

Attitude and Qualities of Good Counselor

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Introduction

When we hear the word “Attitude” what we think about? Attitude as inward feeling expressed by outward behavior .People always project on the outside what they feel on inside. Some people try to mask their attitude and they can fool others for a while . But that cover – up doesn’t last long. Attitude always wiggles its way out. your attitude colors very aspect of your life. It is like the mind’s paint brush. It can paint everything In bright vibrant colors creation a master piece or it can make everything dark and dreary. Attitude is so pervasive and important. It is the vanguard of our true self. Its root is inward but its fruit is outward. It is our best friend or worst enemy. it is more honest and consistent about us than our words. It is never words. It is what draws people to us or repels them. It is never content until it is expressed. It is the librarian of our past. It is the speaker of our present it is the prophet of our future. There is not a single part of our current life is not affected by our attitude. And our future will definitely be influence by the attitude we carry with from today forward.

“A predisposition or a tendency to respond positively or negatively towards a certain idea, object, person or situation.”

Attitude influences an individual’s choice of action and response to challenges, incentives and rewards (together called stimuli)For major components of attitude are 1)Affective : emotion or feeling. 2) cognitive : belief or opinions held consciously. 3)Conative : inclination for action. 4) Evaluative positive or negative response to stimuli.

Councillor play an important role in the students life why councillor must have some qualities to be a good councillor.

Attitude and qualities of good counselor

A capable counselor must possess anumber of personal qualities and develop the proper attitude to make a client feel at ease and to build rapport so that a client can self disclose . what are these personal qualities?

1)**Empathy** : Empathic understanding is the ability to see things from the client’s perspective. Without this quality a councillor will be unable to comprehend the problem , experience, thoughts and feeling of another person and will not be able to offer clients the level of supportive understanding that they will require. The councillor ‘s full attention and empathy encourages a client to relax and trust and encourages self disclosure.

2) **Congruence and warmth:** A councillor should be agreeable and act appropriately to provide the client with a comfortable foundation for the counsel ling relationship. Only by creating a friendly atmosphere can the counsellor encourage interaction and disclosure.

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- Maintain warmth and genuine understanding
- Use appropriate body language such as avoid threatening posture while maintain eye contact and respecting the client's personal space.
- Maintain a reassuring and comforting way of speech – the tone of voice, speed of speech and style of delivery.

3) Respect: Counsellors must at all times show respect for clients and their welfare. They must also remain impartial and non-judgmental. A client must feel comfortable, safe and confident that confidentiality will be maintained at all times and also that the counsellor is committed to helping, encouraging and supporting. Whilst maintaining a professional focus a counsellor must be able to show a genuine openness.

4) Positive Regard: It is of vital importance in the counselling relationship that the counsellor demonstrates a positive acceptance of the client and that the client is valued and respected. A positive, unconditional regard for the wellbeing of a client is the basis from which clients can explore their thoughts, feelings and experiences, and develop an understanding and acceptance of their emotions. A counsellor must not judge in any way. This may be difficult in some situations, but is the basis of a counselling relationship built on trust. Accepting a client shows the individual that you are there to support them through the counselling process, regardless of their weaknesses, negativity or unfavourable qualities.

5) Important Values: At all times counsellors must show a commitment to values such as the following:

1. Human dignity
2. Alleviating personal distress
3. Appreciating the differences in culture
4. Remaining non-judgmental
5. Ensuring the integrity of the client/counselor relationship
6. Maintaining client confidentiality and ethical principles.

6) Personal skills: Each counsellor will bring their own unique abilities, qualities and skills into a counselling relationship to help ensure that their client feels safe and supported.

Counsellor also give guidance of the carrier to the student as per his aptitude and interest. Expansion of science and technology has thrown open to many opportunities and unheard of just a decade ago. Life has become highly competitive and complex and each in too engrossed in his own pursuits' to spare time for the other. At the time when the youth a career or

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educational choice they look up to their parents for assistance. Their parents inspired of their benevolent intentions are helpless either they are too buried in their commitments to spare time or because of the fact that many changes have taken place in professional and educational fields from the time they have studied are unable to render any help.

Thus the school are expected to carry out the function of guidance. But the school are over burdened with the syllabi due to the expansion of knowledge and hence cannot spare any time for expert guidance. A majority of students make their choice of courses of study without much thought they have heard of only the popular professions. They have limited knowledge of different education courses. They have limited knowledge of their capacity. On the basis of this information they plunge into the various educating courses. This choice of the youth determines how our democratic set up will utilize its man power. The young man choosing his own field of work or study unaware of the impact of his choice upon human welfare but the aggregate of thousands of such choice may determine where serious shortage and surplus of manpower will occur. In a democracy we try to serve the needs of both the individual and the society. If an individual works in his field of interest he works with zest and favors which result in a good quality of works. In the manner the net amount of work is of excellent quality that makes a nation stronger is needs as never before to satisfy both personal and social demand.

The educational councilor may have developed over the year but our population has also expand at the same time. Thus guidance programs have not been really able to reach out to maximum number of people with the changes in educational system with the new professions being created and with the individualistic. And social point of view of guidance has become very essential in the life of each and every students. Counselling is an activity in which the student is supposed to get answer of his queries /questions /confusions. The major difference conventional mode and open distant mode is that of man-machine ratio. In conventional system role of the man is more due to every communication at classroom and teacher using various tools very less but in vocational education system the of the tools is more and that of man is little. It is during counseling sessions only. But this counselling sessions are a way of hope for the student who expect best possible answer to their questions or confusions. The counsellor needs knowledge, skill and positive attitude towards managing a good quality counselling session. He can't do justice to his job, if his attitude towards the work is negative. Impact of knowledge and skill of higher level help in the developing positive attitude and so it is essential to have positive attitude for the counsellor if they have to manage a good quality counseling session.

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Input - process - Output

The output or outcome of a counseling sessions will be of good quality only when the learner are mentally satisfied with the treatment given by the counsellors. It requires a quality

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process which again required a quality input. The science of Management has analyzed every input into 5M. Councillor has to manage rest 4M in such a way that the very objectives of organizing a counselor session are achieved. Again the science of management proposes three factors being essential for every man to do his work, in the best possible way.

The three factors are knowledge, skills and attitude. It has been observed through research that a good quality output, if the attitude of person is negative towards the work. Therefore attitude decides the competency of person. A councillor may have knowledge of pedagogy or even androgogy, he might have best managerial skill of managing multimedia for counselling. But a negative attitude his business of counselling may not be help him in doing justice towards his business of counseling the learners. The attitude is reflected when the person is at work and also from what he perceives. It is essential to examine the perception of a person and his style of work when he is in a process of demonstrating his job.

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