Mean, S.D and ‘t’ values on guidance needs of male & female adolescents

Sr. No.	Areas	Gender	Number (N)	Mean (M)	Standard Deviation (σ)	‘t’- value	Result
I	Physical	Male	90	11.11	5.78	.499	NS.
		Female	89	11.60	7.14		
Ii	Social	Male	90	20.44	10.35	.989	NS
		Female	89	33.35	123.31		
Iii	Psychological	Male	90	19.19	8.46	.943	NS
		Female	89	20.49	10.00		
Iv	Educational	Male	90	20.81	12.80	.569	NS
		Female	89	19.70	13.40		
V	Vocational	Male	90	8.69	5.85	1.46	NS
		Female	89	7.46	5.38		
Vi	Total	Male	90	80.07	35.03	.177	NS
		Female	89	79.11	37.23		

NS = Not significance

df. = (179-2) =177

‘t’ value at 0.05 level with df. 177 =1.98

‘t’ value at 0.01 level with df. 177 =2.61

It is evident from table 9.1 that the calculated value of ‘t’ for ascertaining the significance of difference in mean scores on guidance needs of male and female adolescents came out to be **.499,. 989,. 943,. 569, 1.46, .177 in Physical area, Social area, Psychological area, Educational area, Vocational area and Total areas respectively.** It shows that Male and Female adolescents studying in Jawahar Navodaya Vidyalayas do not show a significant difference in their guidance needs even at 0.05 level of confidence in all the areas under study. Therefore the Null hypothesis no.1 which states that **“There will be no significant difference in Physical, Social, Psychological, Educational, Vocational and Total areas of guidance needs of Male and Female adolescents studying in Jawahar Navodaya Vidyalayas ”** stands accepted.

10.0 FINDINGS:-

As our findings have shown that adolescents have the same kind of guidance needs, hence it is advised that collective counseling’s sessions may be taken to guide the students or various future educational needs apart from their gender and stream.

REFERENCES

- [1] **Grewal, J S (1971)** Guidance needs inventory.
- [2] **Kaur, D. A. (1973)** A comparative study of adjustment problems of boys and girls of 9th and 10th class students of Ludhiana District. Unpublished M.Ed. Dissertation.
- [3] **Shah (1969)** Guidance Needs of graduate and graduating students. Third survey of educational research. P.250.

