

Group Guidance

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What is Group Counseling

Group counseling is a form of counseling where a small group of people meet regularly to discuss, interact, and explore problems with each other and the group leader. Group counseling seeks to give students a safe and comfortable place on campus where they can work out problems and emotional concerns. Members gain insight into their own thoughts and behavior, and offer suggestions and support to others.

In addition, people who have a difficult time with interpersonal relationships can benefit from the social interactions that are a basic part of the group counseling experience.

Most groups composed of students of differing ages, backgrounds and experiences. This helps to provide additional perspectives.

What are the Goals of Group Counseling?

People who participate in counseling groups benefit in many ways. We believe that groups are uniquely suited to help students.

- Give and receive support
- Gain understanding of problems and explore possible solutions
- Practice interpersonal skills in a safe group setting
- Learn more about how you come across to others

- Increase observation and feedback skills
- Enhance problem-solving skills
- Improve emotional expressiveness
- Decrease social isolation
- Develop good communication skills

Principles of Group Guidance:

The group guidance is based on following principles:-

- (i) The group meant for the group guidance should be homogeneous in nature.
- (ii) The group guidance should be helpful and essential for everybody of the group.
- (iii) Individual problems should not be neglected in case of a group guidance problem. They are to be emphasized, discussed and found out certain solutions.

(iv) Almost all members of the group should be initiated and encouraged to solve their individual problems with friendly climate and good relationship.

(v) The members involved in the group guidance should not be selfish and in-humanitarian in nature.

(vi) The group and the group guidance should be well managed by the needful action of the teachers and guidance workers.

(vii) The members of the group should not hide the personal problems before group.

Scope of Group Guidance:-

The scope of group guidance includes the following issues and problems which are to be explored and solved:

- (i) Problems in regards to educational courses, educational plans and programmes.
- (ii) Various curricular issues and topics.
- (iii) Problems of career choices in the context of facilities gained.
- (iv) Various occupational issues and problems.

(v) Personality problems and issues.

(vi) Social problems and related situations.

(vii) Job placement and adjustment in job and previous preparations for it.

(viii) Economic set-up and problems.

(ix) Problems of group life and group adjustment.

(x) Solution to various life problems and success over problematic issues.

Techniques that can be Used for Imparting Group Guidance:-

1. Informal discussions:

Informal discussions, if done under the table and skilful leaders, can prove very helpful. These discussions should centre on desirable objectives and should be so guided as to result in conclusions that may be helpful to the group as a whole.

2. Group reports:

If the students are divided into groups which have certain specific problems to tackle and later these reports are presented in larger groups, they can help all the members of the group in gaining awareness of a number of problems and their solution.

3. Lectures:

Lectures delivered by experts on certain problems too can impart group guidance in an effective way.

4. Dramatics:

This is another good technique of group guidance. If certain interesting topics are dramatised, the students can be given guidance in an interesting way. How to appear for an interview, how to prepare for an examination, how to prepare notes—all these can be dramatised and guidelines suggested to the students in an interesting way.

5. **Question box:**

“Question-box” says Jones, “If carefully organised and not too frequently used, is also a desirable technique, for it gives the shy and retiring pupil an opportunity to propose a question that is bothering him without revealing that it is his question”.

Most of the times, we find the shy student remains buried with his problems as he is not vocal. It is also possible that there are quite a few students having the same problem.

So if the question could be proposed in a silent way, the same could be discussed in a group and valuable guidance provided to the students.

6. The case conference:

Here the problem faced by the majority of the group is stated concretely by way of a case. Each member of the group reviews his own experience in a similar situation.