

ASSESSING THE INFLUENCE OF GUIDANCE AND COUNSELLING SERVICES ON STUDENTS' CAREER CHOICE IN SOKOTO METROPOLIS

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ABSTRACT

This paper looks at the influence of career guidance and counseling in school on students' career development in the Sokoto metropolis. This paper adopts a quantitative research design where a questionnaire was used as a method of data collection and analysis. The participants in this study were randomly selected from secondary schools within the metropolis area using simple purposive techniques. The findings indicated that counseling services receive less attention to their value as a way of changing and improving the individual attitude toward their future career. Most of the student's achievement was prioritized counseling services in schools as a way of helping students to become beneficial to society. The study recommends that the authority concerned emphasize the use of counseling services, especially in career choice, for assisting students to become valuable members of society.

Keywords: Career Choice, Counselling Services

INTRODUCTION

The influence of career choice has a lasting impact on an individual. It serves as a predictor and determinant of their prospective income level and nature of work. Consequently, it marks an individual's personality, conduct and outlook. Thus one wrong decision and attitude toward career development can change the fate of an individual. It is difficult for everyone to decide on their career. This individual action is manifested on a larger scale in the economic prosperity of a nation. Individuals who are misfits in their workplace tend to be less productive and efficient and therefore are unable to achieve their goals. People differ in different aspects of life, how they perceive the situation and react to them, and the method of dissolving issues and matters arising. This is an issue right from the family level up to the clan, tribe and community at large.

In our daily activities, there are certain acts that a person will do to cause harm to him alone, and there are also certain acts that they will do to cause harm not only to him but also to others. These things include cheating, stealing, anger killing, and techno-robbery. At least if we can resist them by bringing a better solution for reducing or eradicating them from the family, community and society, the individual in the society will become more practical and develop well. However, counseling could refer to several procedures used to assist an individual in solving problems that arise in various aspects of his life or in maximizing his overall personal development so that he could be more effective, satisfied and valuable to society. In another development, career choice, counseling is part of assisting, which refers to a more open and less directive method of helping in which alternatives are laid before the clients, especially the students.



Background to the Study

The inspiration of career choice has a lasting effect on an individual. It serves as a forecaster and determines their prospective income level and nature of work. Consequently, it leaves a mark on an individual's personality, behavior and outlook. Thus one wrong decision can change the fate of an individual. It is difficult for everyone to decide on their career. This individual action is manifested on a larger scale in the economic prosperity of a nation (Asma, 2018).

Building a career choice is a defining stage in every student's life. Students have to consider several factors before arriving at a decision. Some students find it easier to manipulate the system they should follow to achieve their goals. Many students nowadays fall into different acts of indecent behavior, such as cultism, exam malpractice, drug abuse, nudity etc., to get to the final result in school so that they can obtain the result that can lead them to their career choice.

Problem Statement

Career choice is one of the significant predicaments encountered in many students' lives before they get into higher education. Students sometimes need more proper guidance when choosing the suitable field appropriate to their ability and financial stability to acquire the skills in that particular field in the school. They sometimes become naïve and miscalculate their ability to involve in different perceptions, which makes them fail at the end of their academic struggle. This is due to the absence or misunderstanding of the importance of guidance and counseling services in their life and career development. This is what calls the attention of the researchers to investigate the influence of career guidance and counseling on students' career development.

REVIEW OF RELATED LITERATURE

According to Hartung and Vondracek (2005), children's career development has been recognized as providing bases for youth career development. It was also recognized that children develop their career interests, values and aspirations based on their life expectations earlier than expected. While Nile and Bowsbey (2002) are of the view that career development intervention refers to any activity that empowers people to cope effectively with career development tasks, It intends to enhance individual career development through self-awareness, occupational awareness, learning career decision-making skills, job search skills, cope with job stress, adjusts and implement after deciding on a choice, problem-solving skills and others.

Patton (2002) asserted that a career is a gradual process. It takes time, effort, perseverance and planning. Career development begins with self-development, and if one cannot develop oneself, there is no question of your career developing at a desired pace (Anderson, Jr, & Nile, 2000). In the review of career development in children, Watson and McMahan (2005) suggest that strong interest should be focused on the critical importance of understanding career development in the Early Phase of the life span, the limited nature of this understanding to date and the need to understand children's career development from learning perspectives. Research on children's ability to make a connection between school-based activities and future work would indicate the need for career education at the primary

school level. Most of this research demonstrates that primary school children failed to make meaningful connections between school activities and their career development (Watson & McMahon, 2007).

According to Makinde (1983), counseling is an enlightened process whereby people help people by facilitating growth and positive adjustment through self-understanding. Durojaiye (1987) describes counseling as involving the development of interaction through the relationship between a trained therapist (counselor) and a troubled person (client or counselee) in a perceived temporary state of indecision, confusion, malfunction, habit disorder, distress or despair.

Counseling could refer to several measures used to assist an individual in solving problems that arise in various aspects of his life or in maximizing his overall personal development so that he could be more effective, satisfied and valuable to society. In other words, counseling refers to a more open and less directive method of helping in which alternatives are laid before the clients. Traditional religions played their part in that counseling was performed in accordance with cultural and religious beliefs. This traditional counseling is more community-oriented, unlike counseling in Western countries, which tends to be more subjective, personal, and tailored to the individual. However, this critical role of family and community support is disintegrating with fast-growing urbanization and individualism, hence the need for professional counseling.

Akinade (2012) asserted that it is vital to initiate the person into accepting his natural heritage through the help of the counseling exercise by the parent or any other family members. Counseling in this matter helps more to improve the person's life and make him or her see his environment as more valuable than any other environment he/she visits in life, accept the way he leaves, and protect his culture by practicing it no matter the challenges he/she may encounter from the opponent whom he may come across in an interaction be it social and academic gathering. The importance of counseling is amongst the followings: It assists people in achieving unification and wholeness in their life through increased awareness, It makes the people concentrate know their responsibility, The person is encouraged to make choices based on the now as opposed to the past, help the person resolve the past, It assists the person in becoming congruent, Help person to reach maturity intellectually, Assist to move the individual from state of dependence on others' judgments to a reliance on self-regulation.

However, Akinade (2012), in his book '*title introduction to Modern Guidance and Counseling*' mentioned a list of counseling goals set to be achieved; those goals involve facilitating the client toward, Realistic self-perception, Greater confidence and self-direction, a Sense of positive worth, Greater maturity, Social skills, Adaptive behavior, Better stress coping, More functioning in all aspect of their lives, Become more acceptable of others, Adopt more realistic goals to himself and, Changes in his basic personality characteristic in constructive ways.

By all means, through counseling, the person will be helped through accurate reflections of feelings, focused on the concern and clarification of feelings and information, and gain insight into experiences and necessary changes in their lives (Akinade, 2012).

Objectives of the Research

The main objective of this paper is to examine the influence of career guidance and counseling in school on students' career development.

The specific objective of this paper is to:

1. Find out the need for guidance and counseling services for students' career choices in schools in the Sokoto metropolis.
2. To examine the importance of guidance and counseling on student career choice in schools in the Sokoto metropolis.

Research Questions

1. Why do students need guidance and counseling services for a career choice in schools in the Sokoto metropolis?
2. What is the importance of guidance and counseling services to assist students in their career choice in schools in the Sokoto metropolis?

METHODOLOGY

This paper's cross-sectional research design and quantitative research method were adopted, where a questionnaire was used as a method of data collection and analysis. A sample of 100 respondents was considered in the schools in the metropolis area. They were purposively sampled to participate because the researchers needed them all to participate. The data was collected using questionnaires distributed to the students. It is a set of standardized questions based on the subject of study. It was a close-ended questionnaire based on an agreement scale using a Likert scale to obtain information from the student's perception of counseling service activities in schools.

DATA PRESENTATION AND ANALYSIS

Table 1.1 Making career decision through career counseling services help in career choice

Response	Frequency	Percent
Strongly disagree	16	15.0
Disagree	14	10.0
Neutral	14	10.0
Agree	30	40.0
Strongly agree	28	25.0
Total	100	100.0

Source: Primary Data 2022

In Table 1.1 above, it is indicated that 30(40%) of the respondents agreed that making vocational decision through career counseling services help in career choice, 28 (25%) of them strongly agreed, and 16 (15%) strongly disagreed. In comparison, 14 (10%) disagreed,



and another 14 (10%) were neutral. Therefore, most respondents agreed that making vocational decisions through career counseling services helps in career choice. Since most respondents agreed, it implies that counseling services greatly help students' career choices.

Table 2.2 I think holding group counseling sessions will improve my study skills.

	Frequency	Percent
Strongly disagree	11	12.0
Disagree	10	08.0
Neutral	15	16.0
Agree	29	30.0
Strongly agree	35	34.0
Total	100	100.0

Source: Primary Data (2022)

Table 2.2 above shows that 35 (30%) of the students strongly agreed that they think holding group counseling sessions will improve their study skills, 29 (30%) agreed, 15 (16%) were neutral, and 11 (12%) strongly disagreed. In comparison, 10 (08%) of the respondents disagreed. Therefore, most respondents agreed, which implies that holding group counseling sessions will improve their study skills and lead them to fulfill their career choice.

Table 2.3: Career guidance makes me accept myself and focus on my ability

	Frequency	Percent
Strongly disagree	12	11.0
Disagree	13	16.0
Neutral	10	09.0
Agree	33	34.0
Strongly agree	29	30.0
Total	100	100.0

Source: Primary Data (2022)

Table 2.3 above shows that 33 (34%) of the students agreed that career guidance makes them accept themselves and focus on their ability 29 (30%) strongly agreed, 13 (16%) disagreed, and 12 (11%) strongly disagreed. In comparison, 10 (09%) of the respondents were neutral. Therefore the majority of the respondents agreed, which implies that career guidance and counseling make them accept themselves and their abilities; it indicated that is one of the ways which can also improve their psychological competence.

Table 2.4: Holding career counseling session allow the student to learn new things about their lifestyle

	Frequency	Percent
Strongly disagree	10	08.0
Disagree	12	14.0
Neutral	15	17.0
Agree	28	26.0
Strongly agree	30	35.0
Total	100	100.0

Source: Primary Data (2022)

Table 2.4 above shows that 30 (35%) of the students strongly agreed that holding career counseling sessions allows the student to learn new things in their lifestyle, 28 (26%) agreed, 15 (17%) were neutral, and 12 (14%) disagreed while 10 (08%) of the respondents strongly disagreed. Therefore, most respondents agreed that holding a career counseling session allows students to learn new things about their lifestyle, which indicated that it is one of their ways can improve their lifestyle.

Table 2.5 School guidance and counseling services were less critical than other academic activities.

	Frequency	Percent
Strongly disagree	11	11.0
Disagree	10	09.0
Neutral	15	16.0
Agree	29	30.0
Strongly agree	35	34.0
Total	100	100.0

Source: Primary Data (2022)

Table 2.5 above shows that 35 (30%) of the students strongly agreed that school guidance and counseling services were not important as other academic activities, 29 (30%) agreed, 15 (16%) were neutral, and 11 (11%) strongly disagreed while 10 (09%) of the respondents disagreed. Therefore the majority of the respondents agreed with the statement that school guidance and counseling services were not important as other academic activities, which implies that school guidance and counseling service is not valued in the students' lifestyle, which can also make them misunderstand their future and will lead them to failure in both academic and career development.

Table 2.6 Counselling services were not held regularly in schools.

	Frequency	Percent
Strongly disagree	11	11.0
Disagree	10	09.0
Neutral	15	16.0
Agree	29	30.0
Strongly agree	35	34.0
Total	100	100.0

Source: Primary Data (2022)

Table 2.5 above shows that 35 (30%) of the students strongly agreed that counseling services were not held regularly in schools, 29 (30%) agreed, 15 (16%) were neutral, and 11 (11%) strongly disagreed, while 10 (09%) of the respondents disagreed. Therefore, most respondents agreed that counseling services were not held regularly in schools, which implies that in the absence of the service, the students will not take it as necessary in their lifestyle, which can also make them fail in their academic activities.

DISCUSSION OF FINDINGS

As we mentioned earlier, this study intends to analyze the student's perception of counseling services in the schools; some statements were put in place for them to decide on their opinion on this issue. It was found that most respondents agreed that making vocational decisions through career counseling services helps in career choice. Since the majority of the respondents (40%) agreed, this implies that counseling services help a lot in students' career choices. In terms of improving skills, it was found that the majority (45%) of the students agreed that holding group counseling sessions improve their study skills, leading them to fulfill their career choice. The study also found that career guidance and counseling make them accept themselves and focus on their ability. This was indicated by the majority of the respondents (64%); this is one way they can also improve their psychological competency. However, the study found that counseling services were not held regularly in schools with the majority of the responses (60%), which implies that holding it is very important for student lifestyle and can also help them improve their academic activities.

CONCLUSION AND RECOMMENDATION

The study investigated students' perceptions of the influence of career guidance and counseling on Sokoto metropolis secondary school students' career choices. It played a role in instilling students' competence. The analysis revealed that the students were supported to develop their personalities through guidance and counseling in secondary schools. It makes them accept what they are in terms of academic ability so that they become what they want to become.

The study recommends that school counselors provide a systematic approach to helping all students with the decision-making process, understand; themselves, and develop appropriate goals for their future careers. Moreover, the schools' administrations should have a standard format to document and review each student's planning portfolio annually.

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