

How can Counselling Help Teenagers to set their Career Goal

*¹Shipra Sirohi

*¹Research Scholar, Department of Education, Shri Venkateshwar University, Uttar Pradesh, India.

Abstract

A teenager or teen is someone who is between 13-19 years old. They are called teenagers because their age number ends with “teens”. The life of a teenager seems to change daily. Constantly exposed to new ideas, social situations and people. Teenagers work to develop their personalities and interests during this time of great change. In this digital era, the things get changed so fast and people are likely to change new ideas on day to day basis. That has been seem that after getting lot information from society or from digital platform, it’s tough to decide to be with one idea or situation. Basically counselling help to congregate the scattered minds towards the goal. Counselling help to identify the interest area and work according to the individual. Not only as per career although teenagers much distracted with artificial world. So it’s essential to give sufficient time to them to listen and direct them accordingly.

Keywords: Emotional behaviour, aggression, depression, physical changes, counselling, adolescence, teens

Introduction

What is Teenage?

A young person between 13 to 19 years old. The life of a teenagers seems to change daily.

Big Challenges of Teenage Life

One minute a teen seems interested in a news, sport, topic in school, or type of music, only to completely shift years the next. Constantly exposed to new ideas, social situations and people, teenagers work to develop their personalities and interests during this time of great change.

Teenagers desire independence as teenager becoming young adult. Before their teenage years during adolescence, teenagers develop, emotionally, cognitively and physically. These changes aren’t without challenges, but thankfully, teachers, family members, counselors are available to help the teens navigate this difficult period.

Objective

The objective of this research is to guide and motivate the future (teenagers) of our country. This is the very important age to develop intellectual and be more focused towards goal. Teens has the power to dream and as counselling help them to dream big and help them to follow the write path to achieve their goals.. This paper will going to provide the challenges faced by teenagers that distract them from their goals and also try to briefing for the techniques to overcome out from this.

Teenage Problems/Concerns: During the age of 13-19 teenagers face many problems on a daily basis. During this age, teens are exposed to some overwhelming external and internal struggles. They go through with hormonal changes, puberty, social and parental faces, work and school pressures and so on. Many teens feel misunderstood. It is vital that the feelings and thoughts are validated ad that the validations

comes from their parents. Parents need to approach their children, who have been dealing with teenage growth issues.

Main Causes of Distraction

1. Social Media: In today’s digital age social media is one of the worst distraction facing by children. So many things are available now in their handheld mobile devices. Internet is a tool to run such distraction elements over the phones or laptops, these elements are Facebook, Instagram, Twitter and Netflix and so on. As we know very well that electronic devices are now be the part of their education system, so it’s very hard to extricate themselves from it.

2. Friends: Teens enjoy to be with friends and that’s the reason that they want some space from family. In this age, they influenced easily with the people or with the achievement of others and this impression is transferable from one to another very quickly.

3. Hormonal Changes: During the transition from Adolescent to teenage, this age group face so many changes in their body and somewhere make them uncomfortable inside their own skin. These bodily changes get their attention to compare the changes with the friends and other. It’s a common phenomena that thinks get distribute when we face any changes in our body, even though a minor pain anywhere in the body can distract us easily.

4. Peer Pressure of Society: Most of the time parents compare their children with other children. Parents, Family, relatives set their own goals for the particular one. The views coming from all the boundaries also may distract them, which is completely understood, it is difficult for them to choose the right field or set the goal.

5. Role Model: Every successful person definitely has his/her role model to whom they impressed with and wanted to be like that. These role models can be an actor, teacher, politician, or any person. Teenagers shifted a lot for choosing their role model and this will become a hurdle to recognize his/her own personality.

6. Mental Health: Here mental health relates with mood swings. This has been noted that teenage mood swings as the situations changes, most of the time they face anxiety, depression, aggression, false reactions and negative thoughts.

What is counseling

Counseling is just like therapy which allows people to speak out what is in their mind without having a feeling of being judged or commented on. There are online and offline counseling, both working these days that allow people to meet the counsellor or therapist in their own space. It also provides a way to self-discovery, self-acceptance and brings mental peace. Counseling will head you to a path where you can express what you feel and bring about clarification and validation in your life.

Why do Counseling Needed for Teens

Counseling support the growing kids with the mental and physical changes that they go through, and can help provide them with a safe space to process their thoughts and emotions where they are treated with empathy, dignity and respect. Counseling also encounter the liking area of the teen and guide him/her accordingly.

Role of Counselor

1. Discussion: Open end discussions with the individual to know about his/her interests, skills, values and personality style. This is a very important phase as it help to collect more and more information about that individual.

2. Analysis: Information gathered in first phase of counseling is all about the personality of that individual and it's time to analysis the data that has been collected in the form of the individual's interest. Counsellor draw the path as per his area of interest and prepare questionnaire about his/her career prospect.

3. Execution: In this phase counselor help that individual to decide what to do and from where to do. Journey to reach up to this platform is not easy for the counselor at all, although this is very tough phase, because that will almost draw the blueprint of the individual career.

4. Action: Perform actions at right time in right direction will give the best result. After selecting the career goal to do best in the choose field with determination, its important to plan your goal and use good strategies for better outcome.

Conclusion

Setting a goal means that they are very closer to their dream. A dream to become something can be a big or small but instead of rationalizing we need to encourage to better and best. When Parents are not enough to understand their child requirement or vision, there counseling play a very vital role in teens life and drive good output in terms of that teen success. Here I want to add one point that success with satisfaction is hard to achieve, so before getting confused go to trained counselor and chase your dreams.

References

1. <https://www.bgca.org/news-stories/2022/January/the-importance-of-goal-setting-for-teens>
2. https://researchgate.net/publication/357685235_Exploring_the_Role_and_Importance_of_Career_Counseling_in_Developing_Awareness
3. Theory and Practice of Counselling and Therapy (Richard Nelson-Jones)
4. Dr. Marami Goswami. Essentials of Guidance and Counselling.
5. Counselling psychology by Shri Chandrakar publication
6. <https://assignmentpoint.com/important-elements-of-career-counseling>.