

# The Role of Educational and Psychological Counseling in Improving the Educational Process

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## Abstract

*The study aimed to identify the role of educational and psychological counseling in improving the educational process in school education. Where the narrative critical approach was used, which is based on reviewing, scrutinizing and extracting theoretical literature well; The study was conducted in the second semester of the academic year (2022/2023); Where the study reached a set of results related to its research subject, which is the great importance of educational and psychological counseling in the school educational process by including some subjects with various topics related to educational and psychological counseling, or allocating a scientific subject for educational counseling similar to some other scientific subjects that are taught by experienced and competent; In addition, educational and psychological counseling represents an essential and essential aspect of the human life of the individual. The study also concluded that it is necessary for teachers, without exception, to carry out the process of educational and psychological counseling for students, as it is one of their basic academic tasks in practical life.*

**Keywords:** Role, Educational Counseling, Psychological Counseling, Educational Process, Schools, The Guide.

## INTRODUCTION

The school is the educational institution in which students spend most of their time, it provides them with various experiences, and prepares them for study and work a Prepare them to acquire basic skills in different fields of life, and provide the appropriate conditions for their physical, mental and social development. Thus, the school contributes to the psychological development of students and their social upbringing and moving them from dependence on others to independence and self-realization (Rababa& AL-Momani, 2022; Makhouloufi, 2016)

However, in many cases we see that the school looks at the students as if they were a homogeneous group with no discrimination or exclusivity. Thus, it ignores their mental, psychological and social characteristics and does not consider the differences in their preparations, abilities, tendencies, attitudes, desires and aspirations. The ideal student is the one who shows interest in studying and respects the laws and regulations of the school and its employees (Hariri, 2011)

We often find that the school does not understand the student's needs and academic and school problems. Different forms that appear in the classroom, such as aggression, sarcasm, distraction, rebellion, indifference or withdrawal, isolation, emotional tension, unwillingness to go to school, and escaping from it(Al-Momani, 2022;Al-Mahrogi & Karadsheh, 2021)

All of this increases the student's anxiety and disorder and negatively affects his academic achievement. As for the parents, they complain about the cases of poor level of their children and their achievement. They are not aware of the real reasons behind them or the ways to treat them, and some of them may resort to coercive and non-educational methods to urge their children to strive, and often the results are negative (Al-Shammari, 2014;Al-Momani& Barakat, 2015)

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From this point of view, school counseling services in schools came as an effective and one of the most important means of advanced education in an era in which needs change at an astonishing rate, and in which problems escalate in the school, family, social and life environment.

### **the study Problem:**

Psychological counseling services are considered a comprehensive psychological educational tool that helps satisfy the needs of our children, strengthen their motivation and enrich their experiences. It contributes greatly to their normal growth in accordance with their inclinations, abilities and preparations. It provides them with guidance to help them solve their academic problems in a scientific and educational manner, and to spare them the feeling of failure, the inability to adapt academically, the feeling of inferiority, and so on. It makes it possible for them to continue their studies, follow them up, and solve the various educational and learning difficulties that may hinder their success (Rababa & AL-Momani, 2022)

We mention, for example, common problems that students may suffer from Problems of academic failure, problems of preparations and inclinations that affect the student's academic success, poor motivation to study, wrong study habits, poor adaptation with the curricula and teachers, exam anxiety, poor achievement, learning difficulties, and other problems whose causes may be due to educational, psychological, social or other factors. economic or health (Marzouk, 2011)

It must be said that the psychological and educational services do not achieve the desired goals except through cooperation and coordination between the school counselor, the school and the parents together. Parents' assistance to the school counselor is essential in understanding and treating our children's problems (Al-Sulami& Al-Ashi, 2021)

Parents may have negative attitudes towards the counseling process, and they refuse to discuss the problems of their children and refrain from helping because they believe that their problems and their causes pertain to the family alone. of their suffering. Thus, the family can prevent this from being achieved and be a reason for their children not benefiting from the necessary guidance process for them (Rababa & AL-Momani, 2022)

The truth is that the proper growth and upbringing of children is important upbringing Sound social responsibility is not only the responsibility of the guide, but it is also a responsibility shared by the family (Al-Siddiq& Hassan, 2019)

No sound educational counseling program can overlook the positive role that the family can play in addressing the educational problems of the children. or affirmatively. It may also be the cause of the problem The positive efforts that the family can make to address the problems of its children are as follows:( AL-Momani& Rababa, 2022;Al-Aslami, 2012; Al-Momani & Alrabadi, 2022)

1-Work to provide an appropriate and sound family climate for the psychological development of her children, satisfy their various needs, and avoid the wrong educational methods in dealing with them.

2-Follow up the application and implementation of some educational, educational and behavioral methods related to the problem at home.

3- Seeking continuous contact with the school counselor and providing him with the necessary and necessary information about her children's academic level, their behaviors and problems, and giving importance to the necessity of exchanging opinions and coordinating with him on ways to deal with children in emergency and difficult situations.

4-Seeking, as much as possible, to attend and participate in parent s' councils and social activities organized by the school that are related to this matter and to benefit from them.

### **The Importance of Studying**

that Male and female students are the ones most in need of people who take their hands and show them their strengths and weaknesses. As for the strengths, they are supported and developed by involving the male or female student in the school activity groups, which is the treatment, prevention and development of the students' talents and problems and protecting them from deviation. he introduces his students to themselves

and their abilities, and directs them to studies that are commensurate with these abilities, talents, and inclinations don't tell He himself is in dire need of someone who knows him so, as he needs a specialist to carry out this task and apply some tests to him that determine his capabilities, inclinations, and readiness, and then direct him to the study that suits him according to these capabilities and tendencies. This guarantees them from failing to study in a department He does not turn around with their inclinations and abilities (AL-Momani & Rababa, 2022)

Hence, we note the large number of school dropouts and those who left their studies in universities as a result of a type of education imposed on them He does not turn arounds With their inclinations and abilities, so we notice the large number of unemployed and semi-illiterate young people, so the state lost a lot of money on them without benefiting from the educational opportunities available to them because of the lack of counseling programs that did not cover the needs Students indicative(Marzouk, 2011)

This observation confirms what he said. Ahmed Al-Zabadi and Doctor Hisham Al-Khatib in their book - principles psychological Guidance and counseling"(When the individual moves from home to school, and from school to work, and his transition from celibacy to marriage, and from childhood to adolescence, these periods of transition require a kind of guidance and counseling, so that he can adapt and adapt to new experiences, by providing him with information sufficient)", and adds And the increasing numbers Students In schools and the development of education and its concepts in terms of interest in education By student And making it the focus of the educational process, and increasing the sources of knowledge, and increasing the number of disciplines and subjects, made the teacher unable to face this huge amount of burdens, which led to the presence of a psychological counselor in every school). To graduate large numbers of students who cannot find jobs for them due to lack of guidance and counseling in schools and universities (Al-Sulami& Al-Ashi, 2021)

It is unfortunate that counseling programs in our schools have passed for more than 25 years, and they have not developed or improved due to the lack of interest of officials in the Ministry of Education in counseling and the lack of conviction of some officials in it, despite its extreme importance to male and female students, despite the presence of many enthusiasts. For guidance and specialists in it, but they have nothing in their hands, but some officials always blame those who work in the field without providing them with the appropriate guidance environment to work in, and if the situation continues in this case, there will be no guidance list.

Hence, it can be said that the male and female student need the following things:(Rababa& AL-Momani, 2022; Makhoulfi, 2016)

- 1- To those who know them on their abilities and inclinations.
- 2- To those who develop their talents and hobbies.
- 3- To someone who explains to them the age stage they are going through, and how they act in the face of challenges and social systems that prevent them from achieving their desires.
- 4- To those who know them about the good methods of studying well and preparing for the exams.
- 5- To those who guide them to avoid the dangers that surround them, such as drugs, cannabis, smoking, and others.
- 6- They need someone to show them the professions, trades and things they want to know in society, to secure their future.
- 7- They need to know about the colleges, universities and military institutes that they will enroll in after high school, and about the technical, vocational and technical centers and institutes.
- 8- Male and female students need counselors to teach them how to behave if they encounter a psychological, social or academic problem.
- 9- Male and female students need someone to instill confidence in themselves and help them plan properly for their future.

Counseling in its current state cannot satisfy the counseling needs of male and female students for several issues, which can be summarized as follows:(Al-Siddiq& Hassan, 2019;Rababa & AL-Momani, 2022;Al-Sulami& Al-Ashi, 2021)

- 1- Most of the male and female counselors are in general education schools They don't get puny providing guidance in the right way to the obstacles they face, including personal and environmental ones.
- 2- There are many schools that do not have mentors.
- 3- The large number of students and the overcrowding of classrooms prevent the needs from being fulfilled Students This makes the school administration preoccupied with controlling the attendance and absence of students and solving behavioral problems that are increasing as a result of the large number of male and female students, or the presence of the school in a popular neighborhood in which irregularities abound as a result of lack of awareness.
- 4- The lack of awareness among some officials in schools and educational departments makes the services provided to male and female students weak, so that there are senior officials who are not enthusiastic about guidance.
- 5- School activity programs are weak Don't grow old needs Students indicative, and their desires, and when the school activity is weak, the guidance is weak.
- 6- The presence of charter schools doesn't demerit contains the conditions of the appropriate educational building for male and female students to practice their recreational and entertainment activities.
- 7- There is great pressure on the teachers by forcing them to teach 24 classes, in addition to forcing them to participate in other activities, so they do not find enough time to help the counselor in applying some counseling programs.
- 8- Some guides It doesn't comer The place in the school to apply some principles Guidance, such as a case study, for example, or a guided interview, in other words not capped Indicative environment suitable for application principles extensions ingles and collective.
- 9- There is a group of teachers they don't wanting the teaching profession, but they take it as a job and a way to earn a living, so you find some teachers who are not sincere in their work.
- 10- There are some counseling supervisors who deal with the counselors in a wrong way that depends on catching errors and the counselor not benefiting from the supervisor. Rather, this method may lead the counselor to escape from counseling even though he gets the distinction in his estimates.

## **Objectives of the Study**

Communicating with the role that should be played by the teacher in the classroom scholastic Focuses on his conscious understanding of students' behavior and identifying their personalities considering the individual differences between them, whether in abilities, inclinations, attitudes, and behavior. The prudent teacher is the one who can deal with students' behavior according to these data. Perhaps one of the most important aspects that the teacher should consider in his understanding of the nature of the growth characteristics of the students according to the age stage of the students and mostly What do you count? Between middle childhood periods for elementary school students and childhood overdue For students in upper grades in elementary school and early adolescence for students in middle school and middle and late adolescence for high school students (Rababa& AL-Momani, 2022; Makhoulfi, 2016)

Each of these stages has physical, cognitive, emotional, moral, cognitive and social characteristics The teacher did not comprehend it and applied it through the mechanisms of dealing. He is also required to fulfill the growth demands of each student according to his needs, and to meet these needs, he must the teacher has these needs and their nature. For example, the primary needs are concentrated in the student's need for good food,

good clothing, and an acceptable appearance. In this case, the teacher, in cooperation with the student's guardian, is keen to satisfy these needs. And he can benefit from the services of the school canteen in providing meals with good nutritional elements and preserving the health and appearance of students. Therefore, we usually notice the interest of some school administrations and teachers in students who suffer from economic and material conditions. Difficult And that is by taking into account their nutritional status by giving them paid breakfast meals and making sure to give them some winter clothes before the onset of winter or special clothes for holidays and so on (Al-Siddiq & Hassan, 2019)

Then we move on to the other needs that don't say no way about the primary needs of the student. It is the child's need for security all kinds This is done by making the school a safe school environment in a way that guarantees all students good treatment from all members of the administrative and teaching staff in fairness and equality for all students, and that their rights are preserved and their responsibilities are defined, and school regulations and systems are applied smoothly and proficiently, and work to achieve a school environment Encouraging school discipline without extremism or extremism, and encouraging the student to discuss, dialogue, and respect the opposite party, committed to the etiquette of good dialogue, respect for the other opinion, prevailing the spirit of tolerance, and spreading love with all students and teachers, in a way that devotes brotherhood and noble meanings to establish love among students, reject hatred in all its forms and colors, and uproot the roots Extremism and extremism are among the students, and that the teacher is the one who takes the initiative to instill noble values and the elements of virtuous behavior, which confirms his responsibility for the educational role he plays and the trust that he carries out. Carry it, hose has great honesty and responsibility big (Hariri, 2011; AL-Momani, 2022; Al-Mahrogia & Karadsheh, 2021)

### **Parties Supporting the Mentoring Process**

The educational extension process has a group of parties, each of which is no less important than the other the boss And the teacher And requester And Parents And the society, where No one can imagine that one individual can bear the burdens of the counseling program in the school on his own, isolated from the school principal and members of the teaching staff who constitute the basic elements in the educational process. Every member of the school educational team has an effective and influential role in this program, each according to his responsibility. educational and according to what his human conscience dictates to him within the framework of the professional relations that bind him with his fellow team members, and therefore the counseling process is an integrated process that takes place with the cooperation of the school administration and the teaching staff with the counselor, in order to achieve the goals of counseling, and if everyone agrees on a goal The goal was sublime and emanated from the core beliefs and attitudes of everyone, as everyone strives to achieve it. Therefore, it is necessary to coordinate between them all so that there is no overlap in the responsibilities entrusted to them on the one hand, or neglect of some work and responsibilities on the other hand, so that the extension process achieves its desired goals (Al-Shammari, 2014; Al-Momani & Barakat, 2015; Rababa & AL-Momani, 2022; Marzouk, 2011)

### **The Role of The School Principal in The Counseling Process**

The director means him personally or his deputy, which is Administrator In front of the higher authorities, external parties, parents, and students, by virtue of his position, and the principal must be convinced of the importance of counseling and its necessity in the school. While the school principal is preoccupied with plans, policies, and regulations that help the school achieve its educational goals, counseling programs are preoccupied with procedures, methods, and methods. Which helps the student in the integrated growth of his personality, which achieves the general and main goal of the educational process of the school, which is represented in (preparing and qualifying the student to be a working and productive individual in society in a positive and effective way, distinguished by an integrated and balanced personality)( Hariri, 2011; AL-Momani, 2022; Al-Mahrogia & Karadsheh, 2021)

**The school principal's relationship with the mentor:** A relationship of cooperation and coordination to develop programs and discuss problems and solutions available to those problems. The school principal is a facilitator for the counselor's work, and the relationship between them is an administrative relationship. The

principal has the right to know the counselor's program and action plan, the method of his communication with students and with the administrative body, supervise the presence and absence of the counselor, and give a report on that. The Directorate of Education and its role is as follows:(Al-Shammari, 2014;Al-Momani& Barakat, 2015;Rababa & AL-Momani, 2022;Marzouk, 2011;Hariri, 2011;AL-Momani, 2022;Al-Mahrogia & Karadsheh, 2021)

- 1- Review the counselor's plan and participate, if possible, in preparing it in cooperation with him in a way that is appropriate to the conditions and capabilities of the school.
- 2- Coordination between the counseling program and the educational program.
- 3- Organizing workflow in the school to allow the counseling program to follow its planned path to achieve its objectives.
- 4- Contacting social, educational, professional and other institutions in the community to benefit the counseling program.
- 5- Providing the necessary place for the counselor to study individual cases, interview students, and provide the necessary needs for the counselor.
- 6- Strengthening the relationship between the counselor, teachers and students.
- 7- Transferring individual cases to the counselor for follow-up, considering the principle of confidentiality in the counseling process.
- 8- Assisting the counselor in following up on some individual cases and participating with him in developing and implementing a treatment plan, such as cases of school delays and frequent absences.
- 9- Participate in evaluating the counseling program and giving suggestions to achieve the program's objectives.
- 10- Encouraging students to benefit from counseling services in the school.
- 11- Providing a psychological atmosphere that leads to the full development of students, by considering the individual differences among them.

### **The Role of The Teacher in The Counseling Process**

The teacher is the most important individual figure in the educational life of each student. If his relations with his students are characterized by warmth, understanding, acceptance, sympathy and friendship, then they will determine the features of their personalities and shape their behavior by providing them with educational and cognitive experiences that they acquire, and by balanced states of emotional stability and maturity. Mental, what the students feel of the good traits that characterize their teacher's personality and that reflect his behavior with them serve as a strong motivation for them towards higher academic achievement and maximum use of their energies and the possible development of their capabilities and abilities. The teacher is the daily model that the student deals with, so he must He appears in the most wonderful examples that put him in the position of a good example for his students, and since students in their different stages of development need care, attention, and assistance in solving their problems to achieve compatibility alongside their needs for education and academic achievement. Therefore, the teacher is the link between the student, the guide, the principal, and the guardian, and his role is In the next:(Al-Shammari, 2014;Al-Momani& Barakat, 2015;Rababa & AL-Momani, 2022;Marzouk, 2011;Hariri, 2011)

- 1- Participate in explaining the importance of the counselor's work in the school to students and parents.
- 2- Providing support and assistance to the counselor and recognizing the importance of his role in improving the educational process.
- 3- Discover students who suffer from psychological or educational problems and refer them to the counselor.

- 4- Providing the school counselor with some information about the student with the problem.
- 5- Assisting the counselor in following up on some cases and participating with him in developing the counseling and follow-up plan for cases.
- 6- Allowing students to show their tendencies and desires and work on developing them and helping them to better understand themselves.
- 7- Participate in collective guidance sessions, if required.
- 8- Encouraging students to benefit from counseling services in the school.
- 9- Providing positive feedback to the mentor to improve and develop his work.
- 10- Participate and cooperate with the mentor in planning activities that invest the time and energies of students.
- 11- The mentor's participation in guiding students in selecting academic and professional study majors that are commensurate with their abilities, potentials, and talents.

**And The role of the teacher is indispensable for the following reasons:**(AL-Momani, 2022;Al-Mahrogia & Karadsheh, 2021)

His educational status.

- More contact with the student (closer to him).
- More knowledge of students' abilities.
- Know your strengths and weaknesses.
- Elements of strength.
- The negative stigma of the mentor.

### **The Role of The Student In The Counseling Process**

At first glance, it may come to mind that the role of the student in the counseling process is characterized by absolute passivity or is limited to a narrow scope represented in receiving counseling services and assistance. Rather, he must sense and feel his responsibility towards himself first and not deny the existence of the problems that he is exposed to and that disturb him and cause him emotional disturbance, but the guided one is responsible, because he is the one who accepts, and he is the one who provides information and he is the one who takes decisions, and he is the one who implements He is responsible and has the right to decide his own destiny, and his role is as follows:(Al-Shammari, 2014;Al-Momani& Barakat, 2015;Rababa & AL-Momani, 2022;Marzouk, 2011;Hariri, 2011; Al-Sulami& Al-Ashi, 2021)

- 1- Turnout with conviction, satisfaction, positive direction, and hope in the counseling process after understanding the goal of counseling and preparing for it.
- 2- Speak honestly and honestly in a way that reflects mutual trust with the mentor and reveal the hidden secrets to facilitate the counseling process.
- 3- Cooperation during the counseling process and during the counseling relationships so that he is an easy guide, which facilitates the mentor's task.
- 4- Exploit all potentials and take advantage of the services, aids and opportunities available in the counseling process to learn how to help himself and solve his problems.
- 5- Respecting the meeting dates and adhering to them with the mentor.

## **The Role of Parents in The Counseling Process**

It is known that the individual resorts to parents and relatives to solve his problems, and the parents make every effort to provide assistance to their child in all fields to the best extent they can. Parents are almost centered around guiding and guiding children, and the involvement of parents and considering them responsible in the guidance process has justifications, as they are responsible for the growth of their child's personality and for the process of his social upbringing before school age and even after entering this school. Parents may be a cause of some problems, and the child may be a cause of disorder. The whole family, in addition to providing the counselor with some facts about the children, which can never be understood except through the parents. Likewise, preventive and curative developmental counseling efforts cannot be successfully completed without the cooperation of parents, and it must be taken into account that contact with parents in counseling youth and adults is subject to the consent of the mentor (Rababa& AL-Momani, 2022; Makhoulfi, 2016)

This may be requested by the counselor himself to contact the parents and invite them because he believes that they have a direct relationship in the occurrence of the problem and that they can present help thus the counseling role of the parents is a double role. It is the role of the giver who participates in the counseling process, and the other role that asks to benefit from the counseling services. Their role is as follows: ( Al-Siddiq& Hassan, 2019; Marzouk, 2011; Al-Shammari, 2014; Al-Momani& Barakat, 2015)

1. Taking care of children and observing the educational and scientific applications of education sciences and psychology during the education process.
2. Providing the appropriate family climate for the normal growth of children at home, satisfying their psychological needs, avoiding wrong methods of arranging and caring for them, and achieving healthy family relationships with each other's children.
3. The family cooperates with the educational counselor by providing him with the necessary information about the home and family related to the student's condition.
4. Contribute to educational and counseling services by participating in parent-teacher councils.
5. Follow up their children academically, in achievement and behavior, and to contact and cooperate with the counselor, which helps in the success of the counseling program in the school.

## **The Role of The Community In The Counseling Process**

school together a student's interact within it, but not in isolation from the surrounding community that established this school. The community's relationship with the school is a complementary, mutual and continuous relationship. The schoolwork's to strengthen the students' connection to their community and environment and a sense of responsibility towards this community. It is natural and logical for the community to take the initiative to provide everything that would develop the school and progress. In its educational and counseling program, the following points clarify the role of the community (Hariri, 2011; AL-Momani, 2022; Al-Mahrogia & Karadsheh, 2021; Rababa& AL-Momani, 2022; Makhoulfi, 2016)

1. Take the initiative to understand the goals and purposes of counseling and the role of the counselor in the school, by contributing to the provision of special services in every psychological, social or health institution or association for the school and the counseling program and cooperate in accepting cases referred to them by the counselor and assist in giving lectures or seminars.
2. Contribution of the media in providing awareness to members of society about the importance of counseling work in the school, clarifying the duties of the counselor in it and removing all errors and inaccuracies about the counseling program in the school.
3. Psychologists, social workers, and specialists responded to the counselor in holding seminars of a specialized nature on various topics in the school, which helps in the success of the counseling program.
4. Opening the way for school students, in cooperation with the counselor and the school principal, to facilitate visits to universities, institutes, public libraries, and factories, and to provide assistance in all its



forms to the educational counselor, such as professional visits, brochures, or bulletins that would help in career counseling services.

### **Psychological counseling ethics and professional standards**

Each task has ethics and standards that determine the behavior of those in charge of it, especially the profession of guidance and counseling. Through these standards, it becomes clear how to deal with everyone related to the field of guidance and counseling. The guide should abide by the limits of those ethics and standards and not exceed them, the most important of which are: (Al-Shammari, 2014; Al-Momani & Barakat, 2015; Rababa & Al-Momani, 2022)

1. Complete conviction in the extension work that it is an action guide for prevention, reform, treatment and encouragement to achieve the goals.
2. that does not drive the guide is assigned to the position of guidance and counseling only after he is qualified for that and possesses the experience and knowledge that qualifies him to perform this role.
3. The guide maintains the principle of equality and preserves the interest of the guide and does not take any action that harms him.
4. The confidentiality of the mentoring relationship and the information resulting from it must be maintained.
5. Inform the counselor of the conditions of counseling or treatment, before starting the counseling relationship, to obtain approval from him if he is conscious, or from his parents if he is a minor.
6. The guide has the right to consult any of the other professionals whose competence he trusts, if necessary. And if the guide consults one of the other professionals, he should avoid those who have a relationship or interest with the guide.

### **Terminology of Study**

#### **1- Educational and Psychological Counseling**

It is a process based on a special professional relationship between the specialized mentor (teacher) and the mentor (student). The mentor (teacher) works through the counseling relationship to help and understand the mentor (student) and help him understand himself and choose the best alternatives available to him based on his awareness of the requirements of the social environment and his self-assessment and realistic capabilities and capabilities (Al-Siddiq & Hassan, 2019)

This definition confirms that psychological guidance and counseling is a specialized profession, and also emphasizes the importance of the counseling relationship between the counselor (teacher) and the counselor (student), and to increase the degree of awareness of the counselor in order to evaluate himself and his abilities in a realistic manner that leads to a change in his behavior in a positive direction (Al-Momani & Rababa, 2022)

It should be noted that the relationship between guidance and educational counseling is that educational counseling is a specialized professional service that represents the focus of the guidance program, and is concerned with psychological and emotional aspects and achieving emotional, mental and social compatibility for students (Rababa & Al-Momani, 2022)

#### **2- Educational Process**

The educational process means the procedures and activities that take place in the classroom and aim to provide the learners with theoretical knowledge, practical skill, or positive attitudes. It is a knowledge system consisting of inputs, processing, and outputs. Previous either The outputs are represented in graduating competent and educated students (Al-Aslami, 2012; Al-Momani & Alrabadi, 2022)

#### **3-Educational Counseling**

It is the process of helping the student to gain insight into his educational problem through knowing himself and his abilities to reach an appropriate solution that contributes to setting future goals that contribute to

achieving same. A And The process of assisting the individual in drawing educational plans fit abilities, tendencies and goals in order to achieve educational compatibility (Al-Sulami& Al-Ashi, 2021)

#### **4- psychological guidance**

It is one of the channels of psychological service that is provided to individuals and groups with the aim of overcoming some of the difficulties that stand in their way and impede their compatibility and productivity. Or it is that science that seeks to provide psychological service to individuals who suffer from problems in their daily lives, whether they are psychological, emotional, social or academic, with the aim of overcoming them and limiting their negative effects and results, striving to achieve the individual's personal goals, and helping him to develop psychologically, socially and emotionally, and to Take appropriate decisions to its potential And his capabilities and conditions to lead him to achieve a sound psychological and social compatibility. In addition, psychological counseling has principles, philosophy and rules for its practice, and it is only practiced by a specialist trained to work in this field (Al-Siddiq& Hassan, 2019; Rababa & AL-Momani, 2022)

#### **5- leader**

It is the person who is scientifically qualified to provide specialized assistance to individuals and groups who face some psychological and social difficulties and problems, and according to the different social, economic and cultural variables, that necessity called for the presence of a specialized person in order to assist individuals who face such problems in dealing with their problems and trying to overcome them with the knowledge he possesses And experience, skill and personal characteristics that qualify him for this role (Al-Siddiq& Hassan, 2019)

#### **6-Guide**

He is a human being who possesses all the common general characteristics of a human being, and at the same time he has his own individual characteristics, and the guided does not represent a special group, a specific pattern, or a distinct class for which distinctive features can be identified. And the psyche is like all other people, and it may be a pattern in the region of the normal and the normal, as it may be a pattern in the region of the abnormal and the abnormal, and whatever this pattern is, there is a state of incompatible interaction with the circumstances surrounding it, or a state of contradiction between it and those around it, or between it. Among his inner tendencies, this situation leads him to a sense of helplessness and weakness, which leads him to seek help (Rababa& AL-Momani, 2022; Makhloufi, 2016)

#### **7- The School**

It is that educational institution that has the main role in building students qualitatively, embodying the educational, political and social philosophy in the country. It is also an important source in providing state institutions and the private sector with energies and cadres in order to contribute effectively and seriously to the construction and progress processes and to try to advance the country forward (Al-Siddiq& Hassan, 2019; Al-Sulami& Al-Ashi, 2021)

### **Suggestions and Recommendations**

The researchers reached a number of recommendations and proposals that resulted from the subject of the study, and that these recommendations and proposals will have a great impact if they are implemented in the work of the educational and psychological counseling units in schools Among the most important of these proposals and recommendations are:

**First:** For the importance of educational and psychological counseling in life scholastic the need to include some subjects with a variety of topics related to educational and psychological counseling, or to allocate a scientific subject for educational counseling, similar to some other scientific subjects, to be taught by experts and specialists.

**Second:** on Ministries of Education And its institutions to attach great importance to the process of educational and psychological counseling, as it represents an essential and essential aspect of life. Scholastic.

**Third:** all should teachers Without exception, carrying out the process of educational and psychological counseling for students, as it is one of their basic academic tasks in practical and functional life.

**Fourth:** There must be an educational and media plan for each school In order to adopt the educational and psychological counseling processes and follow up the implementation effectively by those in charge of the administrative and scientific process in those scholastic.

**Fifth:** The need to develop general educational and counseling programs for all students through which virtuous morals and morals are promoted, social customs and traditions are preserved, the principles of the Islamic religion, and morale and enthusiasm are raised to serve their country and society, as well as to guide them and urge them to respect time as well as raise the academic level, success and excellence, i.e. trying to guide all students to Effective methods in science and study.

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