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GUIDANCE AND COUNSELING AS PREVENTIVE AND CURATIVE
EFFORTS IN SCHOOLS

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ABSTRACT

A school in contemporary times not only serves as a means to fulfill educational requirements in students but is also obliged to fulfill personal, social, and emotional aspects of students. A literature analysis in connection with this topic will be conducted in this article to clarify issues in connection with the role of guidance and counseling programs in being a preventive and curative platform in an educational institution. A qualitative research analysis will be conducted in this research to acquire literature in connection with research findings in relation to preventive and curative approaches in guidance and counseling programs in an institution of learning. The research findings in this research have demonstrated that programs utilizing a preventive approach such as psychological education, resilience building in students, social skill development, and other approaches are highly effective in preventing students from being affected with educational and emotional problems. Curative programs such as individualized and group counseling programs, crisis intervention programs, among others, have proved to be effective in coping with students affected with situations in their life. This article focuses on effectiveness in incorporating evidence-based practices in providing guidance and counseling programs in institutions of learning and efficient usage of technology in access to these programs.

Keywords: preventive, curative, guidance, counseling, schools.

INTRODUCTION

Guidance counseling is another critical service in the school education system that plays a role in supporting students' academic, social, and emotional development. During their developmental phase, students face various situations such as adjustment difficulties, social conflicts, and behavioral deviations that can hinder their potential if not handled effectively. This aspect illustrates that schools are not only learning institutions but also environments for student development. With the increasing complexity of student problems, guidance and counseling services are needed that not only respond to these challenges but also proactively address them. The role of guidance and counseling in schools has two aspects, namely as a preventive strategy to prevent students from developing problems and a curative approach to deal with these problems when they arise. Guidance and counseling are expected to create a safe and conducive learning environment for students. However, limited resources and class sizes in most schools pose several challenges to the implementation of effective guidance and counseling services. Therefore, a deep understanding of the role of guidance and counseling in preventive and curative approaches in schools is needed to improve the effectiveness of guidance and counseling.

METHOD

The research work to be conducted in this project shall employ a qualitative literature review research methodology in compiling literature related to this research work from academic books, authentic scientific journals, and successful models of guidance and counseling for both preventive and curative measures in guidance and counseling within educational institutions. The literature shall be described and surveyed to examine relevant aspects, measures, and findings related to both preventive and curative functions in guidance and counseling within educational institutions. The literature shall be surveyed and compiled to establish a systematic knowledge of a successful blend of both aspects in an educational institution, such as a school.

RESULT AND DISCUSSION

School guidance and counseling are services which have significant roles in the total development of students in their educational, social, and emotional dimensions. Moreover, these functions not only function to resolve existing problems but also work towards a goal of preventing a variety of problems among students from occurring in the first place. Within this framework, school guidance and counseling are defined as systematic efforts undertaken to help students identify themselves, cope with their emotions, and adjust to school constructively (Solkhanuddin et al., 2020).

As a preventive strategy, guidance and counseling are conducted via information service delivery, traditional guidance, and implanting positive values at school. The objective of this strategy is to make students aware of standards, regulations, and behavioral outcomes so that they can avoid engaging in acts with potential problem-posing tendencies. Research evidence confirms that guidance and counseling with a preventive focus influence students' discipline and responsibility in addition to making the learning environment conducive to learning (Solkhanuddin et al., 2020).

However, not all student problems can be completely avoided. For example, in some circumstances, students still face psychological, social, or behavioral problems that require more intensive treatment. In situations like this, guidance and counseling serve as a curative approach that helps students overcome the problems they face so that they do not have a widespread impact on their development. The curative function can be provided through individual, group, or special counseling sessions, depending on the needs of the students. In addition, Arifin et al. (2025) explain that “counseling, especially peer counseling, can be very effective in dealing with bullying cases because students will feel safe sharing their experiences with their peers.”

Furthermore, peer counseling not only serves as a curative tool but also a preventive one, as it can facilitate the early identification of students who need help with psychological and social problems. Moreover, through peer counselor training, students will acquire basic skills in listening, empathy, and supportive communication to provide basic assistance to classmates in need. This strategy is a wise initiative in expanding the scope of guidance and counseling even though schools may have few guidance counselors (Arifin et al., 2025).

Therefore, the integration of prevention and treatment in guidance and counseling is very important in the implementation of guidance and counseling in schools. Through the integrated implementation of guidance and counseling, schools will benefit from a continuous guidance program, ranging from prevention to treatment and recovery of students. Through the implementation of guidance and counseling that includes prevention and treatment activities with the support of the entire school community, this will play an important role in creating a safe and well-directed learning environment for students.

CONCLUSION

This research validates the fact that the role of guidance and counseling services in schools is very important in terms of this preventive and curative strategy in supporting students in their educational, social, and emotional development. The strategy can prove to be very effective in preventing students at risk by means of character building, social skills, and self-awareness programs, and in this way, the curative strategy is very important in providing critical support to those students who have a history of experiencing some kinds of difficulties in terms of psychological, social, or behavioral realms. The combination of both strategies, including peer counseling programs, has proved to be very vital in increasing the efficacy and effectiveness of support and guidance programs available in schools. Hence, a strategy in developing effective guidance programs in conformity with students' need can be a very important step towards ensuring enhanced performance and well-being in a very positive way.

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