

Educating the Youth for Fighting With Suicidal Tendency through Effective Guidance and Counselling

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ABSTRACT

Throughout the world, the youth is at such a crucial crossroads that he/she is not finding right path of life, living and livelihood (3Ls). The increasing number of suicides committed by hostile and frustrated youths is its evidence. On one hand, the jurists and humanists of the world plead for protecting the life of even criminal individuals and on the other hand potential youths are so frustrated that they end their lives due to lack of proper guidance and counselling for managing their stress and leading a healthy and happy life. Ultimate analysis of this scenario reveals that this situation can be managed through human efforts without much expenditure of physical resources. Many instances have been reported that youths reaching to the climax of mental decision to commit suicide could be saved by one stroke of psychological boosting by any person who acted as guide or counsel. It is undisputable that proper guidance and counselling at proper time may rescue hundred thousands youths from committing suicide or harbouring suicidal tendency. Educational institutions may be pin-pointed as the best centres for serving the youths' welfare through guidance and counselling. Mere formal guidance and counselling centers cannot achieve the broader goals of guidance and counselling. A national mission of missionary personnel may help concretise this objective. In this effort, teachers dealing with youths need to be oriented and enlightened to develop expertise in guidance and counselling services. Teachers may also work as a bridge between youths and their parents.

Youths are the power of any nation. The development of any nation reflects in the thoughts and actions of the youth. The understanding of thoughts and ideas originates when they see and feel the activities of other persons of the society and their achievements and failures. All the human beings want to live luxurious life without any hurdles or any failure. The basic problem originates from here when the people see only the glamour and do not see the struggles, devotion and sacrifices of the persons.

Now-a-days younger generation is influenced by the materialistic life. They want to get all the luxurious and highest level in their field within a short time. They are far from the feelings of co-operation, healthy competitions, honesty etc. They want to achieve success by hooks and crooks. In this process they do not realise their shortcomings and circumstances. Sometimes they follow the wrong paths eg. violence, copy/imitation, forgery, bribe, favouritism, loot and robbery etc. to achieve the things. Only they are not responsible for inculcating these practices in their lives but the society and their circumstances force them to adopt this sort of actions.

The changing face of the society, increasing rate of murders, rapes, degradation in values and inhuman behaviour turn the life of any individual. Home is the place where any individual feels free, get affections from family members and learns caring, sharing and training. An individual learns more and get direction from schools and colleges and the process of socialization begins and he/she chooses his/her path.

Expensive education, inflation, show-off tendency force the people to learn and earn more. Scarcity of jobs in government sectors, reservation policies, unfair selections, influence of public representatives, low income etc. are the some causes

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which turn the life of individual and divert attraction towards private jobs. The feeling of insecurity in jobs and aspiration to get the authoritarian posts make the people restless and the results come in the form of stress, conflicts within family and workplaces. The responsibilities of ageing parents, education and nurturing of children, working life partners and the expectations of the society, etc. creates the disturbances/hurdles and this stress increases violence (domestic violence), divorces, early deaths and suicides.

Every individual from child to adult has the needs and problems of their age. Infants need proper attention and care. School going children needs proper educational facilities, emotional support and proper guidance and counselling. Wherever, the aspiration to achieve the high percentage makes them strong, curious and hard working, the fear of failure or low percentage divert their attention and symptoms such as headaches, backaches, other pains, shortness of breath, palpitation of the heart, rapid pulse, high blood pressure, excessive perspiration, vomiting, indigestion, stomach upset, constipation, diarrhea, irritability, fatigue, restlessness, inability to concentrate, fears and fobias, over-aggressiveness originates.

At this stage, behaviour of parents, peer group and teachers plays an important role. During adolescence, the changes occur and many problems originate such as difficulties related to school work, vocational-educational planning, money and jobs, difficulties with parents, difficulties with siblings, person appearance, boy-girl relationship and relationship with same sex.

Emotional disturbances not only deviates the individuals from their path but can also change the life. Favoritism, excessive expenses, discrimination, domestic violence, exploitations and breaking in love affairs frustrates them at the extent that they want to end their lives.

It is the prime responsibility of the parents and teachers to inculcate the essential qualities among children that are the key to success eg. sincerity, personal integrity, humility, courtesy, wisdom and charity. They should have a clear vision towards goal and do the work with all the strength of mind and muscle. If the student feels stressed and frustrated than the morale of the student should keep up high. Relaxation techniques may be beneficial for students. It may be physical or mental in nature. Encouraging literature/books, quotations, posters and pictures can be helpful for the stress-ridden persons.

It is very necessary to develop the sense of self confidence, self actualization and self realization among them. Every person has potentials and qualities. The teachers and parents give them direction. It is not necessary that he/she gets success in one instance. The person can learn even with the example of ants, spider. Continuous effort in the desired direction can be helpful in achieving goal. Failure is the first step of success because through it one can test his/her potentialities, capabilities, shortcomings and determination towards goal. Success is based on the ability to quickly recover from the losses and move on to the next task.

Educational institutions are the centres for character building. To get the desired goal by unfair means gives pleasure for a short time. As we act so is the reaction. Inculcation of values, awareness, consciousness, ability to discriminate right or wrong

actions can check the persons to adopt the wrong path. One thing should be developed among students that the famous characters eg. King Harishchandra, Mahatma Gandhi, Mother Teresa, Lal Bahadur Shastri etc. made their life themselves through struggles, patience, non-violence, truth, feeling of brotherhood etc. Materialistic life nothing matters. The identity of individual reflects through his thoughts and actions.

Proper guidance can mould the life of any individual. Better teaching strategies and learning methods, co-operative behaviour, democratic environment in classrooms can be helpful in solving the educational problems and also make the individual self confident. If any child is not doing well in his/her studies, he/she can be motivated through different techniques. It is the fact that child learns only when he/she is ready to learn so he/she should be encouraged by paying proper attention. Time to time his/her progress can be known through evaluation process.

Now-a-days, it becomes very essential to change the mindset of the students, parents and society. If the I.Q. of the student is average or below average then it should be inculcated in their minds that to get glamorous jobs is not the ultimate and only aim, the other options can start their own small industries, get jobs in marketing line, medicine, technology, hotel management and other reputed jobs. Side by side they can start small business like dairy, dairy products, printing press, laundry, food items preparation and selling etc. Such type of courses not only gives them employment but satisfaction and identity too. It is often seen that if the students are good in their studies, the financial condition of the family do not allow them to continue their studies or to start their own work. These types of problems make them frustrated and they adopt the path of suicide. Through Guidance and Counselling, the information of these courses, admission procedure, fee structure and other necessary information should be given. Loan facility helps the individual to get the desired results. As the citizen of India we should give them support by purchasing the things directly by these centres. We should not promote the mall culture because many small industries are adversely affected by this.

As the rates of rapes are increasing day by day and the attitude of society towards sufferer is not good. On the one hand, she becomes disturbed by the act of rapist and on the other hand the neglecting attitude of society compels her to commit suicide. Through effective guidance and counselling, the information of legal laws and rights can be provided to the sufferer. Not only financial punishment and few years imprisonment is the cost of such type of act, social boycott of the rapist will be a solid step to check the rapes. If the society comes forward the sufferer will not feel lonely and weak, a good direction can also be given. Through guidance and counselling, social awareness should be inculcated among persons that would be helpful to give the legal punishment to the person indulged in such type of activity. As the youths are effected now-a-days by media, the capability of the mass media to entertain is well established. Through the programmes on media (e.g. 'Kali' serial on star plus), the feeling of struggle for truth and existence can be develop.

We should not laugh on the news such as "Ladki Barat lekar pahuchi" , "Ladki walon ne barat lautai". The data of dowry demand and suicides due to dowry are increasing. We have to think in such a way that this situation may be come within our

family. The society should come forward at such type of issues so that it will be the lesson for other persons. Guidance and counselling can play a vital role and the number of suicide will certainly reduced.

Education can play vital role to change the mindset of the society. Actually, the basic things are in the hands of teachers. From pre-primary to higher education, if the teachers do their duty sincerely then the character building, self-confidence, self-realisation, self-actualization and similar basic qualities can be developed effectively and once the youths convinced with the universal truths then the wrong traditions or wrong things will not happen because the youths' mind will work in constructive sense and they will act as maker, reformer and creator.

As St. Francis of Assisi has said- Start by doing what is necessary, then what is possible and suddenly you are doing the impossible (Kheda, p.58).

In-service courses may be helpful to equip the teachers and the competencies can be developed through which the teacher can identify the shortcomings and problems related to teaching and the adjustment of student in his/her society. Through parent-teacher meet, the teacher can know more about the student. Timely promotion of teachers and special awards for their work will inspire the teachers to do their duties sincerely.

If the Guidance and Counselling cell is well equipped with eminent scholars as well as the current trends in society, then only it would achieve its goal. The collaboration with psychologists, psychiatrists and doctors will be helpful. Extra-mural lectures should be arranged from great persons from different profession. Display board should be utilised for giving the information related to different courses and job vacancies. Exhibits can be helpful in providing guidance. Availability of computers and internet connection will be helpful to keep update. Counsellor should be active, resourceful and social so that he/she can attract the persons of the society. The statement of Cox made in 1945, while now not as generally applicable, still seems to describe the counsellor in many schools. She wrote: - "A counsellor needs to be an educational and vocational adviser, a social worker, a teacher, an organizer, a promoter, a public speaker and even a public relations man. At the same time he needs some of the skills of a psychologist, some of the knowledge of a physician, some of the insights of a psychiatrist, perhaps the hardest part of this amazingly complicated function is his need to know where and when his own work properly ends and that of some more specialized worker begins "(Patterson, p.63). These dreams can be true if every individual take oath that he/she will fight with the wrong practices, and then only the purpose of such type of seminars will be fulfilled.

References:-

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