DESCRIBING THE CHALLENGES FACING THE APPLICATION OF PSYCHOLOGICAL COUNSELING AND GUIDANCE IN OUR SOCIETY CURRENTLY

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ABSTRACT

The key objective of this study is to establish the challenges in psychological guidance and counseling programs in our society today. This is following the numerous difficulties facing the successful execution of this initiative to the public. In selecting participants, the criterion used took into consideration of the general public with the best participants in this study being, both adults, and students. The researcher assembled data by use of face to face interviews with 10 adults. These consultations were conducted to determine how many seek psychological support and why. It also helped us identify reasons why most grownups prefer not to seek professional assistance. The main issues arising were the social stigma and the lack of trust to disclose problems with strangers. On the other hand, the students were picked randomly from a technological institution. Collection of this data was by means of questionnaires. The emerging issues were negative attitude learners have in regards to guidance programs and lack of skilled counselors. The researcher proposes the need to utilize the use of technology, government intervention and parental influence on children to curb these challenges.

Keywords: Psychological, guidance, counseling, challenges, the society

1. INTRODUCTION

Psychology is a multi-layered discipline dealing with the human mind which is adjustable (Aitchison, 2012), and human beings ways of deducing and making resolutions. Assisting individuals to develop and realize psychological and career capacities hence achieving an auspicious level of social value and happiness. The growth of counseling and guidance facilities arose in the late 80s. Research displays it is probable that the early man would pursue the resolution of issues arising on a daily basis via a counselor. However, the man's evolution fails to offer additional evidence to back this up. It commenced in the 20th century as an entertaining change in America through the world's industrialization progression (Paisley & Hayes, 2003). The subdivision of education was placed in charge of these counseling principles in September 1968. This happened after taking the approvals of Louis a consultant at UNESCO. Essentially, it is problematic for humanity to exist without this discipline.

These two programs have advanced into a vital career in today's society (Watts & Van Esbroeck, 2000). Originally, they focused on young people's problems, exclusively during adolescence (Lewis & Frydenberg, 2004). This is due to the fact that young people face enormous challenges, some of which they cannot comprehend. Curiosity, enthusiasm and lack of skills to make critical decisions make it crucial for them to seek aid (Compas et al., 2001). With time this mentality changed among many people in the essence individuals of any age need guidance. The main aim of this project was to bring up the desired changes in these individuals not only for self-realization but also for more achievements. Being subjected to these programs in most cases depends more on the person having the problem rather than the service provider. Altitude is vital to attaining good results in the long run. Most subjects are forced

into these kinds of programs which contribute to bad results. However, the impact this discipline has in our society cannot be underestimated. This spectrum is growing rapidly leading to the development of numerous difficulties that need to be addressed (Chester & Glass, 2006).

Counseling is done in three main areas, they are discussed below

Crisis counseling which concentrates on traumatic problems occurring in people and is periodic (Capuzzi & Stauffer, 2016). Some people are gifted at dealing with such circumstances without professional support; however, it is a luxury to others. This could lead to further problems if the victim does not acquire the kind of service he or she requires. It can result in common, psychological and therapeutic problems lasting for decades. This field provides support and assistance needed to get through the overwhelming experience.

Facilitative guidance which aids in amending mistakes and resolving problems that commence to individuals when forecasting their future (Lambert & Barley, 2001). Some individuals work hard to achieve what they put their mind to no matter the hitches that come their way. Unfortunately, others are quitting once such trials present themselves; one insignificant issue can pretty much shake the entire plan. Such clients need guidance to acquire the potential to deal with the negative feelings arising during plan implementation. Most victims find it stressful and dealing with it can be time-consuming especially if they are not ready to go through these problems.

Preventive counseling is used to prevent psychological disturbance that arises from a lot of things such as distress and ailments (Liddon et al., 2017). When such a case is discovered during its early stages it is easier to prevent it rather than waiting until the last minute. Many people have a hard time accepting the reality; they have serious problems that require attention. Preventing emotional distress is one issue that requires a lot of sacrifice from both parties, what's even worse; there is no guarantee that it will work.

Objectives of the Study

This research paper intends to ascertain challenges facing psychological guidance and counseling programs and what can be done to enhance this important sector.

The Limitations of This Study

The study involves the general public. With the time and resources available, it is not possible to interact with everyone and access their ideologies in this study. Therefore, the data obtained may not portray a clear picture of the situation and this can affect future modifications. Most data has also been generalized; for instance, the data received at one institution may not be the case for all schools.

Definition of Terms

Counseling: A severe aiding process anticipated to help an individual to unravel his or her communal, emotional or educational difficulties.

Guidance: The method of helping the public comprehend their capability and use what they possess to make more informed decisions hence being successful in their daily engagements.

Adolescence: A developmental stage in humans' right after puberty, characterized by social flare-up and confusion. During this period, individuals establish some freedom from their guardians and instead cultivate their own personalities

2. THEORIES OF THIS STUDY

Social Exchange Theory

This hypothesis tries to describe the connection between decision making and social interaction (Thibaut, 2017). It proposes that individuals make decisions based on the outcome. The model has solid roots in mindset, sociology, and money matters. It approves that people are sensible beings; they evade punishments and usually seek remuneration. Human conduct to make important decisions depend on time and rewards whereby the period is on the undesirable side. Generally, personalities calculate the importance of something by deducting expenses from rewards. If taking on a transformation offers better outcomes means the person may think through searching for assistance. This implies it does not matter

what other people think about your issue; their arguments are null and void. A lot of finances have been used to make these programs successful. However, people with such encounters make the choice whether to take part in such sessions or not. Constraining someone into such practices makes no difference especially when that person considers it worthless. In fact, if there are asked to give an authentic opinion, they would say vastly little or offer no support at all. At the same time, the service provider has a big role to play in the entire process. The devotion to their work is what motivates targets to open up. If the client believes that such assemblies can have a positive impact on their lives then they are more committed to giving it a try. The sessions get more and more boring when both parties are not fully dedicated. Individuals who may have considered changing pull out following missed sessions and lack of proper communication.

Systems Concept

Research by Hanson (2014), defines the concept as the framework which analyzes and foresees the behavior of any objects that work jointly to produce an end result. A system is made of a number of parts that act together. It operates well when all components settle on the terms of operation. A change that may arise in a single component affects the entire system and eventually the outcome. In the field of psychology, this concept is known as systems psychology. The guidance and counseling system is made up of various segments from the counselor, the victims, and management. If all these components are not in harmony the goals of these programs cannot be achieved. It is therefore important that from the beginning everybody understands their role and what's expected of them. The counselor and victim should define their relationship and how they will conduct their sessions. It is important that no one is left out during this phase.

3. LITERATURE REVIEW

This section deals with the rationale behind guidance and counseling programs, challenges and benefits and any other relevant information concerning this research.

The Guidance and Counseling process

Research shows that the victim is accountable for what becomes of him; whether he or she wants to adopt the change or not. The action an individual chooses points out their enthusiasm to resolve their difficulties and in the worst case scenario, their ignorance. It is therefore important that the client and counselor build a very strong relationship where all issues can be discussed and resolved (Chung & Bemak, 2002). If this relationship is not good enough, a lot of time is wasted trying to achieve that which cannot be achieved. Victims fail to open up with the panic that the guidance counselor might criticize them or fail to comprehend what they are going through altogether (Vehviläinen, 2017). In this case, the counselor has a role to build trust and eventually empower the victim to take action towards change. Time and again the expert may not be the right kind person the victim wants to open up to. This happens in scenarios where the counselor has developed the same culture that's affecting the individual. A good example is where a minor develops a drug habit and parents force him to see a psychologist who has such habits. This results in a hindrance to effective guidance programs. The client tends to be more convinced that it is barely an issue since the advisor is doing the same. Almost everything the advisor says is not taken into consideration since the desire to change comes from the prey.

The mechanism that allows you to react to stress by dealing with what is causing the problem contributes to your well-being (Wilson & Deane, 2010). Mental health problems may arise due to trauma and emotional support can be of great help in this case. According to (Rickwood, Deane, & Wilson, 2007) it is evident that seeking guidance from experts can decrease the long-term impacts of intellectual health challenges. The process can take a short time or a very long duration depending on a character's desire to pursue assistance. The yearning to receive advice marks the commencement of this process which ends when the victim is finally assisted. However, this process is attacked from all corners; the service provider and the respondent (Hui, Wong, & Fu, 2014). Such obstacles include stigmatization terror, lack of reliance on the counselor, ignoring the capability of the practice among others. Many people in our society believe they can handle their own issues (Koydemir et al., 2010). Truth is we all need support at some point in life. Solving your own problems can be a challenge, especially when you don't have the ability to do so. Unfortunately, the sum of people who receive emotional assistance is way lower compared to those who seriously need help (Kessler et al., 2001). It also sad that many people who show

up for these sessions end up not receiving the help they require. In fact, most individuals seek guidance when they are at life-threatening conditions of emotional distress.

The Benefits of Counseling Programs

Guidance and counseling help the society to attain future success through enhancing individual development and career paybacks (Hooley & Dodd, 2015). Assist people to develop better skills in solving problems and generating quality decisions in their day to day activities. Stress can make an individual lack focus not only on education but also in the workplace. Counseling sessions aid such an individual to deal with that problem and perform effectively. During such periods, a lot of knowledge is acquired some of which you benefit as a person and also pass to others who might be facing similar problems. It also encourages interaction among people since you develop the courage to open up to someone you may not have known in your entire life. These programs prepare the public for the challenges they might experience in future and how to handle them. Consultations between parties ensure that all issues are addressed and there is time allocated to inquire more about something that may not be clear. The rationale for implementing ideas is also enhanced providing better performance in all endeavors. It enables people to know what they are capable of, and how that is beneficial to them. In serious cases like attempted suicide, an individual learns how to deal with that problem for life and to ensure that such mistakes are not repeated no matter what.

It also connects people, creating awareness to those who might think they are all alone in this (Bell et al., 2014). One gets a better understanding that life is not all about making merry, there are challenges faced and there are ways of overcoming them. The comprehensive advice on how to deal with difficult situations is well stipulated making those who take these sessions seriously end up being very successful in life. The behavior of such individuals also changes drastically; often those who complained about you will start using you an example to others. These programs go a long way to assist an individual to overcome his or her unique trials in a more effective manner.

Common conditions where guidance and counseling is important

Nervousness and depression

These are medical conditions that are common and treatable. It is important to seek professional support as soon as you identify the problem (Pybis et al., 2107). Most people experience these difficulties at some stage in life and the worse thing is, depression does not recover by itself. Individuals who keep things to themselves are likely to be affected more than those who talk things out. If serious action is not taken for these conditions, higher risks may result such as suicide.

Recuperating from trauma

People who experience trauma must have an objective to recover from this by making improvements day by day. Recovery is basically the act of not being overwhelmed by past thoughts and feelings such as an accident (Feltham et al., 2017). It is done in stages and most people find this process very difficult hence the need to seek professional assistance.

Anger management

Generally being angry is not a problem, the problem is not being able to control this anger. People respond to antagonism different, some could even kill when they are angry while others prefer talking about it (Jones, 2016). Uncontrolled fury can affect one's relationship with other people in the family and the society at large. People who can't control their anger pose great risks to those around them. In such cases, it is significant to seek help before this condition progresses to violence, depression or suicidal spirits. Counselors teach such individuals how to regulate their anger by developing effective strategies to manage that rage.

Domestic abuse

Victims of abuse and violence can have a pretty difficult time trying to get over the past experiences (Daniels, 2016). They need counseling to get rid of those scars. When such people fail to receive the right support they require serious problems follow such as suicide or homicide. The idea behind this is not actually forgetting but being strong enough to deal with that situation. Such victims develop trust

issues and prefer being alone. Engaging them in activities that can build trust and rebuild their self-esteem is one way of assisting them.

Marriage counseling

Marriage is a beautiful thing when it is starting but most of these unions end in divorce. Divorce often results in difficulties among parties involved including their children. In cases where kids are no involved future consequences include anger, guilt, self-blame, and desertion. Marriage counseling is essential especially when communication deteriorates among the couple (Doss et al., 2015). Negative communication leaves one party depressed and it leads to emotional and physical abuse in most cases. People should also seek support when they have problems resolving their issues such as after an affair with one partner. It is also important to seek support when a couple has an unhealthy relationship yet prefers being together for kids' sake.

Personality disorders

This happens when someone thinks, feels or behaves contrarily compared to the average person. A number of most individuals with this condition get frustrated easily, have difficulties controlling motions and are often worried about abandonment. Most therapists believe that the condition is permanent by truth is there is a way of overcoming personality disorders. People with such disorders recover over time but support is all that is needed in most cases. Seeking professional help is a good way of solving the problem with patience (Kramer, 2018).

Mood disorders

We all experience emotional ups and downs; the only difference is how we deal with such circumstances (Gonen et al., 2014)**.** These ailments occur when one is struggling to establish an emotional state of balance. There are various causes of this condition, including an imbalance in brain chemicals that have an impact on the mood while in some cases it runs in the family. Friends and family can assist such individual, but in some cases what they offer may not be enough. Seeking guidance and counseling helps restore the brain chemistry in the right form and avoid stress (Malhi et al., 2015). They learn how to focus on action and behaviors that assist to recognize thought patterns that need replacement with healthy ones. This condition runs from depressive to bipolar disorder with above 20 million American grown-ups suffering these disorders.

Challenges facing this discipline

1. The society ignores the benefits of these programs- the general public prefers dealing with their problems instead of approaching counselors to assist them. They consider this process demanding in terms of time and money. However, this is a challenge because some problems cannot just be fixed without professional support.

2. The government fails to come up with measures that can contribute positively in this sector such as expanding the services- the local and state government has the mandate to come up with rules that can help in the growth and expansion of guidance and counseling programs. The public tends to be more concerned when the government is involved in something.

3. The counselors' available fail to possess the necessary skills required and are inadequate- not everyone who works in the guidance and counseling department possesses the right skills and competencies needed for this job. Once respondents realize the counselor will not be of any help simply because he or she does not seem to have that capability, they prefer dealing with the issue individually.

4. Lack of suitable guidance and counseling facilities in our institutions (Hiebert & Borgen, 2002) – lack of proper facilities where victims can address their issues comfortably is a big challenge. For a respondent to open up it takes time, it could take longer if they do not feel safe doing so if, for instance, there's no room for privacy. This draws other people away who might want to seek help but are not willing in available rooms.

Research questions

1. How many people seek psychological support in a given community?

2. How many people believe that these programs are beneficial to them and how?

3. How do people respond to counseling sessions and the time allocated per session?

4. DATA PRESENTATION AND ANALYSIS

Methodology

The study utilizes mixed research strategy (Creswell & Creswell, 2017). It has implemented both qualitative and quantitative study systems. The former helps one to understand the underlying opinions and to cultivate ideas for research. While the quantitative method measures the problem through the generation of numeric data, which is then converted to operational statistics. The target population included pupils, adults, and counselors since it affects everyone in the society from the young to the old. The data was collected with the help of questionnaires and interviews.

Data Investigation from Students

The results show that students have both positive and negative attitude towards counseling programs. Some respondents thought it was not necessary at all, while others thought the guidance was very beneficial. 89.025% of these students had a positive attitude while 7.625% had a negative response while 3.125% failed to respond. Attitude is the main problem that affects the relationship amid a guidance counselor and a client. The negative attitude developed mainly from peer influence which affects many people during adolescence. Most of them fail to benefit fully due to influence from their close friends. A lot of things happen in learning institutions from poor performance to drug abuse (Gauffin et al., 2015). 70% of them could not have engaged in such activities if they had not met those friends. The high growth in technology has also allowed the young generation to access things they may have never assessed if the today's setting was still traditional.

It is evident that the youth get assisted on how to deal with their problems and ways to live better and more comfortable lives (Lewis & Frydenberg, 2004). Dealing with emotional problems is a tragedy in the young generation. It can be a very easy process if the respondent has the right attitude to go through the program (Hessler & Katz, 2010). Learners also feel like counselors lack proper skills to resolve their issues. This is because most counselors are the same teachers who come to teach them in class. Some of the teachers have similar problems like drug abuse, hence consulting such a person is considered as a wastage of time, energy and other resources (Hanna, 2002).The positive attitude of most students towards counseling is a clear indication that efforts to sensitize the society on the importance of these programs can definitely get rid of the negative mindset that exists. Efficient and effective measures should be put in place to ensure that our young generation embraces counseling programs for better results.

Research Results From the Adults

Six out of ten adults fail to seek psychological support even when in circumstances that require them to do so. Factors that lead to this behavior include (Topkaya, 2015):

1. Adults do not prefer sharing their challenges with unfamiliar persons.

2. Most adults, especially in rural areas, have no idea on how to seek psychological assistance.

3. They believe they can handle their problems without the need for any support and some matters are best addressed in family matters.

4. Fear of being seen as crazy people in the society ones they seek professional support (Corrigan, 2004).

From the research, it is evident that women have more trust issues compared to men. They hesitate to share personal information with outsiders despite the fact that it looks easier haring information with a stranger than a friend. Sensitive issues such as in marriage are the worse problems to share. The ideology that you can do it by yourself is not bad at all. However, failing to seek support may cause some psychological problems to take you right to the grave (Seligman & Csikszentmihalyi, 2014).

5. INFERENCE

Although most youth participants view these programs as beneficial and helpful in their day to day activities, peer pressure is a major problem. Most of them fail to benefit fully due to influence from their peers. A lot of things happen in learning institutions from poor performance to drug abuse (Gauffin et al., 2015). 70% of them could not have engaged in such activities if they had not met those friends. The high growth in technology has assisted the young generation to be able to access things that they may have never assessed if the setting today was still traditional.

The problem does not end there; once problems develop one has to seek professional help. It gets more difficult to convince someone who has been brought in a family where they saw their parents go through similar problems and did not eek expertise support. To them seeking assistance may not make sense at all, in fact, they may not believe that these programs work. If one person group of five students is pretty convinced that counseling sessions cannot assist them, it may be very easy to drag the rest with him. Peer pressure affects has an impact in all areas in our society today (Manzoni et al., 2011).

6. SUMMARY

The findings of this research show that counselors in most institutions are not well trained and dedicated to their work. This pushes away students who might be having problems and who would be willing to seek guidance. Institutions should ensure that guidance and counseling department is properly equipped with adequate facilities and personnel. Counselors should be well trained for the job and concerned with the well-being of students and other stakeholders who might seek help. Respondents who consult these counselors should go out there and encourage their friends to seek psychological support when in need. This will greatly reduce the negative response about guidance and counseling programs on students. The management of these institutions should ensure that they provide the necessary support needed to achieve this. It is also important that students are consulted once in a while concerning counseling programs. This will give a clear picture of the improvements the management and the guidance department should work on.

The society is growing very fast, unlike in the traditional days when children used to listen to their parents, teachers and community members. Today, very people do that especially those who have been brought up knowing that it is important. The study shows that there are many challenges arising from the guidance and counseling programs in our schools (Hughes, 2014). Technology has greatly influenced our young generation, especially by practicing what they see without knowing the implications (Wartella et al., 2016). The thought of trying out something new is common in youth, eventually; they end up facing serious consequences in future some of which guidance and counseling is the only solution. Sadly, they fail to participate in these programs with the notion it is meant for mature people and the mentally challenged. Parents greatly influence how their children make decisions concerning guidance and counseling programs (Voepel-Lewis et al., 2015). Most of the negative attitude students develop from their peers is as a result of parental influence often children tend to follow their parent's footsteps especially at a tender age. It gets difficult to change one's perspective in future especially if you have been brought up knowing that guidance and counseling is a waste of time and does not help you in any way.

No one is perfect, problems come and go, and at one point people need to seek professional assistance including the elderly. Research shows that six out of ten parents who need this kind of help fail to take this whole initiative seriously. Most of these problems arise from the pressure of raising their kids, providing for their upkeep (Liu & Wang, 2015). Grownups have issues disclosing their state of living to experts; they would rather share their problems with their children or friends who might not be of any help. When teenagers see how their guardians are suffering and there is nothing they can do, they get frustrated and all they can wish for is for the parents to seek support. One because they do not have special skills experts have and most of them may be going through similar problems.). Every institution has made an effort to have this department with the only difference being how well they perform. Just like in institutions were guidance programs are highly embraced the same needs to be done to our society (Selva et al., 2017).People should have better access to these facilities at more affordable prices and if possible it should be free. These services are very rare, especially in rural areas. These people face

challenges just like those in urban areas, providing guidance and counseling programs in those areas will go a long way to develop our entire society.

7. RECOMMENDATIONS

1. Using technology to create awareness in our society such as television programs and adverts that show the importance of guidance and counseling services. Technology can also be used to bring up better approaches that suit our society today. This will also ensure that the cost of receiving these services is reduced.

2. Training programs that focus on everyone in our society today; the young and old. They need to fully understand why these programs are important not just to them, but to the society at large. If they do not believe that this system works, the same happens to generation after generation and there will be no one left to embrace this concept.

3. All state governments should ensure that all institutions and towns have counselors who are reliable. In institutions, the experts should possess the necessary skills required in the field, unlike in most cases where these are normal teachers. Students will take this seriously with an expert that a random person who is supposed to help you but cannot.

4. To ensure children are brought up in a traditionally defined setting just like in the old days where the young respected and listened to their elders. Certain actions young people participate in our society today were a taboo in the old days. Lack of respect from the youth is one reason they choose not to engage in such programs even when it is very important (Dwyer & White, 2016). For those who cannot avoid attending the sessions, they end up not benefitting at all since they do not attend willingly. Growing up in an environment where you can do anything without being asked has been a great disaster. Parents in our society today introduce their children to issues that affect them later in life such as drug abuse.

5. The society needs to learn that seeking psychological support does not necessarily mean that you are mad or crazy. Some situations are very difficult to comprehend and professional assistance could do you good. This will solve the problem of the social stigma in this discipline, thus increasing the people who access and obtain these amenities (Smith, 2015).

Recommendations for further studies

Technology is the main reason why these programs are facing numerous challenges (Harris & Birnbaum, 2015). Therefore, more research should be done on how to use technology to encourage the society about guidance and counseling. In today's generation, almost everyone can access television, mobile phone, a computer and a laptop. Almost all programs that people spend their time viewing in these gadgets are the reason why the problems are getting worse every day. The young and old want to try wants being done in an alcohol advert. That's the reason why problems develop when people are very young and if not dealt with, they carry this to their graves. Such a study should respond to the question "how can technology assist to solve guidance and counseling challenges affecting today's society". Religion can also be used to assist in this sector. Just like schools, the number of people who go into religion centers has many issues that end up not addressed. Establishing counseling departments in these centers can solve most problems in this spectrum.

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