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Counseling And Social Psychological And Educational Guidance In Jordanian Educational Institutions

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A B S T R A C T

Social psychological helps us understand social interactions, conflict, communication, and group dynamics. Research in this field is often carried out through scientific methods such as experiments, surveys, observations, and statistical data analysis to reveal patterns of behavior and social influence in various contexts of daily life. The study aimed to identify reality Social Psychological and educational counseling and guidance in Jordanian educational institutions. To achieve the purpose of the study, the theoretical analytical qualitative approach was used, through an attempt to evaluate and examine the reality of the counseling process in Jordan. Based on results found that in the second semester of the academic year (2022/2023); Where the study concluded that the reality of counseling and social psychological and educational guidance in Jordanian educational institutions is applied and activated in a somewhat positive way, but the weakness of capabilities and resources prevents the realization of all the goals set correctly.

A R T I C L E   I N F O

1. INTRODUCTION

It is known to be the field of social psychological counseling and pedagogical It has become one of the important disciplines in human life at the present time (Maslach et al., 2013), due to the increase in the human need for someone to take his hand and help him solve his problems (Robinson et al, 1973), as the psychological pressures and psychological and social problems have increased due to the change in lifestyle and the divergence of relationships between individuals, as well as the social, economic and technological changes and developments that occur in The field of education, where the individual today lives a number of psychological conflicts resulting from the family changes that occur in our societies (Daniels et al., 2022; Rababa & Al-Momani)

All of this confirms the necessity of guiding individuals and guiding them psychologically in our present era, with the aim of preventing them from falling into psychological disorders and behavioral deviations (Gergen, 1973; Masuda, A., et al., 2007; Okun, M. L., 2022), as well as strengthening their self-confidence and sense of security and helping them to solve their problems in all educational, social and family fields, which helps the individual to achieve psychological and social compatibility and enjoy a high degree (Smith, 1996). Mental health and psychological and professional compatibility (Al-Momani & Jawarneh, 2021) Need The Counseling And Psychological And Educational Guidance.

Became the need to Counseling and social psychological and educational guidance Urgent and necessary in all countries of the world in general (Robinson et al, 2013; Farozin, et al., 2020; Heppner, 2008), especially after it has been encompassed by technological civilizational manifestations and rapid and successive changes in all aspects of an individual's life, whether on the family, social, cultural or professional level (Tomaszewska, 2020).

Man lives in an era of technological progress, changes and challenges full of problems, as every individual passes through the stages of his life with problems Ordinary and critical periods (Batson et al., 1993), and difficult situations in which he needs guidance and guidance, hence the need for an appearance Counseling and psychological and educational guidance (Porter, 2020; Valverde, 2020).

The different need for psychological services has emerged and pedagogical Clearly, as a result of the development that dealt with society (Markus et al., 1987), it led to the different conditions in which man lives and the complexity of the social systems to which he is subject, (Yeager et al., 2011) and therefore this is accompanied by the multiplicity of obligations and demands imposed on the individual and the multiplicity of methods for satisfying them (Pennebeaker et al., 2013), then the complexity of the methods of compatibility that the individual must learn and follow (Al-Momani, 2022) We will refer here the Several things make the need urgent for guidance Psychological and educational guidance and from which: (Zyromski, 2018; Al-Momani et al.,2022).

(1) Transition Periods:

All individuals, during their developmental stages, go through periods of transition in which they need guidance and counseling, and the most important of these periods: Transition from middle childhood to late childhood, then to adolescence and adulthood.

- The stage of youth, then the stage of marriage, and so on.

(2) family and social changes and from the situation a Her cat:

- The independent marital family replaces the large extended family.
- Appearance of problems Family such as housing, family planning, marriage problems, and aging problems.

- Women go out to work to support the family economically a and the resulting change in the role of women in the family The type of relationship prevailing among family members (husband, wife, children, grandfather, grandmother).
- The clarity of the conflict between generations and the increase in the differences in social values and standards between the young and the elderly. Realizing the importance of education in achieving a rise in the social and economic ladder.
- A change in some behavioral aspects, habits and values, and people's satisfaction with what they were not satisfied with before.

(3) Scientific and technological progress and its manifestations:
- Modern inventions increase.
- Industry automation policy.
- The development of media and its means (radio and television), information technology and the knowledge explosion.
- Increasing the need to prepare an excellent elite of scientists to ensure scientific and technological progress.
- Looking ahead and planning for the future.
- Changing attitudes, values, ethics and lifestyle.
- The educational system, the economic entity and the professional field have changed.

(4) The age of anxiety:

We live in an era that can be called without embarrassment the name "the age of anxiety" for a living I became the game of reach and the search for security, safety and job And The University and the Independent Political, social relations, norms and values are all a source of concern for individuals.

(5) Development in the field of education:

The increasing numbers of students In schools, the development of education and its concepts, the increase in sources of knowledge, and the increase in disciplines and materials made the teacher unable to face this amount of burdens in educational institutions, especially since the school includes outstanding students, students with disabilities, and delinquents, which led to the emergence of some problems in adaptation and school compatibility.

In addition to the development of education it has been in the past He cares about teaching information and facts, but in our current era, he became interested in the student and made him the center of the educational process, and he became able to choose what suits his tendencies and abilities, and education was linked to the needs and demands of the student and his ability to satisfy such needs and demands.

One of the features of the development of education is the involvement of the family in the educational process in order to create a kind from Cooperation between the family and the school as well as increasing numbers of students in schools resulting To the need for a psychological counseling program in schools at all stages.

(6) Changes in the field of work:

The progress made in the field of science, technology and industry has affected people and the work they do. The job and vocational structure in society has changed, so jobs have multiplied, the means of production have diversified, specializations in work have increased, old professions have disappeared and new ones have appeared, in addition to solutions god Industrial place of manpower And who This led to the emergence of a state of anxiety among individuals about their work and the need to change work to another, so that they could adapt and agree in their work so that they would face the problems they encountered, with the help of Counseling and psychological and educational guidance.

2. METHOD

This research was conducted by the theoretical analytical qualitative approach method, through an attempt to evaluate and examine the reality of the counseling process in Jordan. Definition Of Guidance And Guidance Psych And Pedagogical: First, we say that defining guidance in specific words is not easy (Baker, 2021).

Therefore, many definitions of psychological counseling have emerged and pedagogical Some definitions focused on the mentoring relationship and the role of the mentor, while others focused on the counseling process itself, while others were concerned when identifying Jan understanding of mentoring with the results we get from mentoring (Al-Momani, 2022).

From here, we try to refer to many definitions, for example, but not limited to, so that the concept is clear and clear, and among these definitions are the following:

Identification (Hardy, 2018)

Finding solutions to the problems arising from the three axes, which are home, school and society.

Identification (Draaisma et al., 2018)

A face-to-face relationship between a mentor and a mentor, and the counselor helps the counselor to face a problem or change and develop his behavior and methods of dealing with the circumstances he faces and take responsibility for his decisions.

Identification (Romito et al., 2020)

A field concerned with the individual's adaptation to help him solve the problems he encounters, which he cannot overcome on his own, and focuses his attention on the individual and not on the problem he suffers from.

Identification (Huang & Chen, 2022)

A constructive process that aims to help the individual to understand himself, study his personality, identify his problems, and develop his capabilities and aptitudes in solving problems in order to reach mental health that leads to his compatibility. The process of therapeutic counseling includes reaching the client's problems.

Identification (Al-Momani, 2022)

An interactive process that arises from a relationship between two individuals, one of whom is a specialist, the counselor, and the other the counselor, in which the counselor, through this relationship, helps the counselor to face the problem of changing and developing his behavior and methods in dealing with the circumstances and problems he faces.

Identification

The process in which the client's self-structure relaxes within the framework of the security provided by the relationship with the mentor, and in which the client realizes his excluded experiences in a new self.

Identification (Pulkkinen et al., 2020)

A process that includes interaction between a mentor and a mentor in a specific situation, with the aim of helping the counselor to change his behavior so that he can reach a solution that suits his needs.

From the previous definitions for guidance and direction psych and pedagogical We can define it procedurally As follows:

she constructive, collaborative, face-to-face professional relationship between a mentor and a mentor, or between a mentor and a group of mentors guided It aims to help the counselor solve his problems that he suffers from by himself, by helping him to develop his capabilities and preparations, and to change and develop his methods in dealing with the

difficult circumstances he faces in order to overcome them, and to achieve mental health that leads him to compatibility with himself and with society.

This study describes several theory about social physicological and counseling, the theory was adopted by expert then mention in table 1.

Table 1 Theory and Previous Research

No	Researcher	Information
1	Ochieng et al., 2021	Goals Counseling And Psychological And Educational Guidance
2	Al-Momani & Rababa, 2022; Alrabadi et al., 2022	Summarized Counseling and psychological and educational guidance
3	Al-Momani, 2022; Zyromski et al., 2022; Al-Momani, 2022; Ochien et al., 2021	Important things for achieving compatibility
4	Rababa et al., 2022; Porter, 2020; Al-Momani, 2022	Curricula Counseling And Psychological And Educational Guidance
5	Al-Momani et al, 2021; Zyromski et al., 2018; Baker et al., 2021	Curricula Counseling and psychological and educational guidance Integrated
6	Draaisma et al., 2018	Psychological and behavioral problems
7	Al-Momani et al., 2020; Al-Momani, 2022; Hardy et al., 2018; Ochieng et al., 2021	Principle of the here and now
8	Valverde et al., 2020	the principle of confidentiality
9	Al-Momani, 2022	the principle of acceptance of the guided
10	Tomaszewska et al., 2020; Porter, 2020; Romito et al., 2020; Al-Momani, 2022	Counseling and psychological and educational guidance

3. RESULTS AND DISCUSSION

Goals Counseling And Psychological And Educational Guidance:

mention some researchers Many different goals for guidance Psychological and educational guidance To the extent that it sometimes reaches according to his condition and expectations, and others talk about it as a unit.

Others also point out that no matter how many the goals of psychological guidance and counseling are, they fall under three levels, which are as follows:

(1) Knowledge level:

It deals with thinking, perceptions, perceptions, knowledge, experiences and beliefs.

(2) Affective level:

It deals with sentiments, emotions, attitudes and values.

(3) The practical level (behavioral).

It deals with the process of behavior modification and the acquisition of new practical behavioral skills.

Objectives can be summarized Counseling and psychological and educational guidance Within the previous levels in the following points:

(1) Self-fulfillment:

Each individual has a primary motive that guides his behavior, which is a motive (self-actualization) and at the same time the individual potential It may facilitate or hinder the achievement of that motive. A superior, intelligent person with excellent capabilities and capabilities can achieve himself easily, but psychological counseling focuses on helping the individual to accept and achieve himself, regardless of the capabilities he has.

Counseling does not accept the idea of either everything or nothing, but it helps the individual first of all to recognize and understand his capabilities, capabilities and needs, and then works to help him achieve the maximum degree that his potential can reach.

In order to do this, the psychological counselor must help the counselor to achieve himself by seeking to have a positive concept of himself. If he finds the concept negative, he must raise the individual's self-confidence. same.

(2) Compatibility:

One of the most important goals of guidance and psychological counseling is to achieve harmony, i.e., to deal with behavior and the natural and social environment through change and modification so that there is a balance between the individual and his environment, and this balance includes satisfying the needs of the individual and meeting the requirements of the environment.

Achieving this goal requires developing the mentor's energies and providing him with the skills to deal with situations Especially stressful situations, and the advancement of the decision-making process.

Psychological compatibility must be viewed in an integrated way so that balanced compatibility is achieved in all its fields. The most important areas for achieving compatibility are as follows:

- personal compatibility:

That is, achieving happiness with oneself and being satisfied with it and satisfying the primary, innate, organic, physiological, and acquired internal motives and needs, and it expresses an internal peace where conflict is reduced, and it includes as well as compatibility with the demands of growth in its successive stages.

educational compatibility.

This is done by assisting the individual in choosing the most appropriate subjects and curricula in light of his abilities and tendencies and make every possible effort to achieve academic success.

- professional compatibility:

It includes the appropriate selection of the profession, scientific and training readiness for it, entry into it, achievement, competence, a sense of satisfaction and success, i.e., placing the appropriate worker in the appropriate work for him and for him.to the community.

- social compatibility:

It includes happiness with others, commitment to community ethics, keeping pace with social standards and rules of social control, accepting social change, sound social interaction, shouldering social responsibility, doing good in the community, and adjusting values, which leads to achieving social health.

(3) Achieving mental health:

Mental health is a permanent state in which the individual is psychologically compatible, feels happy with himself and with others, is able to achieve himself and exploit his capabilities to the maximum extent possible, and is able to face the demands of life.

In order for the individual to have mental health and what it includes in terms of happiness and security, one of the goals of the psychological counseling process is to achieve mental health and achieve the individual's happiness here and there.

As it is unreasonable for the individual to be inconsistent with all that matter, and this matter is done by removing what the individual faces in his life problems Troubles and difficulties impede his compatibility and adaptation, so counseling works to give the individual the ability to solve problems and understand them properly.

(4) Improving the educational process:

Most institutions educational that bother by extension Psychological and educational guidance As mentioned, achieving educational compatibility and success in school and adapting to life in it and to the educational process, so helping the individual in different compatibility and introducing him to the correct study methods and sparing him the factors that hinder his success, all of this raises his motivation and encourages him to study and makes him feel satisfied and happy in school and creates a healthy atmosphere educational process and works to improve it.

(5) Providing the individual with the skill of self-control and self-direction:

It means bringing the guided individual to a degree of awareness of himself and his capabilities, and his understanding of his circumstances and surroundings in a way that is closer to reality, where the human being at the beginning of his life enjoys an external control center for his behaviors, and this gradually moves through education, socialization, guidance and guidance to an internal control center.

Thus, he controls his behavior and adjusts it with an inner desire and self-monitoring without hesitation or fear the counselor can face his future problems without relying on others, leading to prevention and protection from falling into trouble, and this preventive aspect is one of the main concerns of guidance and counseling.

(6) making decisions:

In his life, the individual goes through a series of situations and experiences, in which he needs to make different and gradual decisions in severity and danger. He also goes through transitional periods in life and stages of development that differ in their requirements, and this matter requires making the right decision and the appropriate decision, and this is a skill that the individual must train on since Small, such as the marital decision, the educational decision, or the professional decision.

Therefore, he needs to learn the procedures for making and making decisions, and some other individuals need help in modifying the procedures for making and making decisions. Therefore, the individual needs practical technical assistance in clarifying and facilitating the steps that enable him to reach the appropriate decisions to be taken by himself, satisfied with them, and bear their responsibility. This can only be achieved through psychological counseling.

From Previous Goals For Guidance Psychological And Educational Guidance We Conclude That It:

If someone wants to work in Counseling and psychological and educational guidance To achieve his goals in a scientific and correct way, he must care and deal with all levels (the cognitive level - the emotional level- The behavioral level) at the target group that deals with it, because there is no problem or issue devoid of these three levels, and because these levels are linked to each other and cannot be separated.

Therefore, the counselor or the psychologist must take into account these three levels while preparing the intervention plan, in order to be able to correct and modify the imbalance in it, and in the end reach an appropriate solution to the existing problems.

Curricula Counseling And Psychological And Educational Guidance:

To achieve Counseling and psychological and educational guidance desired goals it uses a set of approaches namely:

1- Curriculum development:

This approach is called the Structural Strategy because it is concerned with promoting and developing the positive aspects of the individual. This approach considers the counseling process as a growth process, provided to ordinary individuals in order to take care of their healthy growth, improve their behavior, and raise their capabilities, abilities, readiness and competence to strengthen their psychological, health, social, educational and professional compatibility to the maximum possible degree. It qualifies them to overcome the conflicts and abnormal problems that they face in their daily lives.

This approach is useful in planning mentoring programmers and school counseling to take the hand of students and bring them to harmony in their personal, social and academic aspects.

2- The preventive approach:

The process is based Counseling and psychological and educational guidance in this approach, the individual's behavior is prevented from disturbances and problems Incompatibility, the preventive approach strategy relies on Counseling and psychological and educational guidance on the following things:

- Maintaining the mental health of ordinary people.
- Work to achieve compatibility.
- Carrying out scientific studies related to understanding individuals (their predispositions, inclinations, and attitudes) for early detection of any disorder to work on confronting it before it becomes strong, aggravated, and difficult to overcome.

3- Therapeutic approach:

It aims to restore the psychological compatibility and mental health of the individual when he does not have guidance and guidance for proper growth, or there is not enough prevention to prevent falling into disorders, or when we fail to detect early disorders and problems in some individuals, and this approach requires careful specialization in therapeutic counseling. We conclude from the foregoing that:

Curricula Counseling and psychological and educational guidance Integrated and gradual in terms of use, starting with the developmental aspect, passing through the preventive aspect and it's over In the therapeutic aspect, as it is important to deal with these three approaches when facing any phenomenon or problem.

As the developmental approach is considered an important and essential approach in the psychological counseling process because it seeks to work from the outset to develop the capabilities of the individual by providing all the possibilities and conditions in which he can live and qualify him to overcome the conflicts and abnormal problems that he faces in his daily life.

Therefore, if this approach is used in the right way by those working in the field Counseling and psychological and educational guidance This will help individuals improve their behavior, potentials, and abilities, increase their psychological, social, educational, and professional compatibility, and increase their ability to deal with frustrations and pressures that they face in their daily lives, which leads to reducing the percentage of psychological and behavioral problems and disorders that may appear in these individuals

Principles Counseling And Psychological And Educational Guidance:

Get up Counseling and psychological and educational guidance It is based on general foundations and principles that the person in charge of the counseling process can abide by and work through to ensure the success of the psychological guidance and counseling process. Among the most important of these principles are the following:

First: the principle of the here and now

This principle focuses on the circumstances and events that the counselor is living now, as he is going through a lot of standing and active events that will increase his tension and work on his inability to adapt and balance. He must also emphasize what is happening now, i.e. the place where the counseling process takes place so that The counselor lists the thoughts, events, beliefs, and the accompanying feelings and feelings emanating from the counselor, and the counselor transforms them into the present.

A skilled counselor should be familiar with all aspects of the counseling process in order to be able to understand the client's problem, try to help him, and develop appropriate solutions with the help of the counselor, as the solutions must stem from the counselor according to his capabilities until He can do it to get rid of from his various problems and re-compatibility and adaptation to him.

Second: the principle of confidentiality:

The human relationship between the psychological counselor and the counselor is one of the most basic and important elements in the psychological counseling process, and accordingly the relationship must be characterized by mutual trust between the two sides of the counseling process so that the counselor can provide the psychological service to the fullest extent, and this can only be achieved if the counselor keeps the secrets of the counselor He takes into account the principle of complete confidentiality in his counseling relationship in order to gain their trust and in order for psychological counseling to bear fruit.

Confidentiality is considered a basic pillar and one of the most important ethics of the psychological counsellor, and here we must clarify that it is not permissible to disclose confidentiality except with the professionals of the profession, after obtaining his approval, and also if there is a danger to the life of the counselor here, confidentiality must be disclosed to ensure the life of the counselor.

Third: the principle of acceptance of the guided:

The psychological counselor must accept the counselor as he is, with his faults and shortcomings, without criticism or blame, without remarks or expressing an opinion, and without using meanings, as one of the most important duties of the counselor is to recognize the failure situations of the counselor first, and then to identify the success situations again.

It should be noted here that recommendations are mentioned(Rogers)That the psychological counselor must accept the counselor with his various emotions, and the counselor must accept the counselor with good speech and a fluent face, and we must also note here that accepting the counselor as a whole means accepting all his behavior, whether this behavior is good or bad, but the counselor must be accepted as he is first and then make an adjustment Wrong behaviors within the counseling process.

Fields Counseling And Psychological And Educational Guidance:

Many areas Counseling and psychological and educational guidance It included various aspects of therapeutic, educational, marital, family, childhood, youth and old age life. Here we refer to the areas of Counseling and psychological and educational guidance The main ones are as follows:

(1) Educational Guidance:

Educational counseling is the process of helping the individual to identify and draw educational plans that are commensurate with his abilities, potentials, interests and goals, and to choose the type of study and curricula that help him to learn. Discovering the educational capabilities and helping him to succeed in his studies and achieve his educational goals in the various fields of life.

The goals of educational counseling are integrated with the goals of psychological counseling, and the general goal is the success of the educational process, by knowing the students, understanding their behavior, and helping them to make the right choice, as well as benefiting them in solving the problems they may be exposed to through the different stages of development.

(2) Therapeutic guidance:

Therapeutic counseling is the process of helping the client to discover, understand and analyze himself, and his personal, emotional and behavioral problems that lead to poor psychological compatibility and work to solve problems in order to achieve the best level of compatibility and mental health.

This type of counseling is concerned with studying the personality of the counselor as a whole so that he can be directed in the right direction in the best ways to reach the greatest degree of psychological compatibility and mental health.

Therapeutic counseling deals with psychological problems such as personality problems and disorders, emotional problems, problems of compatibility and general behavior, using information gathering methods such as psychological tests and psychological diagnostic standards so that the counselor can collect data and information that will help him to better understand and diagnose the problem of the client.

(3) Vocational Guidance:

Vocational counseling is considered one of the oldest fields of psychological counseling. Vocational counseling is the process of helping the individual to choose a job that suits his abilities and preparations, to prepare for work, to obtain it, and to progress in it. This means that vocational counseling helps the individual to decide his professional destiny by himself. Including selection and preparation for work and obtaining it.

Vocational guidance aims to place the right person in the right place in order to achieve professional compatibility and benefit the individual and society. The most important professional problems can be summarized in (problems Choosing the type of work and preparing for it - problems of adapting to work - retirement from work) where vocational counseling services include vocational education and analysis of the worker's personality as well as the nature of work, vocational selection, post-qualification and professional compatibility.

(4) Family counseling:

Family counseling aims to achieve the happiness, stability and continuity of the family, and thus the happiness and stability of society, by spreading the education of the principles of sound family life, the principles of correct socialization of children, the means of raising them, caring for their growth, and helping in solving and treating family problems that surface.

(5) Guiding children:

It is well known that the characteristics of children's growth differ from one age stage to another, and therefore the process and methods of counseling differ from one stage to another.

Among the most important psychological disorders that children's counseling cares about are fear, shyness, crying and jealousy. It is also concerned with providing awareness services

and programs for parents in ways of education and achieving growth demands at every stage for their children.

It is necessary to pay attention to the childhood stage because of this stage's importance in a person's life and his personality in the future, especially the first five years in a person's life, as many scholars agreed on the importance of those years in building a person's personality, so workers in the psychological field should prepare and develop programs Counseling, therapeutic and educational services that help parents and stakeholders understand the stages of development that children go through, how to deal with changes that occur to children from one stage to another, and how to deal with problems and behavioral disorders that may appear. They have

(6) Counseling adolescents (youth):

The youth stage is considered the most urgent stage of the need for psychological counseling, due to the physiological, psychological, professional and social problems permeating this stage. It is the stage of self-realization and personality building. In which the individual goes through critical transitional periods such as sexual puberty and the accompanying physical, emotional and social changes, as well as mental changes and the subsequent acquisition of behavioral patterns. During this stage, the individual grows socially and morally and is able to assume responsibility.

Adolescent counseling, in its essence, is based on assisting in the care, guidance, and growth of young people psychologically, educationally, and socially, and assisting in solving their daily problems with the aim of helping them achieve sound and integrated growth, normal harmony, and achieving the best possible level of mental health.

The need for counseling emerges in adolescence because it is one of the most difficult developmental stages in an individual's life, during which changes occur to the adolescent in various aspects of his physical, mental, psychological, emotional and social personality, which causes him anxiety and conflict.

The teenager needs psychological needs that he seeks to satisfy, and if he does not find satisfaction, his balance becomes disturbed and his behavior is disturbed, and then he is in dire need of someone to guide and direct him in order to ease his struggles and overcome his problems.

4. CONCLUSION

There are several theories that discuss social psychological and educational guidance. Jordan adapted almost the entire theory, but adapted Jordanian social conditions. There are several guidance relate the theory such as transition periods, family and social changes and from the situation, Scientific and technological progress and its manifestations, The age of anxiety, Development in the field of education, Changes in the field of work. The others theory describes the goals of psychological guidance and counseling are, they fall under three levels, which are knowledge level, affective level and practical level. Objectives can be summarized Counseling and psychological and educational guidance Within the previous levels in the following points self-fulfillment, Compatibility, Achieving mental health, Improving the educational process, Providing the individual with the skill of self-control and self-direction, and making decisions. To achieve Counseling and psychological and educational guidance desired goals it uses a set of approaches namely Curriculum development, The preventive approach, and Therapeutic approach.

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