

# Counseling Role in Students' Psychological State and Academic Progress

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## ABSTRACT

The human's health includes all social and mental fields. Mental state has been since the start of man's creation, and nobody has had the immunity against them. This can be the danger that perpetually threatens the human. Several factors have multiplied the mental diseases. In line with the globe Health Organization in 2001, one out of each four folks within the world is full of mental disorders. Concerning 450 million folks round the world area unit full of the mental state. However, nearly simple fraction of individuals ne'er are benefited from the experts' serving to.

Currently the question is what ought to be able to meet the mental crises with the wonderful development of science and technology, today? In respondent to the present question, the direction features a vital and effective role during this organic process path. To tell the human depends on however addressing the issues, to support the purchasers and inspiring them.

During this paper, following a brief introduction to the various definitions of the direction term and psychological state and education action, it's named the scientists' totally different perspective on however the interaction of varied sciences mentioned concerning psychological state and this vital results are achieved at the tip of the article:

Direction will facilitate students in varied fields with data them, and guides them for choosing the suitable subjects and guarantees their psychological state. The most objectives can fulfill once the education schemes and their content to organize in line with the necessity and students' facilities.

**KEYWORDS:** counseling, physical health, mental health, education achievement, students

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## 1- INTRODUCTION

Acquisition the mental health isn't an involuntary phenomenon but it requires a conscious effort and investment. A healthy body without healthy mind, correct behavior and relationship doesn't enhance the community's health. The importance of understanding the parenting practices and how educates the children and teens, and raising them in a safe and secure environment in terms of emotional and the impact of this period on their general health in adulthood, is not a unknown to anyone.

Enjoying from the personal life and character growth and excellence, to develop talents and satisfy the needs, need to respect and prosperity in today's world is not an easy process. It's required to counselor and counseling in all these steps. The most important counselor's work is to encourage the client's hope and enthusiasm, and help the young people to see their problems clearer.

The role of life skills in improving the social relationships and prevention of risky behaviors and increasing a person's mental health is constantly emphasized.

Guidance and counseling is a response to human's needs and there are many verses about the importance and role of counseling. Prophet Muhammad (PBUH) says: "No one is needless of counseling". Through counseling a person can be helped to know himself better. Self-recognition is the key to solve better the problems and to make decisions to progress. The task of education in preparing students who will be tomorrow's workforce. To confront and cope with the demands of the twenty-first century is very sensitive and difficult.

Students go to school every day with lots of books and notebooks to progress with acquisition of knowledge. Many factors such as family functioning, physical and mental health, and of education and counseling methods influence on the educational and learning practices. If we want to have a good function in the school and have good students, we must to care to their physical and mental health simultaneously, because many social and psychological problems are within students from childhood that it leads to poor performance in school and subsequent punishment for misbehavior and educational failures.

Education goals will be achieved when the training content and programs is suit with the students' needs and facilities. So the educational counseling with collaboration of teachers and parents and school officials can help students to solve the educational and family and problems and eventually make possible the education goals.

## **2- History of Guidance and Counseling:**

Among the industrial countries, just in North America it's been established a guidance and counseling center. Frank Pastor is the first one who created a place like that in there. He established the first professional counseling center in Boston City in 1908.

In Iran, it was established in a special meaning in 1953. It attempted to prepare some intelligence and psychological tests. In 1968 The Educational Guidance Training Department was established in Education Ministry. In 1980 it was closed based on an amendment. Since the early 1988 it was felt the necessary of counselors in the schools and again this major started to accept students.

## **3- Usefulness and Importance of Counseling**

The children, teens and adults' guidance is a very important and exceptional process in solving the problems and for this age classes. The counseling and guidance necessity is presented in new education system in terms of profession and job.

How to revise and alter a useful, constructive and creative educational program as a principal for development of culture and civilization is revealed. Appearance of industrial revolution in Europe and technology revolution and sending the artificial satellites into space and also needs to industrial centers to professional forces who have the most efficiency, all have made it necessary the changes in educational systems in the countries.

The factors cause emergence guidance in education are related to increasing the young population of countries, increasing the students and imbalance their distribution in education majors, the necessary of balance between labor market and training the labor force and educational failure.

Could it be said that the rename of some lesson material is the required change?

The answer is no. it should be noted that any modification or revision or basic changes must be considered in all aspects. Also it should be predicted the problems caused by it and search the ways to achieve this goals and make it clear the correct direction.

The school as a social institution must evolve proportional with society changes, because the societies change consistently due to the various factors such as war, disease, the natural causes, revolution and etc. the schools must be coordinated with cultural, scientific and social development.

### **What Is the Counseling?**

To Paterson the counseling is the main core of students' educational services in the school. In addition, the counseling is the expert's greatest activity in educational affairs and helping to students. The first counselor's task is counseling. In fact, base of counseling is based on the principals of human consultancy relations.

## **4- The Guidance and Counseling Goals**

They defined the guidance as an act to help person to know himself. The goal to know him is to become a happier, more creative and more useful person by identification. Such person as Rojerze C. has stated to be more active. By counseling a person can not only understand himself, but will be informed from what forms. Rojerze believes the goals of many helping jobs including counseling is personal and mental growth in the line with social growth. In this way the guidance has two goals: immediate goal and ultimate goal.

## **5- The Immediate Goal of Guidance**

The immediate goal of guidance is helping and guiding a person to solve his educational, family and probably job problems. It causes the prevention of wasting investment to an unknown way he's going.

## **6- The Ultimate Goal of Counseling**

It means a person is able to solve his problems with an accurate insight and acts wisely. That's why the immediate guidance is the required condition for ultimate goal. Usually the educational goals are as follows:

- The educational programs related to the future
- The professional education
- Artistic activities
- Activities related to keep the physical and mental health
- The growth of social interests

In any way, the guidance and counseling during education are chasing the various goals in any grade. Family and society are chasing the goals that the most one is reorganization.

## **7- Promotion of Counseling Culture**

The counseling culture wasn't as common as a specialized activity after Revolution till 1991, but since 1991 presented as a scientific and specialized imperative. Now people take advantage of it for marriage, family affairs,

choosing a major and the other problems in life. It's very good the people are interesting to counseling, even telephone counseling so that answer to all them needs large facilities.

The organizations that present the counseling services are as follows:

- Ministry of Education
- PTA
- Welfare Organization
- Universities and Training Centers Covered by Science Ministry
- Islamic Azad University
- Police
- Foundation of Martyrs and Imam Khomeini Relief Foundation
- Counseling Centers and Private Offices

#### **8- The Importance of Mental Health**

The development of industry and technology has increased the power and wealth but foreclose to live with peace. In fact the mental diseases have increased.

#### **9- The Goals of Mental Health**

In general, the mental health has four goals:

- 1- Services: the services that provide the mental health prevent the mental disorders as outpatient or inpatient.
- 2- Training: training the mental health to people who suffer from mental diseases.
- 3- Search: include research in prevention and causes field, how to begin and treatment the mental disorders, and the types of social corruption.
- 4- The health planning: include the planning about to create development of psychiatry and regional centers, mother and kid health

#### **10- The Necessity of Mental Health in Schools**

To reach to the educational goals that schools care them as the basic goals need to provide the mental health for students. The several studies show that the students' mental health is related with their educational progress. The students who somehow suffer from mental problems or the appropriate mental health are often faced with educational failure. Therefore, it seems necessary to provide the appropriate condition to achieve the educational goals and to ensure the health of the community in different ages; it's considered applying the appropriate methods to provide the mental health in the schools.

#### **11- Mental Health Definition**

The mental health means the prevention of the mental disorders and applying the methods to provide a healthy environment that a person can steps to success without fearing, anger, and anxiety and introduce himself as a responsible and self-esteem person to society. Many studies show that one in five students is affected to problems related to mental health in schools.

#### **12- Mental Needs**

*There's not a nice sound in the world more than the love sound that lasts forever (Hafiz)*

To psychologists, the mental health is as need as the physical health. Accordingly, the mental health is considered as a basis need. Having compassion, is the most basic mental health. The human needs to love in any period of life. This need is provided by parents, siblings, relatives, friends, spouse and the children. If a teen or a young doesn't have enough compassion in family, he looks for out of home that the fields of deceit and distortions is provided from there.

#### **13- Personal Compatibility and Mental Health**

The mental health is actually a personal problem, because its person who has the problem and it's him who has to solve it. Psychiatric clinics, counselors, mental health therapists, friends, and even books and literature can all contribute to help a person's self-help.

Characteristics of a person who has the mental health:

- He isn't inattentive toward his family and his society.
- He's compatible with the others.
- He's happy and positive.
- He respect to himself and the others.
- He's not pessimistic.

- He's aware of his strengths and weaknesses.
- He's flexible.
- He has a positive attitude towards himself and tolerates his failures.
- He can solve his problems.
- He uses his leisure time effectively.
- He doesn't lose his control when facing social problems.
- His talents grow coordinately.
- He's not a slave of somebody, he knows that God created him and respects himself.
- He knows this world as a passage to hereafter.
- His relationship with others is positive and constructive.
- He meets his needs in a way that isn't incompatible with the values.
- He's patient, honest, decent, generous, self-forgiveness and is the best of himself.
- The other knows him as a normal person because he has balance to do anything.

#### **14- The Prevention Is an Important Element in Mental Health**

In order to prevent anti-social behavior, it should be applied the same principles that we apply in right training of children, because the misbehavior in children is due to the failure and unfavorable environmental conditions. The success of any prevention program in this case depends on his attempt in the school, home and society. The community attitude towards children's compatibility has a great influence on family, home and school's perspective, such as the internet and TV programs are often important factors in creating misbehavior in students. But a student who grows in a health environment, never refers to these things.

#### **What Can Counselors Do?**

It's necessary for any counselor that knows how the student is when dealing with students' emotional conflicts which result from the lack of an appropriate environment or the lack of good relationships. He must notice these cases:

- 1- The uncomfortable student doesn't mangle.
- 2- The conflict isn't a state of development based on the sense.
- 3- The physical complaints aren't fictional in emotional conflicts.
- 4- The emotional distress is not a sign of weakness.
- 5- The emotional conflict is manifested in many forms.

#### **15- The Recommendation for Promotion of Mental Health in Schools**

- Informing the schools official and teachers to apply the proper communication and educational methods
- The eliminate the detrimental factors of mental health of teachers
- The regular contact with the students' families
- Updating the information and counselors' awareness and promotion of their capabilities and skills
- Improving the environmental conditions of schools
- Holding up awareness sessions for students to train them the life skills, stress management and mental health care

#### **16- The Important Factors Affecting on School Mental Health**

- Informing the school officials and teachers to apply the appropriate methods of communication and education
- eliminating the detrimental factors of teachers' mental health
- the regular contact with the students' families
- Updating the information and counselors' awareness and promotion of their capabilities and skills
- Improving the environmental conditions of schools
- Holding up awareness sessions for students to train them the life skills, stress management and mental health care

### **17- The Counselors' Duties and Responsibilities**

Based on the American psychologist, the counselors' duties and responsibilities which are different can be stated in four general fields as follows:

First: the growth and development of students' intellectual power

Second: the growth and development of students' job skills

Third: the growth and development of students' personality

Fourth: formulate the counselors' responsibilities and tasks in connection with the students' knowledge and other staff

### **18- The School Counseling**

The primary responsibility of the most school counselors is the understanding of the student's mental and emotional condition. Often they're asked to hold up the individual intelligence test in order to assess the students' mental and emotional condition, because this issue has caused the parents and principals to be worried. Besides these responsibilities, the school counseling talks about the mental issues with one or some students and counsel with the teachers about the students and selecting the most effective relationship with them and speak with their parents about their children's behaviors. If a student faces with a problem which is out of helping area of the school, a counselor introduces him to an appropriate authority out of school.

### **19- The Educational Motivation**

The educational motivation is one the most important issues of education that often teachers feel it that some students "don't want to study at all". If a student doesn't study, maybe there's not enough motivation in him to study. It's easy to recognize the lack of motivation in a student, but to solve it is very difficult. A counselor can recognize the factors that cause the lack of motivation in a student to not to study. Unfortunately, the force is not effective to create and improve the motivation. Therefore, just the attendance in the class doesn't create the real interest or value for him. That's why the student can't pay attention to education somehow.

It's not possible the causes of undermines the motivation in any cases. Sometimes the student has to accept the environmental limitations. For example, a student who have talent in literature, has to study in science because of not to be the literature major. He has to continue to study in science. Otherwise, he will lose the possibility of studying in school. The responsibility of a knowledgeable counselor is to make the ways clear for the student.

### **20- The Counseling for a Student Who Doesn't Have the Educational Achievement**

A counselor must examine the causes when a student doesn't have any educational achievement. Not having the educational achievement can have the causes as follows:

- 1- The educational weakness: maybe a smart student hasn't studied his lessons carefully in elementary school or in junior school and passed his exams with the low grades. And then hasn't learned the correct reading or writing of Farsi or mathematics and English. Now he's in high school and he compensate his weakness points by learning the basic lessons. He can take the tutors. He needs to counseling to plan of it.
- 2- A student may have the low IQ. In the case of such students, a counselor should be confident about the low level of IQ in them and explains it the parents. Then adjust his curriculum based on his intelligence capacity and coordinate this curriculum with his parents. To explain this fact to student and his parents take some counseling sessions.
- 3- The students who don't have the enough motivation to study. There are some students who don't have two mentioned problem above but they are lazy in studying and parents force them to study. In this case a counselor should look for the causes of laziness and should create a motivation in him to study. He can apply the natural and sometimes the artificial motivations to make him studies.

### **21- Conclusion**

The school guidance programs has been described in the form of the educational, psychological, and social needs providing for children, in the past. But the most guidance programs tried to provide one or two objects and consider the other ones in the second place and just get them to action randomly. Today it will be focused on all aspects mentioned above in counseling programs. In the other words, the counseling has expanded its action field and provides students at all educational levels.

In the past, counseling was a formal service but not organized that was limited to choosing the job. Today, it's been become a serious of guidance and personalized services, very developed and coordinated. As such, counseling includes all growth and development aspects for students. In the past, a guide was an adviser and today the counselor is a person who assesses a person's progress, helps him to solve his problems. He was in charge of teachers and managers who were not trained for this job. But today, there's a trained counselor or expert in this field in every school.

In the past, the schools just teach to students and the only thing that was assessed the kid's mental abilities and disabilities. In terms of the abilities which have a kid, he's been recommended to choose a subject or not to choose a subject. But today it's considered the kid's development in all aspects. It's not limited to training and learning lessons skills. The purpose is the kid's development in all aspects to reach to position of an adults' that has a mental health.

It's important his professional, social and personality adaption. The new concept of education is to adapt with life situations and guidance services that have been developed by purpose of the support schools and to provide the required facilities to reach it.

New guidance program is developed with emphasis of the kid's mental health. Its implementation has had the significant development due to all aspects of the kid's growth and his personality. With this interpretation, it's been necessary development of guidance and counseling services in all grades from elementary to high school.

### **Suggestions:**

It's been suggested some solutions in order to improve the mental health and students' educational achievement as follows:

- 1- Coordination between the school and institutions which are responsible for children's mental health.
- 2- Holding the awareness sessions for students due to control the students' stress and to provide his mental health
- 3- Informing the principals, teachers and counselors of schools in order to update the information and applying the communicational and educational methods.
- 4- Holding the educational classes for parents
- 5- To benefit from parents' opinions in order to advance the educational goals of school
- 6- To provide a effective relationship and intimacy between teachers and parents
- 7- Introducing the useful and appropriate resources in the field of mental health to raise the parents' awareness
- 8- To welcome the participation of parents in schools that they feel valued and respected
- 9- Involving the parents on educational, health and etc issues for students
- 10- Giving the opportunity to students to express their problems and reinforce the positive behavior
- 11- Improving the physical condition and coordinating the school facilities with the parent's expectations
- 12- To solve the intervention factors in teachers' mental health

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