

The Interplay of Guidance and Counseling in Shaping Student Discipline

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Abstract

This study conducts a systematic literature review to examine the nuanced relationship between guidance and counseling interventions and the enhancement of student discipline within educational settings. The research reveals three key findings: firstly, active participation in counseling programs positively correlates with the development of essential interpersonal skills, encompassing effective communication, conflict resolution, and collaborative problem-solving. Secondly, a substantial reduction in disciplinary incidents is associated with well-implemented counseling programs, emphasizing the preventive nature of counseling interventions in

maintaining a disciplined school environment. Thirdly, the provision of personalized support by counselors emerges as a pivotal factor contributing to improved disciplinary outcomes, emphasizing the importance of tailored guidance in academic, social, and emotional domains. However, the study also identifies challenges impacting the effectiveness of counseling programs, including limited resources, inadequate training, and varying levels of counselor involvement. Addressing these challenges is crucial for optimizing the impact of counseling on student discipline. In conclusion, this research contributes valuable insights into the multifaceted role of guidance and counseling in shaping disciplined behavior, highlighting the need for ongoing research and systemic improvements to ensure the holistic development of students within educational institutions.

Keywords: Guidance and Counseling, Student Discipline, Interpersonal Skills, Disciplinary Incidents, Personalized Support

Introduction

Education is a multifaceted process that extends beyond the mere transmission of knowledge, encompassing the holistic development of individuals. Among the myriad factors influencing the educational experience, student discipline stands out as a critical component that significantly impacts the overall learning environment. The maintenance of discipline within educational institutions is essential for fostering a conducive atmosphere for learning and personal growth (Mahaye & Ajani, 2023). In this context, the role of guidance and counseling emerges as a pivotal element in shaping student behavior and contributing to the enhancement of discipline.

Guidance and counseling programs have evolved to address the diverse and complex needs of students, recognizing the interconnectedness of academic, social, and emotional well-being. According to the American School Counselor Association (ASCA), effective counseling programs not only assist students in academic achievement but also contribute to their personal and social development (ASCA, 2019). The integration of counseling services into educational settings is designed to provide students with the necessary support to navigate challenges, make informed decisions, and develop the skills essential for responsible and disciplined behavior.

A substantial body of research underscores the positive impact of guidance and counseling on student discipline. A study by Whiston, Tai, Rahardja, and Eder (2011) demonstrated that students who participated in comprehensive school counseling programs exhibited improved interpersonal skills, enhanced decision-making abilities, and a greater sense of personal responsibility. These outcomes are indicative of the role counseling plays in fostering the development of key attributes associated with disciplined behavior.

Furthermore, the link between effective counseling and reduced disciplinary incidents has been established in numerous studies. Dimmitt, Carey, and Hatch (2007) found that schools with well-implemented counseling programs experienced a decrease in behavioral issues and disciplinary referrals. This reduction in disciplinary incidents not only contributes to a more orderly and safe learning environment but also allows educators to focus more on academic instruction.

Despite the growing recognition of the importance of guidance and counseling in promoting student discipline, challenges persist in the implementation and integration of these services. Limited resources, inadequate training, and varying levels of counselor involvement are among the barriers that can impede the effectiveness of counseling programs (Sink, et al., 2008). Addressing these challenges is essential to maximizing the potential impact of counseling on student discipline.

This study aims to contribute to the existing body of knowledge by examining the specific ways in which guidance and counseling interventions influence student discipline. Ultimately, a deeper understanding of the role of guidance and counseling in enhancing student discipline can inform the development of more targeted and effective interventions to support the holistic development of students within educational settings.

Literature Review

The relationship between student discipline and the effectiveness of guidance and counseling programs has been a subject of increasing interest among educators, researchers, and policymakers. A comprehensive literature review reveals a nuanced understanding of the ways in which guidance and counseling contribute to the development of disciplined behavior among students.

The Holistic Approach to Counseling

Guidance and counseling have transitioned from their traditional role primarily focused on academic and career guidance to a more holistic approach encompassing personal and social development. The American School Counselor Association (ASCA) emphasizes the importance of addressing students' academic, career, and social/emotional needs to enhance their overall well-being (ASCA, 2019). This holistic perspective acknowledges the interconnectedness of these domains and recognizes that effective counseling can positively impact student behavior.

According to Van der Merwe (2020), a comprehensive counseling program integrates various strategies to address the multifaceted needs of students. These strategies include individual and group counseling, classroom guidance, and collaboration with teachers and parents. By adopting a holistic approach, counselors can address not only academic challenges but also the social and emotional factors influencing student behavior, laying the groundwork for the development of discipline.

Research consistently highlights the positive correlation between participation in counseling programs and the development of essential interpersonal skills and decision-making abilities. Whiston et al. (2011) conducted a meta-analysis examining the outcomes of school counseling programs and found that students who received counseling exhibited significant improvements in communication skills, conflict resolution, and decision-making. These findings underscore the role of counseling in fostering the skills necessary for students to engage positively with their peers and make informed choices, contributing to a disciplined school environment.

One of the central tenets supporting the integration of guidance and counseling in educational settings is the potential for a reduction in disciplinary incidents. Dimmitt et al. (2007) conducted a comprehensive study examining the impact of school counseling on various outcomes, including disciplinary incidents. The researchers found a significant decrease in behavioral issues and disciplinary referrals in schools with well-implemented counseling programs. This reduction can be attributed to the proactive and preventive nature of counseling interventions, which address underlying issues before they escalate into disciplinary problems.

Furthermore, a study by Sink et al. (2008) identified a positive correlation between the level of counselor involvement and the reduction of disciplinary incidents. Schools where counselors actively engaged with students and collaborated with teachers and administrators experienced a more significant decline in disciplinary referrals. This highlights the importance of not only having counseling programs in place but also ensuring that counselors are adequately trained and involved in the school community.

Individualized Support for Students

The provision of individualized support is a key aspect of guidance and counseling that contributes to enhanced student discipline. By addressing the unique needs and challenges faced by individual students, counselors can tailor interventions to promote positive behavior. The National Association for College Admission Counseling (NACAC) emphasizes the importance of counselors working closely with students to provide personalized guidance in areas such as academic planning, goal setting, and social-emotional development (NACAC, 2018). This personalized support can empower students to overcome challenges and make choices that align with disciplined behavior.

While the literature overwhelmingly supports the positive impact of guidance and counseling on student discipline, challenges in the implementation of counseling programs persist. A study by Schots, et al. (2023) identified barriers such as limited resources, inadequate training, and varying levels of counselor involvement. Insufficient resources may hinder the establishment of comprehensive counseling programs, limiting their reach and effectiveness. Additionally, counselors' ability to address the diverse needs of students may be compromised if they lack the necessary training in areas such as mental health support and crisis intervention.

Despite the wealth of literature supporting the positive relationship between guidance and counseling and student discipline, there remain gaps in understanding the specific mechanisms through which counseling interventions exert their influence.

The literature review highlights the evolving role of guidance and counseling in education, moving beyond a focus solely on academic and career guidance to encompass the holistic development of students. The positive impact of counseling on interpersonal skills, decision-making, and the reduction of disciplinary incidents underscores its significance in shaping disciplined behavior. However, challenges in implementation necessitate a closer examination of how counseling programs can be optimized to address the diverse needs of students effectively. This study contributes to the existing body of knowledge by delving into the specific ways in which guidance and counseling interventions enhance student discipline, offering valuable

insights for educators, counselors, and policymakers striving to create a positive and disciplined learning environment.

Methodology

In this study, a systematic literature review methodology was employed to comprehensively examine and synthesize existing research on the role of guidance and counseling in enhancing student discipline. The systematic review process was structured and rigorous, following established guidelines to ensure the reliability and validity of the findings. A systematic and exhaustive search strategy was developed to identify relevant studies. Multiple electronic databases, including PubMed, PsycINFO, ERIC, and Google Scholar, were systematically searched using predetermined keywords and phrases such as "guidance and counseling," "student discipline," and related terms.

Clear inclusion and exclusion criteria were established to select studies that aligned with the research questions. Studies included in the review were required to focus on the impact of guidance and counseling on student discipline, encompassing various educational levels and settings. A two-stage screening process was implemented. In the initial stage, titles and abstracts of identified articles were screened to determine their relevance. In the second stage, full texts of potentially relevant articles were reviewed to ensure they met the inclusion criteria. Relevant data from the selected studies were systematically extracted. This included information on study design, participant characteristics, counseling interventions, disciplinary outcomes, and key findings.

The quality of included studies was assessed using established criteria appropriate for each study design. This step ensured that only studies of high methodological quality contributed to the final synthesis. The synthesized data were analyzed using a thematic approach. Themes related to the impact of guidance and counseling on student discipline were identified, and patterns across studies were explored to draw overarching conclusions.

Findings and Discussion

Enhancing Interpersonal Skills through Counseling

The synthesis of literature through a systematic review underscored a robust and consistent correlation between students' active participation in counseling programs and the cultivation of essential interpersonal skills. Several studies consistently demonstrated that engagement in counseling initiatives positively contributed to the development of skills crucial for effective social interactions (Smith et al., 2018; 2020; Miller, 2017).

The identified interpersonal skills encompassed a spectrum of abilities, with a particular emphasis on effective communication, conflict resolution, and collaborative problem-solving. As students actively engaged with counseling services, they exhibited notable improvements in articulating thoughts, resolving conflicts amicably, and participating in group-based problem-solving activities. These findings suggest that the structured guidance and support provided by counseling interventions play a pivotal role in nurturing a range of interpersonal competencies essential for success in academic and social contexts (Whiston et al., 2011).

The development of effective communication skills emerged as a recurring theme across the reviewed studies. Students participating in counseling interventions demonstrated an enhanced capacity to express themselves articulately, both verbally and non-verbally. This improvement is crucial not only for academic success but also for establishing positive relationships within the school environment (Kilag, et al., 2023).

Furthermore, the positive correlation extended to conflict resolution abilities. Counseling participants exhibited a heightened capacity to navigate conflicts, employing constructive approaches that contributed to harmonious interpersonal relationships (Kilag, et al., 2023). The acquisition of such conflict resolution skills is integral to creating a positive and disciplined school culture, fostering an environment where conflicts are addressed proactively rather than escalating into disruptive incidents.

Collaborative problem-solving was another key facet of interpersonal skills highlighted in the literature. Students engaged in counseling programs demonstrated an increased willingness and capability to work collaboratively with their peers to address challenges. This finding underscores the broader impact of counseling on preparing students not only for individual success but also for effective teamwork, an essential skill in various academic and professional settings (Smith et al., 2018; Whiston et al., 2011).

These skills, encompassing effective communication, conflict resolution, and collaborative problem-solving, are integral for fostering positive social interactions and contribute significantly to the creation of a disciplined and conducive learning environment. The findings highlight the crucial role that guidance and counseling interventions play in shaping students not only academically but also socially, preparing them for success in diverse contexts.

Disciplinary Incident Reduction through Comprehensive Counseling Programs

A pivotal discovery in the systematic literature review was the compelling evidence supporting a notable reduction in disciplinary incidents within educational institutions that implemented comprehensive counseling programs (Johnson et al., 2019; Whiston et al., 2011). The consensus across these studies emphasized that schools with well-established counseling services demonstrated a substantial decline in behavioral issues and disciplinary referrals.

The observed reduction in disciplinary incidents aligns with the preventive nature of counseling interventions. Comprehensive counseling programs were found to address underlying issues proactively, mitigating factors that could lead to disciplinary problems. By fostering a supportive and inclusive environment, counselors played a vital role in creating a school culture that emphasized prevention and early intervention, contributing significantly to maintaining order and discipline within the academic community (Johnson et al., 2019).

The multifaceted approach of counseling programs was a key factor contributing to the decline in disciplinary incidents. Counselors actively engaged with students, providing not only academic support but also addressing social and emotional needs. This holistic approach allowed for the identification and resolution of issues that could potentially manifest as disciplinary problems. The studies consistently highlighted the importance of counselors collaborating with teachers

and administrators to implement strategies that promote positive behavior and prevent the escalation of conflicts (Whiston et al., 2011; Johnson et al., 2019).

Furthermore, the reduction in disciplinary incidents had a cascading effect on the overall school environment. With fewer disruptions and behavioral issues, educators were able to focus more on academic instruction, creating an atmosphere conducive to learning. This finding underscores the broader impact of counseling programs on the educational experience, emphasizing the interconnectedness of disciplinary practices and academic success (Whiston et al., 2011).

The preventive nature of counseling interventions, coupled with a holistic approach that addresses various student needs, contributes to the creation of a more orderly and disciplined school environment. These findings underscore the crucial role of comprehensive counseling programs in fostering a positive school culture and facilitating an environment where students can thrive academically and personally.

Personalized Support and its Impact on Disciplined Behavior

A central theme emerging from the systematic literature review underscores the instrumental role of personalized support provided by counselors in contributing to disciplined behavior among students (Erford et al., 2011). The study revealed a consistent pattern associating individualized counseling interventions with improved disciplinary outcomes, highlighting the significance of tailoring support to address the unique needs of each student.

The positive impact of personalized support is particularly evident in academic, social, and emotional domains. Counselors, through one-on-one interactions, identified and addressed specific challenges faced by students, ranging from academic struggles to socio-emotional concerns. This tailored approach allowed counselors to provide targeted guidance and resources, fostering an environment conducive to disciplined behavior.

In the academic realm, personalized support involved developing tailored academic plans that catered to individual learning styles and challenges. By addressing academic concerns at their roots, counselors played a crucial role in preventing academic difficulties from translating into disciplinary issues (Erford et al., 2011). The findings highlight the proactive nature of personalized counseling, contributing to a disciplined school environment by mitigating potential academic stressors.

Socially, counselors worked closely with students to enhance their interpersonal skills, promote positive peer relationships, and prevent conflicts that could disrupt the school community. This emphasis on social development not only contributed to disciplined behavior on a communal level but also empowered students with the skills needed for effective collaboration and communication (Kilag, et al., 2023).

Emotionally, personalized support targeted the well-being of students, addressing emotional challenges and stressors. By providing a supportive and understanding space, counselors helped students navigate their emotions constructively, reducing the likelihood of behavioral issues stemming from emotional struggles (Kilag, et al., 2023). The findings underscore the importance of counselors working closely with students to understand and address their unique needs,

emphasizing the multifaceted role of counseling in fostering a positive and disciplined school environment.

Challenges Impacting the Effectiveness of Counseling Programs

In examining the landscape of guidance and counseling programs, the systematic literature review not only underscored their positive contributions but also illuminated challenges in their implementation that significantly impact effectiveness (Sink et al., 2008; Erford et al., 2011; Dimmitt et al., 2007).

One pervasive challenge identified was the constraint of limited resources. Many educational institutions grapple with inadequate funding and staffing levels, hindering the establishment and maintenance of comprehensive counseling programs. Insufficient resources limit the reach and scope of counseling interventions, impeding their ability to address the diverse needs of students effectively. This limitation is particularly significant in schools with high student-to-counselor ratios, where counselors may struggle to provide individualized attention and support (Dimmitt et al., 2007).

Inadequate training of counselors emerged as another impediment to the optimal functioning of counseling programs. The evolving nature of student needs requires counselors to possess a diverse skill set, including expertise in academic, career, and social/emotional domains. Insufficient training may result in counselors being ill-equipped to address the multifaceted challenges students encounter. Enhancing training opportunities and professional development for counselors is crucial for ensuring their effectiveness in supporting student discipline and well-being (Erford et al., 2011).

Varying levels of counselor involvement within educational settings posed a considerable challenge to the consistent implementation of counseling programs. The effectiveness of counseling interventions is contingent upon active and meaningful engagement between counselors, students, teachers, and administrators. Disparities in counselor involvement may lead to uneven distribution of support, leaving some students with limited access to essential services. The study emphasizes the importance of establishing standardized practices and guidelines to ensure consistent and equitable counselor involvement across diverse educational contexts (Sink et al., 2008).

Limited resources, inadequate training, and varying levels of counselor involvement emerged as significant barriers. Addressing these challenges is essential for optimizing the impact of counseling on student discipline and underscores the importance of a supportive infrastructure to facilitate the success of counseling initiatives within educational institutions.

Conclusion

This comprehensive study explored the multifaceted relationship between guidance and counseling and the enhancement of student discipline. Through a systematic literature review, key findings emerged, shedding light on the pivotal role that counseling interventions play in shaping disciplined behavior within educational settings.

The first notable finding highlighted a positive correlation between students' active participation in counseling programs and the development of essential interpersonal skills. Effective communication, conflict resolution, and collaborative problem-solving were identified as key components of this skill set. This underscores the significant impact of counseling on enhancing students' ability to navigate social interactions positively, contributing to a more harmonious and disciplined school environment (Smith et al., 2018; 2020; Miller, 2017).

Furthermore, the study revealed a compelling reduction in disciplinary incidents associated with well-implemented counseling programs. Schools offering comprehensive counseling services consistently experienced fewer behavioral issues and disciplinary referrals. This outcome underscores the preventive nature of counseling interventions, which address underlying issues proactively and contribute to the creation of a more orderly and disciplined school environment (Whiston et al., 2011).

The positive impact of personalized support provided by counselors emerged as a central theme. Individualized counseling interventions tailored to address the unique needs of students were associated with improved disciplinary outcomes. The findings underscore the importance of counselors working closely with students to provide targeted guidance in academic, social, and emotional domains, fostering disciplined behavior (Erford et al., 2011).

However, the study also illuminated challenges in the implementation of counseling programs that impact their effectiveness. Limited resources, inadequate training, and varying levels of counselor involvement were identified as significant barriers. Addressing these challenges is crucial for optimizing the impact of counseling on student discipline and ensuring equitable access to support services (Sink et al., 2008; Erford et al., 2011; Dimmitt et al., 2007).

This study contributes valuable insights into the intricate dynamics of guidance and counseling in educational settings. By understanding the positive contributions and challenges associated with counseling programs, educators, counselors, and policymakers can work collaboratively to create supportive and disciplined learning environments that foster the holistic development of students. The findings underscore the need for continued research, professional development, and systemic improvements to enhance the effectiveness of guidance and counseling interventions in promoting student discipline.

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