

A study of the need & importance of guidance & counseling in school education system of Pakistan: a systematic literature review

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Abstract

Guidance and counseling provides multiple opportunities to students for better understanding regarding the nature of problems they are facing at different developmental levels. Guided awareness plays vital role in shaping students' perception about personal, situational, environmental and surroundings. Guidance and counseling help students in personal and social adjustment. This study aims at providing a basic picture of the significance of guidance and counseling and its role in effective personal and social development of students. The objective of this study was to ascertain the need and importance of guidance and counseling in school education system of Pakistan. Past researches were included in this study for generalization and analysis of findings. From 2010 to 2020 thirteen articles were selected for the study and were listed for the study through four steps: (1) identification of relevant articles (2) screening of articles by reading the article title and abstract (3) eligibility evaluation of previously selected articles was performed by reading full text of these articles (4) reviewing the articles which were selected after the eligibility and evaluation for this study. Recommendations on basis of findings were: (i) a serious need of appointment of educational counselor/ psychologists/clinical psychologists on permanent basis in schools. (ii) small units of guidance and counseling be established in schools to facilitate students (iii) comprehensive guidance and counseling courses to be introduced for the teachers so they can implement counseling practices.

Keywords: Need of Guidance and Counseling, Counselors, Psychologists, School Education System

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1. Introduction

The aspect of guidance and counseling has always remained significant in students' lives. It is an integral part of teaching and learning process and a basic need of every student especially at school level. Students need guidance and counseling in every aspect of life, as they may face multiple types of issues at one time. One of the common problems and issues is being faced by students is about mental health. Recently, due to outburst of COVID-19 the importance and the need of guidance and counseling have increased. The uncertainty in every aspect of life has challenged students' mental well-being (Ahmad et.al 2020). We need to know the basic purposes and functions of guidance and counseling to cope with this type of situation.

Contemporarily, world is facing a pandemic situation and normal routine life has been affected. In this scenario students are facing number of issues. The conventional way of learning is being shifted to online learning, so one to one and physical interactions seem not possible. This situation demands proper and well defined guidance and counseling practices and services for the welfare and well-being of students so that they can be good enough to resolve issues by their own. There is greater interaction among teachers and students online and by applying a suitable model for guidance and counseling students' problems and issues can be addressed.

The element of guidance and counseling is among essential needs for every human life. The cognitive and social psychologists have provided the pathway for understanding human psychology and patterns of behaviors and attitudes. By applying the aspects of educational psychology and sociology of education, to a greater number issues and problems of students can be addressed and resolved. Responsibilities of teachers have increased due to shift of the paradigm of learning to a completely new and different mode of learning. Students need basic services of guidance and counseling and it's their basic right. Universally declaration of education as human right paves the way towards establishment of safer and favorable teaching and learning environment.

Guidance and counseling is a set of principles and one of the major courses of action which provides best possible help to a person of any field of life. Guidance is a general suggestion and advice given to a person when s/he needs. Guidance is given by a more knowledgeable person. In a classroom a teacher is a guide who provides necessary and desired guidance to pupils. On the other hand counseling is elaborated as the systematic guidance provided by a professional who have acquired necessary field education. In the process of guidance and counseling a counselor help and assist the counselee who needs the guidance to be given for solving different types of issues and problems. Precisely, guidance and counseling is a tool for changing someone's behavior towards a specific goal.

The interpretation of "need" has been stated as the difference between the real and the ideal. "What is" and "what should be" Considering this notion, the definition of educational need has been described as measurable distance between "where we are now" and where we should be". (Ogechim et al., 2010). One of the purposes of this study is to investigate student's feedback and opinion about the nature of guidance and counseling. Basically students are unaware of such terminologies and broader sense and meaning, but they must be educated and kept informed regarding the importance and significance of such terminologies i.e. guidance and counseling where they can realize the important tools which help them in self-development. Three main functions of guidance and counseling are; i) adjustive function, ii) distributive function and iii) adaptive function. A student's issues and problems must be addressed accordingly and specifically (Ihsan et.al unknown). In current scenario, students need more attention and proper guidance and counseling services for their welfare purpose.

Proper application of guidance and counseling practices, strategies and techniques in empowering teaching and learning process is essential and provision of guidance and counseling services is a basic need of our current educational setup. By reviewing the educational plans and polices of Pakistan, it is found that the significance and importance of guidance and counseling has not been highlighted. Aims and objectives of plan and policies to some extent depict the element of guidance and counseling but, on ground level none of these plans and policies discusses about the establishment of proper guidance and counseling centers or facilities especially for educational institutions where students would be given services and teachers to be trained.

Statement of the problem

The basic purpose of this study is the deep investigation and exploration of the need and importance of guidance and counseling in school education system of Pakistan. Generally, to know to what extent students and teachers have got awareness and basic knowledge about guidance and counseling; services and its practices. Investigating students' feedback that how their teachers and school administration help them in providing guidance and counseling services. Study is being carried out for the exploration of student's feedback about the practices of guidance and counseling applied by teachers and how do they deal students when they face academic, personal, emotional and behavioral issues. It's much needed to realize the value of students' point of view about the nature of guidance and counseling services and its practices provided by school administration as whole and teachers specifically in teaching learning process when they face the most difficult situations during academic endeavors.

National Education Policy Framework 2018 provides the summary of education challenges as: Out of School Children, Uniform Education System, Quality and Skills & Higher Education. Causes of Out of School Children has been given in terms of low and inequitable access and participation, extreme level of poverty, and low quality provision of early childhood education causing dropouts in early stages. Lack of uniformity in overall education system, existence of discrepancies in schooling systems such as, public, private & madrassa education system. Third aspect of educational challenges is; Quality, lack of standard and quality education.

This policy explains low student learning outcomes, poor teaching quality and absence of teaching accountability, poor facilities, absences of open learning environment, substandard schools' infrastructure and the most important factor is no student's feedback is encouraged for further policy reforms and policy making. The fourth factor is skills & Higher Education, explanation given as, low and inequitable access and participation, poor quality and relevance of teaching and research conditions, lack of coordination with

current industries and lack of leadership and skill management. The purpose of mentioning these four important factors is to highlight the complex issues and problems being faced in the current educational setup. Students are the end users of any education system. Guidance and counseling act as independent variable and further results on student's personal and academic lives are considered dependent variables such as personal-social development with the help of application of guidance and counseling practices.

Objectives of the study

This study has been carried out to present a systematic review of factors which indicate the real need of guidance and counseling and its practices in school education system of Pakistan. The education system of Pakistan is divided into six levels, in which first four levels represent school education system. First level is preschool education system (three to five years), second is primary school education system (class one through class five), third is middle school education system (class six through eight) and fourth level is high school education system (class nine through ten, leading to the secondary school certificate). These four levels of school education system are crucial developmental stages of students' lives. The objectives have been developed based upon current literature review regarding the need and practices of guidance and counseling. Following are the objectives of the study:

1. To know the importance and significance of guidance and counseling in Pakistani School Education System through students and teachers' perspective.
2. To explore the practices of guidance and counseling being implemented by teachers to resolve student's issues and problems.
3. To explore issues and problems faced by teachers and students related to guidance and counseling.
4. To know the suggestions and recommendations for the implementation of guidance and counseling model/framework in school education system.

2. Methodology

To carry out this study, solely, open access research articles were selected according to the criteria defined for the said purpose. Various databases search engines like Google, Research Gate, and Organizational Official Websites were browsed for getting the articles. Huge amount of data is available on the topic worldwide on internet. Time frame was set comprising 10 years from 2010 to 2020. A large number of research articles were searched and downloaded, but only desired articles were chosen for the study which fulfills the requirements such as area of the study, specific level, clear depiction of the conceptualization of problem statement and the variables linking new study with complied research material. Secondary data was used to perform the study. Only published research articles in well known journals were selected of all types. Most of the articles are quantitative in nature.

Qualitative approach was implemented to acquire study findings. For the final selection, only relevant articles were selected based on desired requirements as there is huge number of researches available on internet related to the study, but before the selected time period and dealing with different aspects and dimensions of the study. Simple and precise steps are involved in defining the criteria of selection of required articles for the study. These steps are: (i) identification of desired and relevant articles with study (ii) screening of the articles based on criteria (iii) consideration and recommendation of articles for eligibility and (iv) final selection of articles for the review. Precisely on required research articles were selected which provide complete picture of relationship of desirable variables

Thirteen relevant articles were chosen for the study. Further these articles have been organized in a structural manner. Authors' names, year of publication, names of journals, titles of articles, country/origin, area/sector, and the organization in which the researches were conducted. Table 1 shows all of the mentioned necessary information. Table 2 shows the main findings of articles which were published between 2010 and 2020 regarding the Need and Practices of Guidance and Counseling and its implementation in Contemporary School Educational Setup of Pakistan. Complete titles are included in brief description in Table 02 along with brief summary. Only relevant articles have been added.

3. Significance of the study

It is essential to realize the importance and significance of guidance and counseling and knowing how much it is important for our current educational setup of Pakistan. Several researches have shown the role and impact of guidance and counseling on the students' personal development and resolving their routine minor to complex problems and issues. Guidance and counseling is a comprehensive and collective term and it is an interchangeable term regarding provision of general and specific guidance. Why is guidance and counseling

important for students? Answer would be simple i.e. students are end users of education system. Different researches' findings have shown that there is dire need of guidance and counseling services to be provided for school going students of preschool to high school. During these stages students face many changes and they need basic guidance and counseling so that they can excel and prosper without being caged by any kind of complexities.

According to 'National Education Policy 2018' number of out of school children (OOSC) is as per: (i) 5 million OOSC in primary (ii) 6.5 million in middle and (iii) 11 million in high school level. This is one of the major issues of our education system and this issue needs to be addressed and focused on priority basis. The purpose of providing the information is to know the root causes of out of school children at school level. The stakeholders of our educational setup need to know the basic factors involved in creating this sort of issue. Guidance and counseling and its practices can be helpful in overcoming such issues. The integration and implementation of practices with teaching and learning process will motivate pupils to proceed without fear of failure and uncertainty.

Guidance and counseling is a comprehensive terminology. It is a powerful tool to change the attitude and behaviors of students towards certain things. Unique and innovative motivational strategies, techniques, and practices of guidance and counseling will provide will help students understating the nature of the problems and issues they are facing during their journey of life. Through application of fundamental principles of Educational Psychology and Sociology of Education students' academic and behavioral issues and problems can be resolved. The main purpose of guidance and counseling is to adjust students towards right direction, not to be subjected to dictation. With the help of guidance and counseling services and practices they can be facilitated for the personal and social adjustment with easiness. The study will provide an introductory aspect regarding the real and genuine need of guidance and counseling for school going students. Teachers are considered as more knowledgeable so they can provide favorable zone of proximal development to students. This study will provide a brief summary about the need analysis and need assessment of guidance and counseling at school level.

According to Pakistan Education Statics 2016 report, 25 million children are out of school. Pakistan ranked as second highest out of school female children. There are several factors responsible for dropout rate like; family related factors, teachers related factors, teaching learning material related factors, administrative related factors, child related factors (Shah, et al., 2019). There are three major factors responsible for causing highest dropout rate at primary level are; (i) failure in studies (ii) teachers' attitude (iii) lack of children interest (Khan, et.al 2012). Pakistan is facing sever issue regarding highest dropout rate. 73% of children aged 5-16 (classes 1 to 10) become victim of dropout before reaching the final grade secondary school examinations (Mughala, et al., 2019).

The main purpose of sating the above data is to build a linkage with possible guidance and counseling to resolve problems and issues on priority basis. Through application of guidance and counseling practices and provision of services to a large extent the highest rate of dropout can be minimized. Among these factors some have direct relation with teaching and learning process and school administration such as; attitude of teachers, fear of failure, failure in studies and lack of child interest and readiness towards learning in schools. This study will provide a basic map for teachers to understand their role as a true guide and counselor and will be playing a pivotal role in facilitating children and pioneers of their well being.

Due to the lack of guidance and counseling in various educational institutions especially at school level students face issues regarding their future decisions. They are unaware of what to do and what will be the best option for them. They are unable to decide which subject to choose and what will work in their favor. No doubt there is lack of guidance and counseling facilities at school level due to which student's issues and problems are not addressed. This study will reflect the real need of guidance and counseling and all of its domains. Students must be given educational, vocational, emotional and behavioral guidance and counseling so that they adjust themselves accordingly.

4. Discussion

Teachers and students favor the implementation of guidance and counseling framework in schools strongly and firmly. Students seek guidance and counseling in different domains of life (Maqsood et al., 2020). Students suggest the appointment of counselors in each school. Study suggested that the small unit of guidance and counseling must be established and proper grievance and problem sharing cells to be made in schools (Nadeem, 2018). There is no concept of career counselors in schools of Pakistan. Students have proper and appropriate knowledge about career selection and other vocational fields but lack of practice is existing (Yaqoob et al., 2017).

Some teachers use weak and inappropriate practices during teaching and learning process like punishments and struck off names etc. However positive point is majority of family teachers use positive

guidance and counseling practices like motivating and encouraging students (Tahira et al., 2016). Majority of students needs guidance and counseling for behavioral, personal, emotional and social adjustment. There is no concept of educational counselors at school level. Students strongly believe that a guidance and counseling framework must be implemented in schools so different sort of issues and problems would be resolved. (Zaman et al., 2014).

Importance is not given to guidance and counseling and its role in educational setup. Stakeholders and government authorities must take steps for developing a framework of guidance and counseling in every school. Our society is not realizing the importance and role of this aspect. This neglecting attitude will affect students in academic and behavioral domains (Khaton, 2013). Secondary level students, mainly girls face different types of issues in schools. School administration needs to provide proper facilities of guidance and counseling. Two major factors affecting the students are: (i) time constraints (ii) lack of interest from teachers. These factors cause negative impact on students (Khattak et al., 2012).

School authorities are solely responsible for providing sufficient counseling services to students. Guided awareness is significantly important for the students in understating different type of complex issues. Comprehensive guidance and counseling programs are essential in school education system. Appointment of clinical psychologist is to be made compulsory (Nasir et al., 2012). Guidance and counseling provides multiple opportunities for the student that they can have guided awareness for better decision making. Different domains of counseling provide roadmap to students for devising strategies through they can understand the nature of problems and finding solutions in a better manner. (Mehmood et al., 2011).

Teachers influence students. Students hold teachers responsible for providing them better guidance and counseling. There is need of counselor in each school as students seek guidance for personal, emotional, educational, vocational and social purposes (Doggar et al., 2011). Due to various socio-economical reasons students go for work. At school level students must e given proper and accurate vocational guidance so that they can know about their capabilities. They need to know the market trends and need to get fresh updates regarding market demands. Students of secondary level play a vital role in socio economy of the country. There are many reasons i.e. financial and personal issues students cannot carry higher education so they leave formal education and choose different professions so it is very important to guide them accurately (Farooq et al., 2011).

Guidance and counseling has great impact on students' academic performance. Students of elementary level need the guided awareness for further improvement. For grade VI & VII (elementary level) a permanent counselor is to be appointed as suggest in the study (Mehmood et al.,2011). There is no proper system of guidance and counseling in different schools of Pakistan. It is one of the major neglected aspect in current educational system. Parents trust teachers that they can guide and counsel their children. So it is important for teachers to be well trained in the field (Khan, 2010).

Table 1. Characteristics of selected article.

S. No.	Year	Author	Journal
1	2020	(Maqsood et al., 2020)	Pak Armed Forces Med Journal
2	2018	(Nadeem, 2018)	Journal of Applied Environmental & Biological Sciences
3	2017	(Yaqoob et al., 2017)	International Journal of Community Medicine & Public Health
4	2016	(Tahira et al., 2016)	Journal of Educational Sciences & Research
5	2014	(Zaman et al., 2014)	Indian Journal of Education & Information Management
6	2013	(Khaton, 2013)	Journal of Social Sciences & Humanities
7	2012	(Khattak et al., 2012)	City University Research Journal
8	2012	(Nasir et al., 2012)	International Conference on Education, Management Innovation, Singapore
9	2011	(Mehmood et al., 2011)	Journal of Education & Vocational Research
10	2011	(Doggar et al., 2011)	British journal of Arts & Social Sciences
11	2011	(Farooq et al., 2011)	Middle-East Journal of Scientific Research
12	2011	(Mehmood et al., 2011)	International Journal of Humanities & Social Sciences
13	2010	(Khan, 2010)	International Journal of Academic Research

Table 2. Brief description of results of analyzed studies

S. No	Study	Brief Summary
1	(Khan, 2010)	Article title: "Need Assessment on the provision of Guidance at High School Level in Pakistan." Total 60 secondary level teachers were selected. With the help of questionnaire data was collected. To know the teachers' perspective regarding the importance of guidance and counseling services at school level, the present status of services, and recommendations for the implementation of guidance and counseling. The findings revealed that guidance and counseling does not exist in schools of district Bahawalpur Punjab. Specially, at secondary level guidance departments are needed. Parents do contact teachers for the provision of guidance to their children education. Special training is required for teachers in field of guidance and counseling to guide and counsel in a proper manner.
2	(Mehmood et al., 2011)	Article title: "Impact of Guidance and Counseling on Academic Performance." Male & female students of class VII were selected for the study from private schools of District Lahore. Pretest and posttest methods were applied for seeing change. Main findings of the study show that students of Class VII are facing problems regarding guidance and counseling. The impact of guidance and counseling on achievement of males students is greater than female students. Guidance and counseling has significant role on students' academic performance. Based on findings of the study, it was suggested that guidance and counseling is essential for Elementary School students. It was suggested that there is dire need of full time educational counselors to be appointed. One of the major recommendations of the study is; the subject/courses of guidance and counseling should be inculcated and taught at bachelor and master level.
3	(Farooq et al., 2011)	Article title: "Research in Vocational Guidance: Some Guidelines." This study provides an overview of the significance of vocational guidance and counseling for every citizen of Pakistan. Specially, Students must be given proper and accurate vocational guidance and counseling so that they can understand the importance of skilled education. With the increase of vocational guidance there would be increase in socio-economy. Vocational guidance will enable students, any individual in solving problems related to occupational choice and progress with due regard for the individual's characteristics and their relation to occupational opportunity.
4	(Doggar et al., 2011)	Article title: "Need Assessment of Students' Guidance and Counseling." This study was planned to investigate the counseling needs of secondary school students. (Class IX & X). Research was conducted in Lahore Girls' schools. 60 girls of grade 9 & 10 were taken. Data was gathered through Need Assessment Questionnaire. Five areas of guidance and counseling were included: educational, vocational, social, emotional and behavioral. The main findings were metric level girls had more problems of career choice than of emotional nature. It's assumed that secondary level students seek guidance and counseling for their personal and professional development. This research shows that majority of secondary students need emotional guidance and counseling. One of the major findings of this study is that students held teachers responsible for provision of guidance and counseling. It is suggested that career consultant and professional counselor in

- each secondary school must be appointed. Students should be kept informed regarding market needs i.e. jobs, skill based trainings.
- 5 (Mehmood et al., 2011) Article title: “Students’ Counseling: Adding Value to Educational Institutions.” This study provides complete picture of how guidance and counseling is beneficial for students. Main findings of the study are; guidance and counseling provides multiple opportunities to learners in coping issues and problems and several ways. Guidance and counseling help students developing strategies to resolve issues at personal level. For advancements and for future plans, guidance and counseling can provide assistance for better decision making and creating safer environment. The research stresses on application of guidance and counseling practices for the betterment of students.
- 6 (Nasir et al., 2012) Article title: “Need based Development of a Social Counseling Program: Unconventional from Pakistan’s Perspective.” Study was carried out in Pakistan Army Public Secondary Schools of Karachi and Rawalpindi. Students and teachers’ perspective was focused to find out the need and importance of guidance and counseling. 1900 students were interviewed aged 3-16 years. The main findings of the study were; the induction of Clinical Psychologist in every school setting. Comprehensive guidance and counseling program was suggested in schools for positive change. Guided awareness is essential for understating different type of issues such as social, emotional and educational and for the better outcomes. The results shows that due to competitive economical situation most of the parents don’t spend quality time with kids, so the responsibility is befallen on the shoulders of school authorities.
- 7 (Khattak et al., 2012) Article title: “Need of Guidance and Counseling Services in Private Girls Secondary Schools in Peshawar City.” This study was conducted in Peshawar city KPK. The universe of study was 20 principals and female 441 students. Survey research was applied. The main purpose of study was to introduce guidance and counseling in female secondary schools. The statical data shows that respondents favored in introducing guidance and counseling in schools. It was indicated that properly trained teachers for inculcating guidance and counseling services in schools. It’s observed that majority of girls in schools have complex problems and are in dire need of guidance and counseling. All of the respondents (principals and female students) felt need for starting guidance and counseling services in the schools. Study revealed that some of the students face domestic, personal and academic and school related problems. The most significant finding of the study is that, due to lack of teachers’ interest and time constraints students are neglected and are not provided proper guidance and counseling.
- 8 (Khaton, 2013) Article Title: “A Study on the Need and Importance of Guidance and Counseling in Secondary Schools in Hunza Gilgit-Baltistan.” One hundred students were selected from secondary schools grade 9 and 10 in Hunza Gilgit-Baltistan. The objective of research was to find out the importance and need of guidance and counseling in secondary schools of Hunza. The findings suggest that there is serious need of guidance and counseling programs in the secondary schools of Hunza. Study found that there is no awareness of the field among society members. Importance is not given to guidance

and counseling at different levels specially in training institutes. The policy makers must consider provision of the services related to guidance and counseling. Students and teachers agreed that importance to guidance and counseling must be given in the educational field. Research suggested that proper training should be given to teachers so that they can practice guidance and counseling with true spirit. Inclusion of the courses of guidance and counseling, teachers training, introducing permanent based counselor in each school. The result of study is that in secondary schools of Hunza, there is no concept of guidance and counseling services. It is found that there is lack of attention by teachers, administration and concerned government authorities.

9 (Zaman et al., 2014)

Article title: "Guidance and Counseling for Science Students: A Need Assessment." This research was conducted in Faisalabad city Punjab. Population of the study was 900 secondary level science students, their parents and 90 teachers. Objective of the research was to find out the need of guidance and counseling according to the cognitive capabilities of students. The results of the study revealed that there was no guidance and counseling program at the secondary level in schools for science students regarding their educational and personal problems. It was found that 97% students need help, guideline in science subjects at school. 98% students agreed that there should be proper guideline and is important for student's success. 65% of parents could not provide guidance and counseling to their children at secondary level. It was recommended that school administration may prepare a suitable program of guidance and counseling for the welfare of students. The study revealed that there is a serious need of implementation of guidance and counseling at secondary level schools.

10 (Tahira et al., 2016)

Article title: "Educational Guidance and Counseling Practices to resolve Students' Academic & Behavioral Issues at Secondary Level." The study focused on educational guidance and counseling practices to resolve students' academic and behavioral issues. 200 secondary teachers were taken. The study revealed that secondary teachers used weak and negative practices which are not appropriate. A positive aspect is that female teachers however use good practices to deal academic and behavioral issues of students. Different guidance and counseling practices were evaluated practiced by both male and female teachers.

11 (Yaqoob et al., 2017)

Article title: "Career Counseling & its Knowledge among High School Students in Pakistan." This study was focused on finding out high school students' knowledge of career counseling in Pakistan. The study was conducted in two private A & O level schools in Karachi. 500 students as respondents of the study. 54% were female students. Major findings of the study were; most of students have appropriate knowledge, positive knowledge but lack of practice. Students considered guidance and counseling to be really important and they are really concerned in acquiring appropriate guidance. According to the study, it is found that there is no concept of presence of career counselors in any school of Pakistan.

12 (Nadeem, 2018)

Article title: "Teachers' Perspective on the Need & Practices of Guidance & Counseling at the Secondary Level in KPK, Pakistan." The objectives of the study were; to find out the teachers' perspective regarding the need and practices of

guidance and counseling at the secondary schools of KPK. Ten male and ten female schools were selected for study. The study revealed that students of secondary level look for their career opportunities/career selection, where they can select and practice their subjects. It was found that appointment of counselors made compulsory in schools by the authorities. It was recommended that small unit of guidance and counseling should be established where data of students made available. Stakeholders to play an important role and to contribute for the purpose.

13 (Maqsood et al., 2020)

Article title: "Counseling Needs of High School Students: Exploring Teachers' Perspective." This study was conducted in Rawalpindi city. Main objective of study was to find out the counseling needs of high school students and exploration of teachers' perspective regarding the matter. 30 teachers were interviewed. Research findings highlighted the need for initiating structured and proper counseling services at school level addressing the problems and issues. Beside academics students seek guidance and counseling for personal, self-development, social, interpersonal domains. Study suggested that there is a need for introducing mental health care programs in schools. In schools there is no proper mechanism of counseling. Teachers strongly demanded for initiating structured counseling and guidance programs at each level of education. Due to lack of confidence, students' communication is at minimal level with teachers. Grievances and problems reporting cells don't exist in schools.

5. Limitations

This study also have some limitations. Open articles have been accessed to conduct this study. An analysis of findings was made among thirteen articles. Between 2010 and 2020 articles were included. It can't be claimed that this research truly depict the clear picture of the research problem entirely. Secondary data was accessed through internet. Internet was the main source of this study. Different educational and useful databases were accessed. Articles which were published during 2010 and 2020 were analyzed for the study. During the search and literature review of the study, it has been noticed that there is serious need of researches to be conducted regarding Educational Psychology covering domains of guidance and counseling for School Education System in Pakistan.

6. Conclusion and findings

This study provides a brief description about the need and significance of guidance and counseling for the welfare and wellbeing of students. Pakistan Education Statics 2016-2017 shows that in Pakistan there are a total of 150,129 primary schools. 88% i.e. 131,376 are public schools and 12% i.e. 18,753 are private schools. The number of middle schools is 49,090 of which 34% i.e. 16,928 schools belong to public sector. 66% i.e. 32,162 schools are in private sector. High schools (grade 9 & 10) in a total number of 31,551, out of which 42% i.e. 13, 129 schools are in public sector and 58% i.e. 18,422 schools are in private sector. The purpose of stating this data is to get a clear picture of school education system of Pakistan. Two major sectors (i) Public and (ii) Private sector.

A huge number of schools are existing in Pakistan, but there is still no concept of guidance and counseling and has not introduced in current educational scenario yet. Following are the set of conclusions:

1. Students are the end users of educational system. It is paramount important to establish the proper framework of guidance and counseling to address different issues and problems of students.
2. For the well-being and welfare of students regarding their personal, emotional, social and other domains of self-development, educational counselors must be appointed permanently in current educational setup.

3. Teachers influence their students so they need to get proper training and education about guidance and counseling. They must acquire basic knowledge and should be skilful to perform practices of guidance and counseling for effective teaching and learning.
4. Extensive research is required to find out the genuine perspective of students and teachers about the need of guidance and counseling. It should be made compulsory for every educational institute to establish unit of guidance and counseling to facilitate students.
5. Most respondents (students) agree that teachers use negative and weak practices to deal with their problems. They stress on the provision of proper guidance and counseling services so that they will be assisted to cope with the issues and problem being faced during their academic endeavors.
6. Students strongly believe that teachers have legitimate authority to exercise. Students have strong faith on teachers that they can resolve their problems and issues related to: educational, vocational, social, emotional and behavioral. In this regard, by conceptualizing the included researches it has been revealed that teachers must be trained and educated to play the role of educational counselors.
7. Training sessions about guidance and counseling in intervals play important role to educate students. If students get the basic know how regarding the significance, scope and importance of guidance and counseling, in this way they will be able to develop strategies by themselves to realize the nature of issues they are facing and on time rise demands for their quick solution.
8. Guided awareness regarding guidance and counseling will help students to come out from different sort of issues. Students can't realize the nature of multiple issues they are facing. Guided awareness provides a guideline where students can talk and discuss openly about their problems and issues.
9. Studies show that female students are in dire need of guidance and counseling. Generally, they do not discuss the issues and problems they are facing. Teachers need to realize their needs while observing the pattern of behavior and attitudes of such students.
10. Students strongly demand for the induction of educational counselors, psychologists and field related persons in their schools. It's the legitimate demand of the students, as teachers have no time to address the issues related to guidance and counseling as they are too much busy in dealing with pedagogical tasks.
11. There is no concept of guidance and counseling in various areas of Pakistan. On permanent basis at government level i.e. in government schools permanent positions must be introduced for educational counselors and psychologists.
12. Parents believe that schools are the right places for their children and well established platforms where their children get right guidance from right advisers. Parents think that teachers have the power to guide and counsel their kids. For all these reasons, teachers need to get proper training and required education to deal with the students and to meet the parents' expectations.
13. Schools must provide up to date information about the needs and requirements of outer world i.e. market. Students must be education in research and development to go with the flow of scientific development.

7. Recommendations

Following recommendations have been made after generalizing, conceptualizing and analyzing the included researches:

1. A whole decade (2010-2020) shows that there is dire need of guidance and counseling for the welfare and wellbeing of students. It's the fundamental right of students to get the fine services of guidance and counseling.
2. Education Ministry must create positions for educational counselors and proper psychologist for each school for all level of education.
3. Teachers must get proper education regarding guidance and counseling so that they can play role of education counselors. Courses related to guidance and counseling to be made mandatory for teachers.
4. Vocational and skilful education is the need of current society. Latest and up to date market information should be provided to the students so that they can use their potentials. Students should be educated about the latest researches and developments.
5. Negative and weak practices must not be practiced by teachers. Students have strong faiths on teachers and they expect positive attitude and behaviors from their teachers. Teachers should provide true guidance with true spirit..
6. Teachers need to understand issues and problems related to educational, vocational, social, emotional and behavioral. Teachers need not to influence teachers for the career selection according to their will. They need to understand students needs and requirements.

7. Students need to be educated about the basic dimensions of guidance and counseling. They should be given proper information about the field of guidance and counseling.
8. School management must take the responsibility of providing full facilities of guidance and counseling.
9. Special attention must be given to female students regarding the need of guidance and counseling.
10. Permanent post must be created for educational counselors and psychologists in schools especially in public sector schools.
11. The concept of guidance and counseling is needed to introduce. If school management neglects this dimension, in this case students will be deprived and neglected from basic guidance and future direction.
12. Parents should stress and demand from concerned authorities for the provisions of services of guidance and counseling on permanent basis.
13. Schools and other educational institutions where students are enrolled for any degree program; must be given access to latest and up to date useful information regarding market demands, requirements of the organizations, and current developments in science and technology.

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