
GUIDANCE AND COUNSELING IN HIGHER EDUCATION

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Abstract

The purpose of writing is to describe the availability of guidance and counseling facilities and infrastructure in universities. One of the successes of guidance and counseling services is supported by adequate infrastructure facilities. This study technique uses a literature review or library research. The conclusion is that guidance and counseling services in universities have orientation services, information services, placement and distribution services, content mastery services, individual counseling services (individual), Group Guidance and Group Counseling services, Group Guidance (BKp), and Group Counseling (KKp). consulting services, mediation services, and advocacy services. and assistance services provided to students include providing guidance assistance in personal, social, study, and career fields.

Keywords: Guidance; Counseling; Higher Education

Introduction

Higher education represents the final stage of formal education, where the learning process differs significantly from secondary schools. Responsibility for learning is predominantly placed on students, as instructors or professors merely provide foundational knowledge, and students are expected to engage in independent learning. At the stage of higher education, individuals are in their late adolescence and early adulthood, where they are expected to become independent, responsible, and capable of developing social roles within a society with diverse values. However, if students are unaware of the forms of learning and the demands placed on them, they may encounter various problems within themselves and conflicts with their surroundings. Without assistance in resolving these issues, students may experience failures in their lives.

Furthermore, psychological development is not only experienced by individuals currently studying in school but also by adults and even the elderly in their families, community, or workplace. According to (Sukmadinata, 2019), "Guidance and counseling programs and services are needed not only in schools but also in the community and work environments, tailored to the characteristics of the individuals being guided and the different problems they face." Hence, higher education institutions, as providers of quality human resources specializing in guidance and counseling, have specific classifications to prepare individuals who will serve as experts in the field of guidance and counseling in both educational and professional settings. This ensures that graduates can cope with the changes that occur and help address emerging problems.

Therefore, guidance and counseling services play a crucial role, as every individual faces challenges in their lives that require prompt intervention and problem-solving. If left unresolved, these challenges can hinder a student's progress and lead to failure (Sukmawati, 2011).

Research Method

In this article on guidance and counseling in higher education, the authors employed the method of a literature review or library research, which involves collecting data by conducting a study of books, literature, notes, and reports related to the issues to be addressed. The journal is comprehensive and well-structured, serving as a guide for students and quantitative and qualitative researchers seeking research guidance. It is highly sought after in the field of educational research. The literature review involves gathering discourse from books, papers or articles, magazines, journals, the web (internet), and

other relevant sources related to the topic of the study and seeking information on specific aspects or variables.

Result And Discussion

Definition of a Student

The understanding of students in general is the highest role in the world of education that regulates human behavior patterns from adolescents to real roles, it can be said that students are the process by which the mindset leads higher or more serious in carrying out the role (Nasari & Darma, 2013).

Students in the Indonesian government regulation No.30 of 1990 are students who are registered and studying at certain universities. Furthermore, according to (Sarwono, 1978), students are everyone who is officially registered to attend college lessons. with an age limit of about 18-30 years.

The definition of students according to Knopfemacher (Suwono, 1978) is that they are prospective scholars who are involved with universities (which are increasingly integrated with society), are educated, and are expected to become intellectual candidates.

Based on the above understanding, it can be concluded that what is meant by students in this study is someone who is officially registered at one the private-public and private universities to take part in the education (Kurniawati & Baroroh, 2016).

Functions and Principles of Counseling Guidance in Higher Education

1. Counseling Guidance Function:

1) Preventive Function (Preventive)

The preventive function in its implementation for counselors is part of their very important duty of duty. In the world of mental health "prevention" is defined as an attempt to influence in a positive and wise way, because the environment that can cause difficulties or harm actually occurs.

2) Comprehension Functions

The function of understanding in question is guidance and counseling that will produce an understanding of something by certain parties in accordance with student development needs. This understanding includes:

1. An understanding of the student's self, especially by the students themselves, parents, teachers, and guidance teachers.
2. An understanding of the student's environment (including the family and school environment), especially by the students themselves, parents, teachers, and guidance counselors.
3. An understanding of the wider environment (including educational, title, occupational, and/or career information, and cultural/values information), especially by school (Wulandari, 2022).

2. General Principles of Guidance Counseling

- 1) Guidance should be centered on the individual he is mentoring.
- 2) Guidance is given to individuals who are guided to be able to orient themselves in the face of difficulties in life.
- 3) The provision of assistance is tailored to the needs of the individual being guided.
- 4) Guidance with respect to individual attitudes and behaviors.
- 5) The implementation of guidance and counseling begins with analyzing the needs felt by the individual being guided.
- 6) Efforts to provide assistance must be carried out flexibly.
- 7) Guidance and counseling programs should be formulated in accordance with the education and learning programs in the school concerned.

- 8) The implementation of guidance and counseling programs must be led by people who have expertise in the field of guidance and counseling and their implementation must cooperate with various related parties, such as doctors, psychiatrists, and other related parties.
- 9) To determine the results obtained from the service efforts that have been made, regular and continuous assessments or equivalence must be held (Deni, 2011).

Goals, Objectives, and Benefits of Guidance and Counseling in Higher Education

1. BK Service Objectives

In general, BK services aim to help prevent and overcome various problems that are often experienced by students. These general objectives are described into specific objectives as follows.

- 1) Helping students to overcome problems that occur in the achievement of their developmental tasks.
- 2) Provide preventive measures against problems that have the potential to interfere with the achievement of student development tasks.
- 3) Helping students understand themselves includes their potential and weaknesses.
- 4) Help students gain an understanding of themselves and their environment.
- 5) Helping students compile and develop academic programs and/or other programs in accordance with their needs and abilities and existing environmental conditions.
- 6) Helping students develop themselves optimally by choosing student Activity Units (UKM) and the like according to their potential.
- 7) Help students recognize and develop personal skills that are useful in life in their environment.
- 8) Help students adjust to the learning environment at the college.
- 9) Help students find effective ways to study in college.
- 10) Help students overcome personal and social problems faced while studying at college.
- 11) Help direct career direction according to the potential they have.

2. BK service targets

The general target of guidance and counseling is individuals registered in the institution or students, while the specific target of guidance and counseling is the optimal development of all student potential.

3. Benefits of BK services in Higher Education

1) For Students

1. Students are able to complete their studies on time for 8 semesters.
2. Students have superior achievements so that they can provide pride in study programs, faculties, and the institution itself.
3. Help solve problems faced by students.
4. Prevent the emergence of new problems in students.

2) For Institutions

Helps improve the performance of study programs, faculties, and universities.

Higher Education Guidance and Counseling Services

Counseling Guidance in Higher Education Forms of Counseling Guidance Services in Higher Education In his book, Prayitno explained that from the forms of services needed, guidance and counseling services can include the following services:

1. Onboarding Services

Orientation means a forward gaze about something new. Orientation services attempt to bridge the gap between a person's condition and a new atmosphere or object. This service also directly and indirectly "ushers" the person in question into a new atmosphere or object so that he can benefit from the new situation or object. Counselors act as bridge builders or agents who actively "usher" someone

into a new area. This service allows clients/counselors to understand the new environment they enter, in order to facilitate and facilitate the role of students/students in the new environment. The expected result of orientation services is to facilitate the client's adjustment to social life, learning happiness, and other activities that support success in the learning process.

2. Information Services

Information services try to meet individuals' lack of the information they need. In this service, various information is conveyed to service participants. The information is then processed and used by the individual for the benefit of his life and development. This service is organized by a counselor who is followed by one or more participants. Understanding gained through information services, is used as reference material in improving learning activities and achievements, developing ideas, organizing daily life, and making decisions. There are various kinds of material that can be raised through information services, which include: self-development information, information on interpersonal, social, values and morals, educational information, learning activities, and career information.

3. Placement and Disbursement Services

Every individual has their own potential, therefore it needs to be developed optimally. Placement and distribution services are services that help individuals or clients to be able to avoid environmental conditions that are unfavorable to their potential. Individuals with certain potentials and conditions are placed in a more harmonious environment so that their potential can develop optimally. In addition, this service seeks to reduce the minimum possible environmental impact and even seeks greater and optimal support for the development of individual potential on the one hand, and on the other hand, provides allows clients to obtain the right placement and distribution. Through this placement and channeling, it provides the possibility of clients being in the right position and choice, namely with regard to study groups, work/career choices, extra-curricular activities, training programs, and higher education according to their physical and psychological conditions.

4. Content Mastery Services

Content mastery services are assistance services to individuals to master certain abilities or competencies. The ability or competence learned is a unit of content in which facts, data, concepts, processes, laws and rules, values, perceptions, affections, attitudes, and actions related thereto are contained. These services help individuals master these aspects of content in an integrated manner. With mastery of content, individuals are expected to be able to have something useful to meet their daily needs and overcome the problems they experience related to the content in question.

5. Individual Counseling Services (Individual)

Individual counseling service is a counseling service organized by a counselor to a client in order to alleviate the client's personal problems. In a face-to-face atmosphere, direct interaction is carried out between clients and counselors, discussing various things about problems experienced by clients. This service is the heart of the comprehensive counseling service. Individual Counseling (KP) is often the essential and most meaningful service in the alleviation of client problems. Counselors who are able to properly apply synergistically various approaches, techniques, and principles of counseling in the implementation of this service, are believed to be able to also provide other types of services in the entire spectrum of counseling services.

6. Individual Group Guidance (BKp) and Group Counseling individually (KKp)

It is a service that involves a number of participants/clients in the form of groups, and counselors as leaders of group activities. In BKp, general topics of concern are discussed with group members, while in KKp personal problems experienced by each group member are discussed. Both general topics and personal issues are discussed through an atmosphere of intense and constructive group dynamics, followed by all members under the guidance of the group leader (counselor). BKp and KKp services can be held anywhere, indoors or outdoors, at school or outside school, at one participant's home or at the

counselor's home, in an office or institution, or in the counselor's private practice room. Wherever both types of BKp and KKp Services are services that include a number of participants/clients in the form of groups, and counselors as leaders of group activities. In BKp, general topics of concern are discussed with group members, while in KKp personal problems experienced by each group member are discussed. Both general topics and personal issues are discussed through an atmosphere of intense and constructive group dynamics, followed by all members under the guidance of the group leader (counselor).

7. Consulting Services

Consulting services are counseling services carried out by counselors to a customer, called consultants that allow consultants to gain insight, understanding and ways that need to be carried out in dealing with conditions or problems of third parties. Consultation is basically carried out individually in a face-to-face format between counselors (as consultants) and consultants. Consultation may also be carried out with two or more consultants if the consultants so desire. Consultations can be carried out in various places and various occasions, such as at school or in the office where the consultant works, in a family environment that invites counselors, in independent practice (private) counselors, or in places desired by consultants and approved by counselors. Wherever consultation is held, the atmosphere created must be relaxed and conducive and allow the implementation of counseling principles and consultation techniques.

8. Mediation Services

Mediation comes from the word "media" which means intermediary or liaison. Thus, mediation means an activity that mediates or connects two things that were originally separate, establishing a relationship between two different conditions; Make contact so that two things that were originally not the same become positively interrelated. With the intercession or connection, the two things that were previously separated become interrelated and reduce each other's distance, minimize differences and enlarge the similarity of the distance between the two to be close. The two things that were originally different benefit from the intercession or connection for the benefit of both. With mediation services counselors try to mediate or build a relationship between them, so that they stop and avoid further disagreements that harm all parties.

9. Advocacy Services

One of the functions of counseling is the advocacy function, which means defending the rights of someone who is injured. As is known that everyone has various rights that are generally formulated in human rights documents. Based on human rights, everyone has rights that guarantee their existence, life, and development. The advocacy function in counseling seeks to provide assistance (by the counselor) to the person or client concerned to regain their rights that have been deprived, hindered, limited, or less fulfilled and even beheaded by other parties.

Conclusion

Counseling services in higher education are indeed not much different from services in secondary schools, where here can also be understood as a series of guidance activities that can be conceptualized that are planned, organized, and coordinated over a certain period of time, for example one school year. Program units in counseling guidance services are service activity plans and BK support activities in certain periods held at Universities / Colleges / Academies / Polytechnics / or Institutes. The functions and principles of counseling guidance in universities are the functions of Prevention (Preventive) and the function of understanding.

BK services aim to help students prevent and overcome various problems that may and are experienced by students. Guidance and counseling services in universities include orientation services, information services, placement and distribution services, content mastery services, individual counseling

services, Group Guidance and Group Counseling services Group Guidance (BKp), and Group Counseling (KKp). Consulting services, mediation services, and advocacy services. The assistance services provided to students include providing guidance in the personal, social, study, and career fields.

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