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## ROLE OF COUNSELLING CENTRES IN ENHANCING CHALLENGES OF YOUTHS

Ravi Kumar B R\*

Dr. Rekha K. Jadhav\*\*

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**Abstract:** *Counselling in its widest connotation existed in one form or the other from time immemorial. It is a one-to-one helping relationship that focuses on a person's growth and adjustment and problem-solving and decision-making needs. It is client centred process that demands confidentiality. Counselling centre provides a friendly, confidential and professional service for people who are in need of counselling and support. Counsellors believe that individuals need a connection to family or other positive role models to help them to become established. The aim of counselling is to help the person seeking support to be clearer about their problems. In this way counselling enables to come up with their own answers. There are different types of counselling available which may include individual, group or self-help group sessions. Young people are a major human resource for development, key agents for social change and driving force for economic development and technological innovation. But harnessing these resources is a major challenge. The youth challenge is considered as the most critical in the 21st century's developmental challenges. Youth's perception in social, emotional and relationship are the challenges which restrict them to get well established. Most of the problems faced by today's youth are not restricted to any one ethnic or religious group, but it affects young people generally. Most discussions on youth have focussed on issues such as drug abuse, crime, violence, sexuality and poverty. In addition to these, today's youth are afflicted by new challenges like career choice, falling into other relations etc. The present study aims to showcase the challenges faced by youths in the present society and how counselling centres play a role in enhancing the youth's challenges.*

**Keywords:** *Counselling, Challenges, Youths*

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\*Research Scholar, Department of Studies in Sociology, University of Mysore, Mysore

\*\*Assistant Professor, Department of Sociology, Maharajas College, University of Mysore, Mysore



## **INTRODUCTION**

Counselling is a concept that has existed for a long time. We have sought through the ages to understand ourselves, offer counsel and develop our potential, become aware of the opportunities. In general, it helps us in different ways associated with formal guidance practice. In most communities, there has been a deeply embedded conviction that, under proper conditions, people can help others though they have their own problems. Some people help others to find ways of dealing, solving, or transcending the problems.

In schools or colleges, if the collaboration between teachers and students is good, students learn how to deal in a practical way. Whereas young people develop degrees of freedom in their lives as they become aware of options and take advantage of them. At its best counselling helps to enable people to throw off the chains of hurdle and manage life situations effectively.

Over the years unprecedentedly economic and social changes have, changed the ways in the present society. In which we are in race to manage our lives. Consequently, not all the lessons of the past can effectively deal with the challenges of modern times. Effective counselling, especially in institutions of learning has now become important. Today's, boys and girls and young men and women, need to be guided in the relationships between health and the environment, earning skills, knowledge, and attitudes that lead to success and failure in life.

The need for counselling has become paramount in order to promote the well-being of the younger generation. Effective counselling should help to improve the self-image of young people and facilitate achievement in life tasks. Counselling should empower girls and boys to participate fully in developing their personality and for economic and social development of the nation. Youth information uses a vast range of techniques – from informing to signposting and referring, to orienting to counselling – to guide young people through this process and support them in reaching their own decisions.

## **DEFINITION OF COUNSELLING**

Counselling is a learning-oriented process, which occurs usually in an interactive relationship, with the aim of helping a person learn more about the self, and to use such understanding to enable the person to become an effective member of the society.

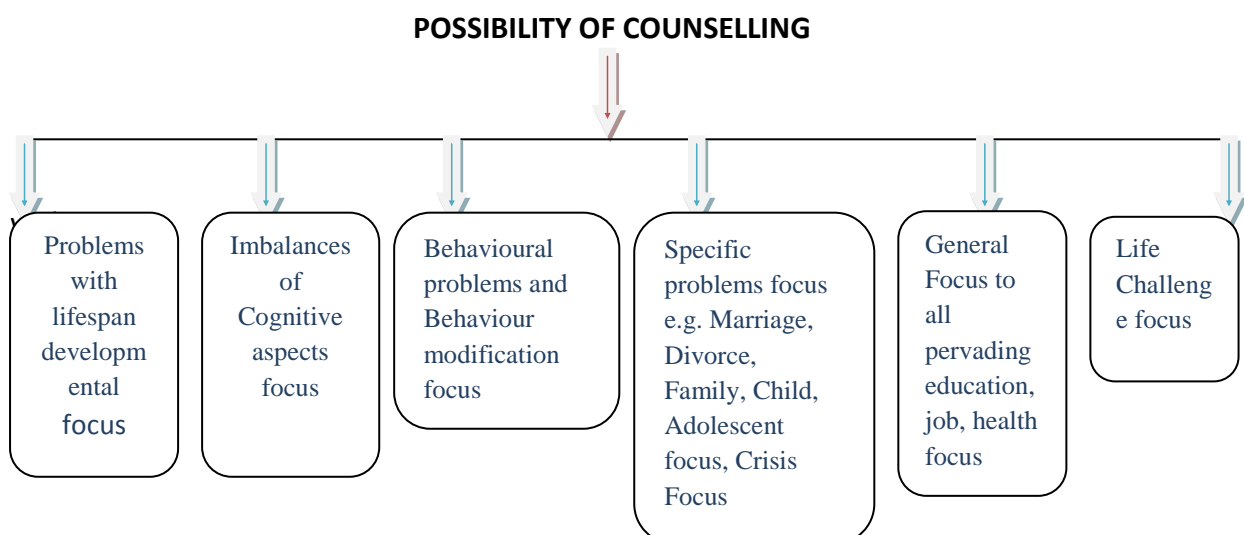


Counselling is a process by the means of which the helper expresses care and concern towards the person with problems and facilitates that personal growth and brings about change through self-knowledge. Counselling is a relationship between a concerned person and a person who is in need. This relationship is usually person-to-person, although sometimes it may involve more than two people. It is designed to help people to understand and clarify their views, and learn how to reach their self-determined goals through meaningful, well-informed choices, and through the resolution of emotional or interpersonal problems. It can be seen from these definitions that counselling can have different meanings.

British Association for Counselling (1984): The term 'counselling' includes work with individuals and with relationships which may be developmental, crisis support, psychotherapeutic, guiding or problem solving. The task of counselling is to give the 'client' an opportunity to explore, discover and clarify ways of living more satisfyingly and resourcefully.

Smith (1955): Counselling as "a Process in which the counsellor assists the counselee to make interpretations of facts relating to choice, plan, or adjustments which he needs to make".

Counselling is provided under a variety of labels. For example, there are instances where counselling is offered when a relationship is primarily focused on other, non-counselling concerns. A student may use a teacher as a person with whom it is safe to share worries. In such a situation, the teacher uses counselling skills, but does not engage in an actual counselling relationship. The teacher counsels but is not a counsellor.





1. Helping for “developmental problems” to make a person more self-actualizing in a continuous (lifespan) growth process.
2. Contemporary perceptual approach – “the here and how” problems in terms of clients’ unique outlook with regard to his life or his cognitive and phenomenological approach “cognitive or thought modification”.
3. The Behavioural focus for identifying and correcting behaviour problems or behaviour modification with understanding of basic behavioural concepts as conditioning, reinforcement, de-conditioning, de-sensitization and transfer of learning.
4. All problems related to Child counselling, marriage counselling, interpersonal relations adjustment problems, age-related problems family counselling, group counselling, person-centred counselling and crisis invention counselling.
5. Scope of counselling is also all pervading in various fields of life – e.g., education career related counselling in offices and industries, etc.
6. Life challenges counselling – these are as sexual harassment, alcoholism and substance abuse; counselling disabled and their families, counselling suicide-prone persons; counselling the terminally ill persons are the areas handled under counselling.

## **CONCEPT OF YOUTH**

Youths are the dynamic group in society that plays a crucial role in positively transforming conflict situations and in building the foundations of democratic and peaceful societies. In transitional societies youths are to be understood in the light of many variations within this segment, making it impossible to treat in terms of either youth subculture as a homogenous reality. Youths in such societies trend to be very actively engaged with the popular culture, this engagement varies substantially on the basis of highly differentiated, rather on unequal access to the channels connecting to the young people to the globalised world. Globalization has left the common man started, especially the youth, thoroughly overwhelmed by the media channels, Shopping malls, food courts, branded consumables, information technology, even the educational shops, all are globalised to the core, towards the contemporary challenges hunting the youth of today. Youth in transitional society are stuck by the glare of globalization, primarily understood by them as carrying, greater



choices, more money, multiple alternatives, freedom from shackles of tradition, etc. The young have to make choices, with a constant pressure to make the right kind of choices, owning the responsibility for their self-created identities. This is bound to make youth in globalised world an extremely stressful and challenging stage of life, in contrast to the 'taken for granted' and 'settled' self-identity, lying out there. Thus, choice biography refers to a life pattern in which much more appears to be within the orbit of individual determination.

### **PROFILE OF YOUTHS IN INDIA**

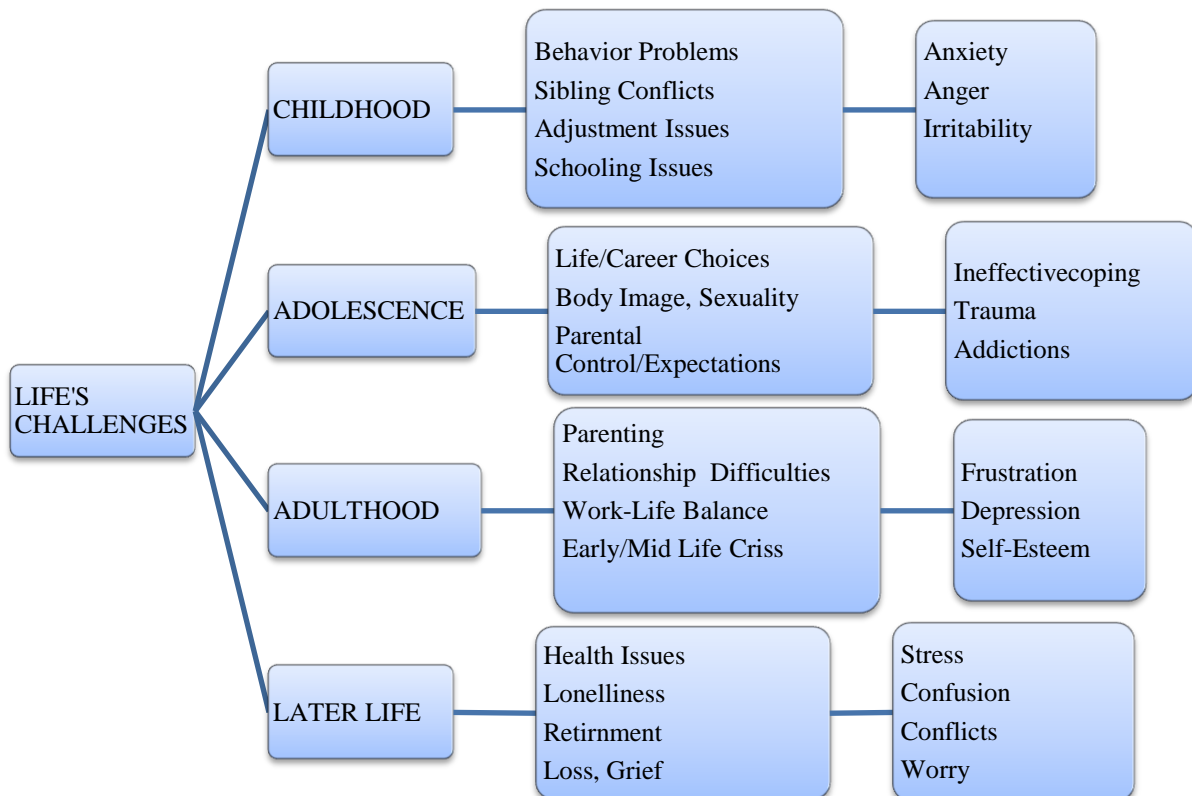
In India the population in the age-group of 15-34 increased from 353 million in 2001 to 430 million in 2011. Current predictions suggest a steady increase in the youth population to 464 million by 2021 and finally a decline to 458 million by 2026. By 2020, India is set to become the world's youngest country with 64 per cent of its population in the working age group. India has the largest youth population in the world that is poised to increase further in the coming decade. 70% of India's population is below the age of 35 years. This pool of youth population needs to be engaged in the mainstream development of India. In the last few years, due to socio-economic and political factors, there have been increasing health problems among the youth: unemployment, suicide, alcoholism, sex-related offences and general adjustment problems in the youth. Today, the youth in India form one of the most vulnerable groups, who on the one hand are expected to be the leaders to determine the destiny of India, and on the other hand, are an exploited and confused group.

### **COUNSELLING AS A HELPING RELATIONSHIP**

Counselling is in its essence a 'helping relationship'. All humans in order to satisfy their personal needs and build human relationships usually involve in the rendering or receiving of help. Over the years this pattern of interdependence of one another can be viewed, important here is to be attached to provide the help effectively and efficiently, In other words, helping has become professional in nature. In the words of Rogers, a helping relationship is one "in which one of the participants intends that there should come about, in one or both parties, more appreciation of more expression of more functional use of the latent inner resources of the individuals". The commonly observed relationships such as those between the teacher and pupil, husband and wife, mother and child, counsellor and counselee, could all be considered as the helping relationships.



## LIFE CHALLENGES



The definition and purpose of youth information and counselling, forms and functions  
Young people who are in transition from childhood to adulthood are at a special and very important point in their lives. They have to make certain decisions that will have a significant impact on their future. The choices they to make about their education, career paths and other parts of their personal lifestyle will define their lives. These autonomous first-time decisions need to be based on unbiased, complete and comprehensive information. Often faced with dilemmas, young people turn to various sources of information, one of these being specialised or general though the youth information and counselling services. The term “youth information and counselling” can encompass a wide range of services that are set in different frameworks that are provided by many different organisations.

## CONTEMPORARY CHALLENGES

Most of the problems faced by today’s youth are not restricted to any one’s ethnic or religious group, but this affects the young people generally. Most discussions on youth have focussed on issues such as drug abuse, crime, violence, sexuality and poverty etc. In addition to these, today’s youth are afflicted by new challenges, which include:



1. An Identity Crisis	4. Competitiveness in education
2. Lack of self confidence and low self esteem	5. Confusion and ambiguity concerning moral issues
3. A sense of hopelessness	6. The negative impact of the electronic media

The essential aim of youth information and counselling is to help to guide young people in all aspects of their lives and in their autonomous decision-making. It builds on the fact that it is not possible to make a sound decision without knowing one's options and alternatives. However, as well as being aware of the different possibilities, young people also need to evaluate the different options and relate them to their own abilities and aspirations.

### **YOUTH COUNSELLING SERVICES**

The concept of counselling services is defended with the argument that counselling demands more tranquil, long, and confidential conversations than giving information. The counselling is hindered when large numbers of young people requests for information visit the centre at the same time. As an argument against the youth counselling services, one could mention the danger that it keeps young people away from requesting assistance, because they are afraid of being stigmatized as problem cases when entering a youth counselling services.

Nowadays youth information, advice and counselling services are more differentiated. According to Grove & Rayment (1997) the role of the youth "information centre" is rarely limited to a strict information function. These authors define the following core services, which differentiate several functions that go beyond that of simply "informing" young people. "Counselling: Counselling offers the young person the opportunity to explore the issues of concern within a well-defined counsellor / client relationship. The boundaries are tightly defined and once established provide the environment for self-exploration and change. In addition to suitably trained and supervised counsellors, offering counselling requires quiet private rooms and a system of appointments in addition to any drop-in service. Some extend their provision by offering counselling in other venues, e.g. schools, colleges, youth clubs. In these situations it is essential to agree on a contract with the "host" agency to establish issues such as confidentiality, privacy and safety." These functions differentiate centres from each other nowadays.



## **YOUTH INFORMATION AND COUNSELLING AIMS TO**

- Provide reliable, accurate and understandable information
- Gives access to different sources and channels of information
- Gives an overview of the options and possibilities available on all relevant topics
- Ensures that young people are aware of all the rights and services available to them and that they know how to access them
- Provides support in evaluating the information obtained and in identifying quality information
- Guides young people in reaching their own decisions and in finding the best options that are open to them
- Offer different channels of communication and dialogue in order to directly support young people in their search for information and knowledge, Contribute to the information literacy of young people.

A function of youth information, that has become ever more important over the years, is contributing to the information literacy of young people, especially in our digital age. A critical approach to information has become even more important since the Internet allows everybody to publish on any subject. Young people have to be aware of the necessity to challenge the information they find straight away and of all the possible techniques available to evaluate and identify quality criteria. Youth information strives to integrate these techniques, but not only in its own research, documentation and dissemination of information; it is also increasingly trying to develop different ways of transmitting the relevant key skills for modern life to young people themselves.

Moreover, a speciality of youth information is a certain form of translation that has to be provided by youth information workers. Often, and especially when it comes to topics that concern rather formal or legal issues – such as education, family affairs, contracts, rights and duties – the information provided is not easy to access and understand. In those situations, youth information does not create the information itself but acts as an interpreter.

## **CONCLUSION**

Youth counselling is a dynamic profession undergoing continual metamorphosis with the ever-changing psycho socio political context. Youth service providers and policy-makers can expect more exciting and groundbreaking evolution in the years to come. The role of youth





counsellors has also evolved. They are no longer confined to the counselling room, offering psychological treatment; their multiple roles also include that of an educator, a public advocate of holistic adolescent health, and an advisor on government policies related to youth.

Counselling works in two different views:

- ✓ Counselling is a form of helping that is focused on the needs and goals of the person.
- ✓ The popularity of counselling reflects the strain and fragmentation of life in contemporary society.

Counselling is a harmless set for self and it explores the thoughts, feelings and emotions regarding life situations, experiences and challenges. Counselling is a dilemma to explore and understand better. Counselling relationship is warm accepting and confidential where your counsellor accepts you as you are without forming any judgments about you.

Counselling as a field of knowledge is diffuse. On the one hand it is involved in functions bordering on guidance activities like information giving and on the other, it is involved in providing therapeutic assistance to individuals to help them gain insight into their personalities so that they are able to resolve their problems. Counselling as an activity is pursued by both amateur and professional workers. As an occupation, counselling is found in variety of situations, such as schools, colleges, hospitals, guidance centres, rehabilitation agencies, industries, to play an increasingly important role in the future, to crisis.

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