

COUNSELLING INTERVENTION AND FAMILY LIFE EDUCATION ON FAMILY LIFE ISSUES, MORALITY AND SOCIETAL VALUES.

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ABSTRACT

Counselling intervention and family life education on family life issues cannot be overemphasized. Counselling is the act of providing psychological support and necessary skills to families on how to cope with their challenges while family life education is to teach and foster knowledge skills to enable individual families function well. The paper looked at family issues to include: financial difficulty, illness, unemployed among others. The paper also looked at moral societal values. Family system theory was used. Objective of guidance and counselling, family life education were discussed. Importance of Guidance and counselling and family life education were also discussed. Challenges of life education and counselling were discussed. Recommendations were made to include: Proper communication in families and creating time for children by parent will help minimized problems in homes.

Keywords: Counselling, Family, Intervention, Morality, Psychological, Education

INTRODUCTION

Counseling is the act of providing appropriate skills to families or and society order to cope with issues affecting them in their day to day life. Family is seen as those who are related by blood, ties of marriage or adoption. Family has been recognized in international legislation since 1948, when the universal declaration on human right was adopted by the United Nations General Assembly. Based on this declaration society the family is the natural and fundamental unit of any society (Agnes and Joseph 2012). Family life issues are some of the challenges in families such as: Financial difficulties, illness, injuries, changing job, unemployment, bareness, parents/in-laws interference and many others which affect family growth and harmony. Some of these issues can be manage while others are mere chronic and difficult to handled which usually result to poor communication, poor problem solving method lack of emotional support and over dependence on others. This paper is meant to address the family life issues morality and societal values through family life education and counseling intervention.

Definition Of Key Terms

Family life: Family is the kind of life a person normally live when one is married and has children mezieobi (2007) while family life education focuses on healthy family functioning within a family systems perspective and provides a primarily preventive approach. Family life provide information to families through an educational approach, often in a classroom types setting or through educational materials. Family life is the routing interaction and activities that at family have together when members of family enjoy each other company and spend a lot of time doing things together, this is an example of a good family life.

Family life issues

Ken and Jude (2007) sees divorce as one of the issue in family life, the end of an unhappy, poor, unsatisfactory and miserable marriage. Divorce which is the termination of marriage which

depicts marital failure or break-up partnership of a given couple and evidence of couples inability to manage their intolerable incompatibilities. This implies that when couples are separated the children suffered lack of parental care, the divorcee too suffered emotional and psychological stress because they will become tool of discussion in the society without positive regards to them, because many people sees them as in-responsible people.

Morality

Morality values emerge from the religion and they are refer to the attributes of man in his social relationship. They are essentially man's interaction with his fellow human being (Mokwunye 1991) moral values are viewed as attributes in human character, actions, utterances and social relationships which may be regarded as good or bad, right or wrong, acceptable or unacceptable. Moral values are linked with the religious and spiritual realms. Religious, cultural and humanistic factors are strong forces which determine moral values. The forces which determine moral values. Moral values in Christian religious sense are referred to the ten commandment and those in Islamic religious are define by the Qur'anic injunctions. There is also great emphasis on moral values in the African cultural system in every socio-cultural group there are norms which guide members characters, actions and social relationships, such moral values include honesty, integrity, modesty, tolerance, truthfulness and self discipline, neighborliness, humility, honour, patience and self concept. (Mezieobi 2007)

Societal Values

Mokwunye (1991) sees the traditional Nigerian society as a social set up in which people live in accordance with the highly cherished Nigerian cultural of the family, the extended family, the community and the society how members of the community identify with others and being one another brother keeper are stronger elements of value in Nigerian society. The individual places himself last and goes out to sacrifices his personal comfort, time, effort and resources for the benefit of others. He stays at home when a neighbor lose a relation or member of his family. He derive pleasure in assisting others and seen their success. This is in agreement with an adage which says "A rich man who live in the midst of the poor is not rich" But can only be call a rich man when others can feel his impact. Members of community join hands to built houses for members of the community. Another value in our society is waking up in the morning and go round to neighbors houses to find out if members slept well before moving out for the day to day activities. But some of these values are reducing drastically because of modernization. The African society are trying to copy the white man culture and neglecting our beautiful culture of caring for one another.

Counseling intervention to families

Neukrung (2012) cited Salvador (1981) who applied structural family therapy. He asserts that all couples and family and experience stress which is handle differently. In other to make change, structural family counselor joint with the family, map the family and provide intervention for restructuring. He can only join the family when he is accepted by the family and win their confidence in building a working allowance. This he does through empathy, being friendly, sharing common stories with families, understanding the rules values boundaries of families before he can begin the process of mapping and later restructuring the family.

Sambo (2008) cited morril (1914) sees developmental counseling as focusing on helping couples to achieve positive personal growth through the various stages of their lives which is also called life counseling. Developmental counseling involves working with families who are not currently faced with crisis and help them understand themselves better. The ultimate goal is to develop fully a functioning self actualizing faculty. Splete (1984) sees facilitative counseling as the process of helping the families to clarity a concern through self understanding and acceptance to device a plan of action and to act on it in a self responsible manner. The counselor must understand the society and its values in terms of conflict it that emerges from such a society. This understanding equip the

counselor also need to employ the principles that belief in the worth and dignity of the individual in his right to free choice. The client can choose his own values but assisted to clarity then where conflicts occur. Counselors knowing fully they are role models will help client and not to allow client see it as an imposition of his own value to the client.

Theoretical Frame Work

The family system theory is applicable to this study. The theory was postulated by Murray Bowen in the mid- 1950s. The theory suggest that an individual cannot be understood in Isolation from one another but rather as part of the family. Family system theory describe the complex interaction in the family unit thereby help to organize themselves. The theory help family members to know their boundaries, the husband as the head in the family, the wife cannot take the position of the husband and the husband playing his vial roles as the head, the wife as supportive to her husband, also children knowing they cannot take the position of their parent. It is the nature of the family where its family members are intensely connected emotionally. This is a clear indication that family type explains the kind of emotions exhibited by members. The theory also help couples to place more importance to their family rather than on things that can destroy their family. Stable families exhibit less emotional stress unlike families that have much trouble.

Objectives Of Guidance And Counseling

- To help family change from negative to positive
- To help couples see themselves as one and take a collective decision for the growth of their home.
- To help family adjust their lives in a direction of fulfilling their conflicting issues.
- To help couples overcome their personal challenges
- To assist couples move in a direction of fulfilling their potentials.

Objectives Of Family Life Education

- To help married couples to have fewer number of children
- To help youths in learning how to deal with physical, emotional and social changes faced in process of growing up.
- To provide counseling services to the couples planning to the children.
- To help in the protection and promotion of child and maternal health.
- To create favourable environmental for population control programmes

Importance Of Counseling To Family

- Counseling create an atmosphere of oneness among families
- Counseling assists couples and families in looking at their past how they started and how to sustain their family.
- Counseling helps family to have an openers and the ability to dialogue and express feelings.
- Counseling helps family to develop their own structure.
- Counseling help family members to loosen up and be themselves. "Becvar and Becvar" (2009)

Importance Of Family Life Education

- Family life education helps in developing the knowledge about different roles, function and maintenance of family.
- Family life education helps the young people to solve family problems.

- It helps youth in their growing stage to know about the social, emotional and physical changes that take place.
- It helps to deal with the changes in the adolescents live in their society.

Challenges Of Counseling To Family

- Inability to apply different techniques in helping families
- Inability of the counselor to know the value system of the family
- Lack of fund: This implies counselor working and there is no fund to enable him or her function well.
Time: lack of sufficient time to be created by counselors to follow up and be sure of how changes are taking place in families.
- **Interest:** Family members may not be interested in counselors discussion because they may not be given incentive at the end of the day or discussion.

Challenges Of Family Life Education

- Ineffective discipline
- Communication
- Divorce adjustment and blended families
- Balancing work and school among families

CONCLUSION

Counseling intervention which is meant to provide secure to families cannot be over emphasized. Counselor communicating with families and how this communication sequence can changed to help family feel better while family life education is to improve and enrich the quality of individual's families in the society.

RECOMMENDATIONS

- Counselor should go for more training to acquire the necessary skills and technique so as to be able to help families
Counselors should counsel with the consideration of family values so that they can achieve their goal.
- Government should provide fund for the counselors so as to run the affairs of counseling.
- Counselors should create more time for families who are in conflict by close monitoring how changes is taking place and encouraging them.
- Counselors should be of help either in cash or kind.
- In family life education, the issue of indiscipline should be checked and counselors helping parents on the kind of disciplines needed to gives to children not corporal punishment but applying different skills in handling children that may be achieve when parent are close to their children not abandoning them for the sake of struggling for their survival and ignore the children.
- In family life education the issue of communication is importance. Counselors should help families see the needs of communication as one of the therapy in intervening in family issues.
- Counselors should help families to work toward avoiding divorce in their family and try to adjust to their present needs.
- Counselors should also help families to balance their work and their families.

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