



The Vice Chancellor
Usmanu Danfodiyo University, Sokoto
PROFESSOR L.S. BILBIS

B.Sc, Ph.D, FSAN, FNSBMB, FSESN, FASI

On behalf of the Council, Senate, Staff and Students

Cordially invites

TO THE

**40TH INAUGURAL
LECTURE**

Title:

**GUIDANCE AND COUNSELLING
AS A UNIVERSAL SERVICE**

By

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Department of Educational Foundations
Faculty of Education and Extension Services

DATE: Thursday, 25th April, 2024

TIME: 4:30 pm Prompt

VENUE: Usmanu Danfodiyo University, Sokoto
Auditorium, Main Campus



Guidance and Counselling as a Universal Service

40th Inaugural Lecture

Usmanu Danfodiyo University, Sokoto

Professor Malami Umar Tambawal, FCASSON,

NCE (ABU), B.AED(Uni-Sok). M.Ed. (Uni-Jos), PhD (UDUS)

**Professor of Guidance and Counselling
Department of Educational Foundations**

25th April, 2024

Courtesies

- ✓ The Vice Chancellor,
- ✓ The Deputy Vice Chancellors,
- ✓ The Registrar,
- ✓ Other Principal Officers,
- ✓ Distinguished Professors and Senate Members,
- ✓ My Academic Colleagues,
- ✓ All non- teaching Staff in the University,
- ✓ My Lord Spiritual and Temporal,
- ✓ My Family,
- ✓ Distinguished Counsellors, The Press,
- ✓ Invited Guests,
- ✓ Ladies and Gentlemen

Preamble

- ✓ Today's lecture is designed to gaze at how Guidance and Counselling became a Universal Service and not only confine to the walls of Educational system but rather a system that covered the entire human life for better living.
- ✓ Right from birth, individual's lives have been guided either by the parents or environment for better life and development.

Preamble

- ❖ For instance: how to sit down, how to eat, how to walk, how to read and also what to do and what not to do or avoid, where to go and where not to go, when to do and when not to do and so on.
- ❖ Mr. Vice Chancellor Sir, you will agree with me that, the total way of life is completely found to be lounge in the realm of Guidance and Counselling as such, captured my interest in choosing to study Guidance and Counselling as my Profession

Brief History and Development of Guidance and Counselling

- ✓ Guidance and Counselling has been in existence before the advent of the formal/educational guidance and counselling in Nigeria, where village heads, religious leaders, family heads and community elders were involved in guiding their people and in settling disputes.
- ✓ In other words, **traditional type of counselling** called **Indigenous Counselling** exists, and in terms of needs, people consulted the indigenous counsellor for help and information.

Western/Formal/ Guidance and Counselling Approaches

- ✓ Guidance and Counselling service started in some parts of the ancient world before it began in Nigeria (Salawu, 1997).
- ✓ The history of guidance and counselling could be traced to the Greek societies with their emphasis on developing and straightening the individual through education, so that individual could fulfill roles reflecting his greatest potential for himself and his society

Western/Formal/ Guidance and Counselling Approaches

- ✓ Plato, one of these Greek counsellors is generally recognized as one of the first to organize psychological insights into Systematic theory.
- ✓ Plato recognized human individuality and designed a society with the educational system to meet individual needs (Tambawal, 2002)
- ✓ Mr. Vice-Chancellor Sir, although, the western counselling's origin and development was based on different movements that existed then, Bulus (1995) stated these movements as:

Western/Formal/ Guidance and Counselling Approaches

1. **The Vocational Guidance Movement:** the vocational guidance movement began with emphasis on vocational, planning, information and guidance
2. **Educational Guidance Movement:** the term Educational Guidance was first coined by Truman Kelly in 1914.
 - ✓ Truman used to describe the help given to students who had questions about choice of course and studies, decisions and interests and abilities, choice of colleges and high schools and schools' adjustment.

Western/Formal/ Guidance and Counselling Approaches

3. The Mental Hygiene Movement: This movement was associated with Clifford Beers (1909).

- ✓ Makinde (1984:79) describe him as the moving force behind the movement.
- ✓ His interest in the movement resulted from his confinement after a mental breakdown.

Western/Formal/ Guidance and Counselling Approaches

4. The Child Guidance Movement: This is another movement that gave impetus to the growth and development of Guidance and Counselling in the West.

- ✓ This movement began in 1909 with the establishment of a clinic by Dr. William Haley and his wife in Chicago, Illinois.
- ✓ They felt the urge to establish a clinic which would treat the physical and psychological problems.
- ✓ By 1914 over 100 child guidance clinics had been established.

Western/Formal/ Guidance and Counselling Approaches

5. Personnel Work in Industry Movement: This movement also influences the development of Guidance and Counselling in the West.

- ✓ Dr. Musterberg of Harvard University pioneered the introduction of job analysis techniques to industry.
- ✓ Group test and mental ability was further encouraged in order to make business and industry to become more objective in the selection of new employees with minimum time and energy

Western/Formal/ Guidance and Counselling Approaches

6. The Testing Movement: this is regarded as one of the sources of the guidance movement.

- ✓ Alfred Binet's pioneering work which was stimulated by the need to identify and assist the mentally retarded children became a great feat.
- ✓ The intelligence scale of 1905 was a big step in the development of measurement techniques that gave the greater degree of objectivity to the process of educational and vocational planning for children and young adults

Formal and Modern Guidance and Counselling in Nigeria

- ❖ In Nigeria, formal/modern guidance and counselling started in 1959 at **St. Theresa's College, Oke Ado Ibadan**, where a group of dedicated religious Reverend sisters who had the perception and saw the need for proper guidance in job selection for their secondary school leavers
- ❖ They invited some officials from the Ministry of Education and some prominent professionals and people (elders) from Ibadan community to hold brief workshops and advise them about placing sixty of their final year female students in appropriate careers

Formal and Modern Guidance and Counselling in Nigeria

- ❖ Even though the advisors were not vocational guidance specialist, but they later formed to **become the Ibadan Career Council in 1962.**
- ❖ Meanwhile, the Federal Ministry of Education in its efforts to encourage guidance education established a guidance counselling unit in **1961 and employed an education officer Mr. C. I Berepeki, to serve as vocational guidance officer in the federal ministry of education.**

Formal and Modern Guidance and Counselling in Nigeria

- ❖ The development of Guidance and Counselling in Ibadan led to the formation of the **Nigerian Career Council in 1967** which was later changed on **11th day of December, 1967**, to the **Counselling Association of Nigeria (CASSON)**.
- ❖ In addition to the recent development in the profession of Guidance and Counselling, the Federal Government of Nigeria also established the **Counselling Practitioners Council of Nigeria (CPCN), Act 2022**

Meaning of Guidance and Counselling

- ❖ **Guidance and Counselling** is the process of helping individuals to understand themselves and their world (Sherter and Stone, 1981).
- ❖ Meanwhile, Olayinka (1993), posits on **counselling as the learning process** which stress more rational planning, problem solving, decision making intentionally, prevention of severe adjustment problems and support for situational pressures arising in the everyday lives of normal people

Meaning of Guidance and Counselling

- ❖ Tambawal (2011) asserted that, *guidance and counselling* is a helping programme carried out mainly by interpersonal communication where by a counsellor helps the client in using adjustment strategies and skills in gaining insight about him/her to purposely maximize his or her natural potentialities

Guidance and Counselling as a Universal Service

- ❖ Guidance and Counselling services are for all people of all times.
- ❖ The idea that it is confined only to the school setting is fast losing ground because man's quests for solutions to his various problems have been with him over time.
- ❖ In our traditional extended family setting where all members of the family live together, guidance and counselling is usually received from the most elderly member of the family where in most difficult cases, specialists in such areas are consulted

Guidance and Counselling as a Universal Service

- ❖ In Hausa land, **bokaye, mallams and imams** are consulted while in **Yoruba land, the alfas and babalawos are consulted and the Ibibios** have the **uzenakpo while the dibia** in Igbo land and **Obechi among the Igalas** respectively (Tambawal, 2002).
- ❖ The idea of people living in a nuclear family as a result of western education has now changed the pattern of confiding in the immediate family rather an individual is left at the mercy of a counsellor who is a professional in the art of helping individuals out of their ***personal, social and psychological problems***

Guidance Programmes in Schools

- ❖ Mr. Vice-Chancellor Sir, some of the guidance programmes in schools as stated by Tambawal (2002) include:
 - ✓ Orientation service,
 - ✓ information service,
 - ✓ the counseling service,
 - ✓ the appraisal service,
 - ✓ placement service and
 - ✓ follow-up service.

Guidance and Counselling Outside the School Setting

- ❖ Guidance and counselling services have now gone beyond school setting and have spread in other spheres of human endeavor as a universal service in places such as:
- ❖ work place, rehabilitation counselling, youth counselling, conflict resolution and peaceful co-existence, marital counselling, counseling for the aged, health sector, pre-retirement, retirement and post retirement among others.

Guidance and Counselling in Work Place Setting

- ❖ Organizations such as industries, corporations, factories, offices and agencies which may be private or public are receiving an increased attention and thoughts in recent times
- ❖ Interest is the most important gearing factor in the establishment and development of any aspect of human endeavor

Guidance and Counselling During Pre-Retirement Period

- ❖ **Pre-retirement Counselling** is a counselling session or discussion held with employees who are approaching their retirement age (**early or compulsory**) with the aim of assisting and advising them on how to prepare and plan themselves on how to make appropriate use of their benefits, second careers and so on.

Guidance and Counselling for Post-Retirement

- ❖ The retired worker is someone who retires from work position or business after reaching his retirement age or years of service or as a result of some form of disabilities.
- ❖ The retirement brings problem which include inability to identify deprivation, deterioration and dependence, social adjustment problems, frustration, laziness and the inability to identify and utilize leisure

Guidance and Counselling for Post-Retirement

- ❖ Meanwhile, the post retirement period is also a crucial stage in one's life, because the retiree is cut off from the normal rigors of his usual work over the years, no more attending meetings, seminars, workshops, shuttling between places etc.
- ❖ These and other problems are some of the reasons why Tambawal (2002) asserted that, there is urgent need for counselling service for our workers as a way of forestalling the deteriorating leaving conditions of retired persons.

Guidance and Counselling in the Health Sector

- ❖ Sickness is a psychological condition in which island of pains causes isolation and social distance that induces anxiety and insecurity, thus, leading to regressive dependence, provoking resentful rebellion and quite. These emotional distresses intensify the illness (Tambawal, 2002).

Guidance and Counselling for Rehabilitation (Physically and emotionally disabled individuals)

- ❖ Rehabilitation counselling is an occupation concerned with assisting physically and emotionally disabled individuals to find satisfactory social and work roles in the society (Tambawal, 2002).
- ❖ Nwoye (1998) has identified the following as disabled persons that have problem of vocational choice and adjustment in the society and also need guidance and counselling

✓ The mentally retarded.	✓ The deaf and hard-off hearing.	✓ The speech impaired
✓ The visually impaired.	✓ The behavior disorder.	✓ The orthopedically and other health impaired
✓ The learning disabled		

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The Behaviour Disordered

- ❖ Tambawal (2015) states that, a child is said to be behaviour disordered if he shows one or more of the following to a significant degree over a period of time:
 - ✓ An inability to learn, which cannot be explained by intellectual, sensory or health factors.
 - ✓ An inability to build or maintain satisfactory interpersonal relationships with peers and teachers
 - ✓ Inappropriate types of behaviour or feelings under normal conditions.

The Orthopedically and Other Health Impaired

- ❖ Tambawal (2015) identified the physically disabled individuals as those “with crippling conditions or with chronic health problems”.

Learning Disability

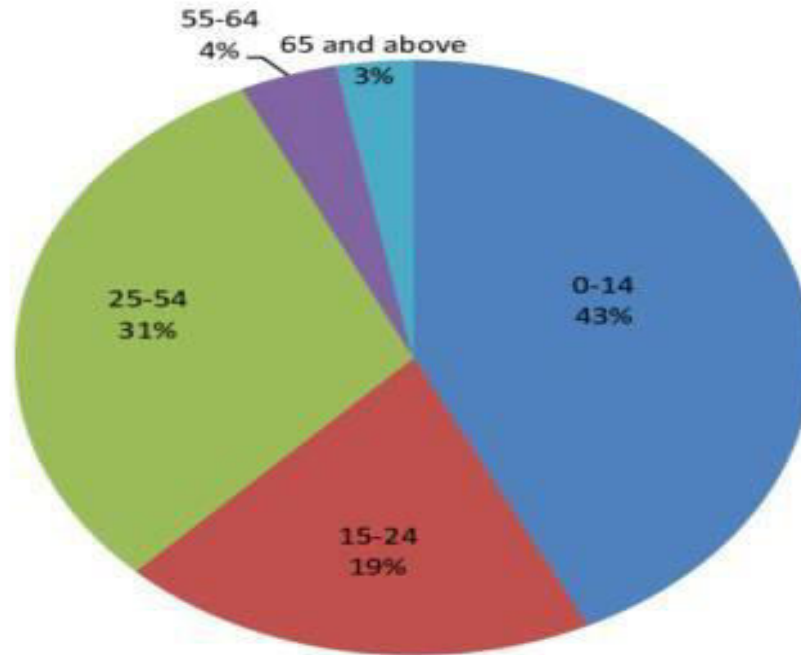
- ❖ This is a generic term that refers to a **heterogeneous group of disorders** manifested by significant difficulties in the acquisition and use of listening, speaking, reading, writing, reasoning or mathematical abilities.
- ❖ Even though a learning disability may occur concomitantly with other handicapping conditions (e.g. cultural difference, insufficient/inappropriate instruction, and psychogenic factors) it is not the direct result of those influences (Tambawal, 2015).

Guidance and Counseling for Youths Empowerment

- ❖ Mr. Vice-Chancellor Sir, youths in Nigerian context rendered valuable contributions to the struggles for liberation and national development (Tambawal, 2009).
- ❖ They constitute fairly a good size of the national population; they also constitute the reservoir of energy and dynamism for any national struggle or campaigns;
- ❖ they are the most energetic sector of the economy (National Youth Council of Nigeria, 2017)

Nigeria's Youthful Population

- ❖ In Nigeria, a significant 50 percent of the populace is under the age of 19 which is the most prominent age (Oyewale, 2016).
- ❖ Meanwhile the country has the largest population of youth in the world and a median age of 18.1 years.



Nigeria's Youthful Population

- ❖ About 70% of the population is under 30, and 42% is under the age of 15. (The Conversation, 2023).
- ❖ This is why, it is universally acknowledged that positive fundamental and meaningful changes across cultural setting are usually engineered, fostered or shaped by the generation of youth in the society.
- ❖ Thus, they are the vital source of manpower and poses leadership potential which if fully exploited and properly channeled, their contribution to national development is immense (Tambawal, 2012).

Guidance and Counselling for the Aged

- ❖ Age is referred to as the length of time a person or thing has lived or all the regular changes that take place in biologically mature individuals as they advance through the life cycle which involves changes in structure, functioning of the body as well as in the adjustment and behavior of the person (Okpede, 1998:121).

Marital Counselling

- ❖ Marriage counselling as defined by Nwoye (1991) refers to the aspect of counselling practice which is directed at helping a couple recover or to salvage their failing marriage by helping them to discover the toxins in their union and to learn those missing interpersonal skills in their marriage.
- ❖ Marital counselling is said to be in three phases, these are:
 - ✓ Pre-marital counselling phase
 - ✓ Marital counselling phase
 - ✓ Post marital counselling phase

Guidance and Counselling for Poverty Reduction

- ❖ Guidance and Counselling for Poverty Reduction is another area covered by Personal Social Counselling.
- ❖ The lack of knowledge has created a great vacuum in the economy because so many young people would study courses in the tertiary institution which are not relevant to the needs of the society and as such will remain unemployed.

Guidance and Counselling for Conflict Resolution and Peaceful Co-Existence

- ❖ Conflict can be defined as “a dynamic process that occurs between interdependent parties as they experience negative emotional reactions to perceived disagreements and interference with the attainment of their goals” (Tambawal, 2015).

My Contribution to Knowledge in Guidance and Counselling

- ❖ Educational Guidance and Counselling
- ❖ Guidance and Counselling for Youths
- ❖ Vocational/career Guidance and Counselling
- ❖ Family/Marital Counselling
- ❖ Guidance and Counselling for Psycho-social adjustment
- ❖ Counselling for the Aged
- ❖ Counselling for Rehabilitation (people with disability)
- ❖ Guidance and Counselling in the Health Sector
- ❖ Guidance and Counselling for Conflict Resolution and Peaceful Co-existence

Appreciation

- ❖ Mr. Vice Chancellor, distinguished ladies and gentlemen, I sincerely appreciate you all for your endurance and attention.
- ❖ May Allah bless you all and may HE take you to your various
- ❖ destinations safe and in good health Amin.



THANK YOU