

**INFLUENCE OF GUIDANCE AND COUNSELLING ON THE
ACADEMIC PERFORMANCE OF SECONDARY SCHOOL STUDENTS
IN ENUGU EAST LOCAL GOVERNMENT AREA OF ENUGU STATE**

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ABSTRACT

This study sought to establish the influence of guidance and counseling programs on the academic performance of secondary school students in the Enugu east local government area of Enugu state. This study adopted the descriptive survey research design. It targeted the population of all the tutorial staff and students in the Enugu east local government area, with a total number of six thousand two hundred and sixty-five (6265). A random sample of six hundred and twenty-seven (637) students and teachers was chosen for the study. Data were collected through the administration of six hundred and twenty-seven (627) copies of the questionnaires on the selected respondents. The collected data was then processed findings show that all schools in Enugu east local government area have established guidance and counseling programs but varied in the services they offered. Also, the guidance and counseling program received various kinds of support from the school administration, teachers, and parents in undertaking its responsibilities in the schools. According to the findings, implications were drawn and recommendations were made. The recommendations include that there is a need for the counselor to implement all the services required for guidance and counseling and that the counselor should introduce counseling to the school in order to be aware of counseling services and the importance of counseling to all members of the school at large. Also, the guidance and counseling program should be strengthened in order to improve the academic performance of secondary school students in Enugu east local government area of Enugu state. Finally, the limitations of the study were highlighted and suggestions for further research were made.

Keywords: Influence, Guidance, Counselling, and Academic Performance.

1.0 INTRODUCTION

Guidance is the process of helping a person to develop and accept an integrated and adequate picture of himself and of his role in the world of work, to test this concept against reality, and convert it into reality with satisfaction to himself and benefit to the society. Counseling is a psychological process of helping an individual to achieve his self aims such as self-direction and mental balance necessary to make the maximum adjustment to the school, home, and

society. Moreover, Guidance and Counselling are aids or help extended to people or groups. However, Chinoo (2020), defines counseling as a helping relationship between two persons or more whereby the helper assists the individual or individuals understanding themselves, their personality, and behaviors which assists him to adjust his maladaptive behavior to adaptive behaviors and develop as well as clarify a set of goals and values for future behaviors. Furthermore, guidance and counseling services are services rendered to clients by a counselor aimed at helping the persons understand themselves as well as take appropriate steps in educational, occupational and socio-personal areas of life, (Egbo & Chino, 2020). Guidance can be said to have started as a movement, at the beginning of the 20th century, as a reaction to the change process in an industrialized society. Guidance services were set up within the department of education in September 1959 at St. Theresa's college, Oke ado in Ibadan, which a consultant Louis made recommendations and was sent over to Nigeria by (United Nation Educational Scientific and Cultural Organization (UNESCO) summit, 2012). According to Gururani (2006). Guidance is commonly understood as leading, instruction, or direction. Ezeji (2005), defined Guidance as the help given by a person to another in making choices, adjustments, and solving problems. Counseling may also be taken as a psychological process of helping an individual to achieve his self-direction, self-understanding, and mental balance necessary to make the maximum adjustment to the school, home, and society. Guidance and Counselling have been conceptualized as a program of activities that have provided us with the gateway out of the existing numerous problems in our present age of complex scientific and technological development (Okobia and Okorodudu 2004). In a country like Nigeria where the literacy level is already falling below the desired level as well as dropout ratio is alarming an optimistic scenario could be risen by applying guidance and counseling techniques to improve the academic performance of the students. Yahaya (2013), viewed that passing examination to secure a certificate either for admission into higher institutions or secure good jobs is the main goal of education to many people and not the acquisition of knowledge and skills through study. Many students perform poorly because they lack the right attitude to study and do not have the right orientation from home and from society. School guidance and Counseling programs have therefore been introduced to assist students to overcome numerous challenges they experience at home and at School in order to yield a positive results in their academic achievements and performances.

Anagbogu (2012) opined that Guidance and Counselling Services are aids or help offered to individuals or groups. To her, it may be perceived as professional help given to students which may either occur to one individual or a group. Guidance and Counselling services are greatly concerned with helping the individual gain insight and understanding of himself in relation to present and future environment such that decisions and choices made could lead to more satisfying, rewarding experiences. According to Ajoku (2008), there is varying guidance and Counselling services offered in schools. In this vein, Anagbogu (2012), outlined the guidance and Counselling services provided in secondary schools as Testing information, orientation, counseling, follow-up, Referral, Evaluation and Research services, etc. School Guidance and Counselling programs provide Services that equip the students with the necessary, attitude and skills to become mature and socially responsible individuals who will promote a just and human society, one of the services that school guidance and Counselling provides to the student are individual inventory services, this service helps the students gather information about themselves, leading to an understanding about themselves and also helping the teachers, counselors, administrators, and parents to understanding the

students. Secondary Guidance and counseling program provides valid information, which is educational, personal-social, and occupational in nature. This is known as an information service. This information helps the student develop his or her decision-making competencies. This service is rendered through the Guidance bulletin board etc. Testing service is also a package of Guidance and Counselling services. This service helps the students assess and understand their abilities, capabilities, interests, personalities, and pressing concerns. Apart from the students, this service is also a useful tool for the counselor as the basis for guidance and counseling, it helps diagnose behavioral and emotional problems that affect student performance. Counseling service is guidance and counseling program, this service underlies respect for the dignity of the person and recognition of individual differences, it is rendered through individual counseling, group counseling, home visits, and referrals. counseling service aims at helping students attain self-awareness so that they can be responsible for themselves, overcome personal difficulties, and imbibe uncertain values such as love for everybody, realize their role as agents of transformation; this service may be walk-in, referred, or call-in. Guidance and counseling thus, promote the holistic development of every student. This shows the need for every teacher to become a guidance-minded teacher in the course of carrying out his/her duties with aim of making an impact in the students' life. A major trusting point in adolescent lives involves the career choice that they make while in senior secondary school. However, this decision plays a major role in establishing youth in a career path that opens as well as closes opportunities depending on the strength of guidance they have. are subjected to. Adolescents with special needs like those with severe mental retardation may not even complete secondary school education because of their unique characteristics, proper guidance will assist the adolescents in their career development activities, improve their academic performance in order to help them choose an occupation, prepare for, enter into them successfully.

2.0 STATEMENT OF THE PROBLEM

In this modern age, guidance and counseling can play a pivotal role in improving the academic performance of students at all levels by eliminating the hurdles faced by students in their studies. It is quite appalling to see students still performing poorly in their academic work despite the numerous ways in which they are guided either by their teachers or parents to follow the laid down rules and regulations. Despite the fact that guidance and counseling programs are made available in both homes and in schools. There is still a great height of indiscipline among students which has an influence on their academic performance. The researcher intended to examine the influence of guidance and counseling on academic performance of secondary school students in Enugu east local government of Enugu state. The main concern was to provide some insights into these issues and establish the academic performance of secondary school students in the Enugu east education zone.

2.1 Purpose of the study

The main purpose of this study is to:

1. Establish the effectiveness of guidance and counseling programs in the academic performance of secondary school students in Enugu east local government.
2. Identify the roles of school administration and other teachers in enhancing

2.2 Research questions

The following research questions guided the study:

1. What is the effectiveness of guidance and counseling programs on the academic performance of secondary school students in the Enugu east education zone?
2. What are the roles of the school administrators and other teachers in enhancing guidance and counseling programmes in Enugu east education zone?

3.0 METHOD

Descriptive survey research was adopted. A survey research design is one in which a group of people or areas are studied by collecting and analyzing data from only a few groups of area considered to be representative of the entire group. According to Asika (2009), research designs are often referred to as the structuring of investigation aimed at identifying variable and their relationship to one another Survey research involves the collection, analysis, and interpretation of data without manipulation of any variable.

The study was conducted in Enugu state, Enugu East is one of the six (6) education zones of Enugu state. The other zones are Agbani, Awgu, Nsukka, Obolloafor, and Udi. Enugu education zone covers the activities of secondary education in three (3) local government areas (Enugu north, Enugu east, and isi uzo) that make up Enugu education zone out of the 17 local governments in the state. Enugu east education zone shares boundaries with Enugu education zone and Nsukka education zone.

The population for the study is 6265 which consists of all the staff and the students in (10) Post-secondary schools in Enugu East local government Area of Enugu State.

A sample size of 627 for the study was drawn using simple random sampling from the total population of 6265 students in ten secondary schools, in the Enugu East Education zone of Enugu State. The researchers agreed on the number to be taken and numbers were assigned to all selected students, a systematic random sampling was used.

10% of students 5030 = 503

10% of teachers 1235 =124

Sample 627

A researcher-structured questionnaire named "Guidance and counseling service scale" (GACSS) was used for data collection. The instrument (GACSS) consisted of two sections A and B. Section A sought the demographic information of the respondents while section B contained 26 items on the provision of guidance and counseling services. It was a four-point rating scale in which respondents have to state whether they strongly agree (SA = 4 points) Agree (A = 3 points) Disagree (D = 2 points) and strongly disagree (SD = 1 point).

To ensure the validity of the instrument, the initial draft of the instrument was subjected to face validation. It was done by two (2) experts, one in measurement and evaluation and the other in guidance and counseling in Enugu state university of science and technology

To determine the reliability of the instrument, the researcher trial tested on a representative sample of 10 female and 10 male students from the Agbani zone which is outside the area of study. Cronbach Alpha statistical analysis was used to determine the internal consistency coefficient of the instrument. The result of the data analysis gave Alpha coefficient values of 0.78 and 0.79 respectively for clusters one and two, of section B of the instrument.

The researcher administered the copies of the instrument directly to the respondents with the help of four research attendants. The researcher was able to retrieve 580 copies of the instrument as against 627 copies administered

The two researcher questions formulated to guide the study were answered with mean, grand mean, and standard deviation statistics. The mean rating of the numerical values assigned to the response options was added and divided by the basis for the cut-off thus:

$$\frac{4+3+2+1}{4} = \frac{10}{4} = 2.50$$

For the research questions, any item with a mean score of 2.50 and above was regarded as strongly agree, while an item whose mean score is below 2.50 was interpreted to mean strongly disagree.

4.0 RESULT

Research question 1

What is the effectiveness of guidance and counseling programs on the academic performance of secondary school students in Enugu East local government of Enugu state?

Table 1: Opinions of teachers on the effectiveness of guidance and counseling program on academic performance of secondary school students in Enugu East Local government

S/N	Description of Items	SA	A	D	SD	Mean Score	SD	Decision
1.	Guidance and counseling assist them in career decision making	167	170	123	100	2.83	1.06	AGREE
2.	Guidance and counseling programme enhance students self esteem	270	187	72	51	3.17	0.96	AGREE
3.	Guidance and counseling programme assist them in problem solving	253	204	83	40	3.16	0.91	AGREE
4.	Effectiveness of guidance and counseling enhance their	215	185	105	75	2.93	1.30	AGREE

	personal career and academic performance							
5.	Effectiveness of guidance and counselling enhance secondary student in time management skill	197	175	115	93	2.82	1.07	AGREE
6.	It helps secondary school student in changing their mal-adaptive to adaptive behaviour	218	207	72	83	2.97	1.04	AGREE
	GRAND MEAN					2.96		AGREE

The data in table 1 shows that of 6 items on the effectiveness of guidance and counseling programs in secondary school in Enugu east local government of Enugu state. 6 items (1, 2, 3, 4, 5, and 6) showed strongly agreed while none indicated to strongly disagree. Thus their standard deviation shows little variability in the respondent's score. This indicates that there is a similarity in their responses to the items of what is the effectiveness of guidance and counseling programme in secondary schools in Enugu east local government of Enugu state. Table 1 further indicated that the effectiveness of guidance and counseling programs in secondary schools in Enugu east local government area of Enugu state is above the cutoff point of 2.50 as they recorded a grand mean score of 2.96. Thus the answer to the research question (1) on the effectiveness of guidance and counseling programmes are as follows, assist students in career decision making, enhance students' self-esteem, assist the student in problem-solving, assist them in time management skills, and also helps students in Enugu east local government area of Enugu state to change their mal-adaptive to adaptive behavior. From table 1, one can conclude that all the areas in the table gave credence to the effectiveness of guidance and counseling programmes in secondary schools in Enugu east local government area of Enugu state with the item that guidance and counseling programme in secondary school is to enhance the academic performance of the secondary school students scoring the highest. Meanwhile the grand mean of table 1 which gave (2.96) as the total, also shows that the effectiveness of guidance and counseling in our secondary school is in accordance.

Research question 2

What are the roles of the school administrators and other teachers in enhancing guidance and counseling programmes in the Enugu east education zone?

In finding answers to this question, items shown in the table below were analyzed and interpreted.

Table 2: Roles of the school administrators and other teachers in enhancing guidance and counseling programme in Enugu east local government.

S/N	Description of Items	SA	A	D	SD	Mean Score	SD	Decision
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1.	Monitoring the progress of student being counselled.	226	216	74	64	3.04	0.95	AGREE
2.	Referring students with counseling need to the teacher counsellor	237	223	67	53	3.11	0.94	Agree
3.	Facilitating attendance of seminars and workshop	242	229	61	48	3.25	0.83	Agree
4.	Inviting guest speakers	217	210	80	73	2.98	1.01	Agree
5.	Helps in providing room/office for student counsellor	214	204	86	76	3.11	0.94	Agree
6.	Availing students records	219	216	74	71	3.01	1.00	Agree
	GRAND MEAN					3.08		Agree

From table (2) above the mean scores obtained are as follows: 3.04, 3.11, 3.25, 2.98, 3.11, and 3.01 respectively, the table also has a grand mean of 3.08. From all indications, the respondents all agree that the role of the school administrators and other teachers enhances guidance and counseling programme in Enugu East local government this is so because both the mean and grand mean obtained are above the yardstick for measurement (2.05) the results obtained indicate that school administrators and other teachers enhance guidance and counseling programme in iv Enugu East local government area of Enugu state.

5.0 CONCLUSION

Based on the findings, the study makes the following conclusions:

1. Secondary schools in the study area differ in the number of guidance and counseling services that they have implemented.
2. Stakeholders adequately support guidance and counseling programs in the schools.
3. Students are aware of the role and importance of career counseling in their schools.
4. Guidance and counseling have a positive impact on the academic performance of the student.

6.0 RECOMMENDATIONS

Upon completion of this research work, the following recommendations are made: This study was aimed to meet the need of the students to develop the skill of self-study, decision making, problem-solving, and self-understanding, to work and learn, and lastly to have a positive achievement in their academic performance. The researcher recommended that there is a need for the counselor to implement all the services required for a guidance and counseling programme especially educational counseling in order to help secondary school students in the Enugu east local government area to pursue the right type of education that will be of immense benefit both the individual and the nation at large. In this wise, teachers and counselors have a duty of assisting students at any level to identify the best educational options through academic counseling service, making use of the cumulative records.

Also, the researcher recommended that the counselor should introduce counseling to the school administration and other teachers in the school in order to be aware of counseling services and the importance of counseling to all the members of the school at large through the Teachers' forum which is meant to gather all the teachers in the school with the principal in discussing common needs of the teachers and students

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