

Aarif School Counseling Case Study

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Introduction

Friendship plays a vital role in our daily lives. There are various things people face in the family, but friends give ways on how to solve some of these issues in reference to Dienlin et al (2017). On the other hand, loneliness makes an individual find himself or herself in a confusing situation. The effect of loneliness has a severe impact on the adolescent age. They make one arrogant, careless and unworthy. Loneliness is agitated by many factors. These factors range from the family to personal life. If the parents of any child undergoing loneliness do not handle the situation at an early stage, it may lead to some serious problems, according to Klomek et al. (2016). Nowadays, it is evident that parents rarely have time with their children, and this situation also leads to loneliness. In this assignment, it is going to focus on the condition of Aarif. Aarif is a 14-year-old boy and the eldest in the family of five. He has developed some signs of loneliness after his friend left school. On the other hand, it is evident that his father is busy most of the time and does not discuss the matter with him. The following assignment illustrates the situation and how to deal with the matter. Besides that, the assignment is going to elaborate on how counselors should handle victims with such problems.

Lesson learned from diverse people and the situation Aarif is experiencing.

From the narration provided in the case study, it is very clear that Aarif is feeling depressed from the social connection. His father is always busy searching for a living, and it is very rare to find time with the family. Human beings usually develop feelings, and they should share these feelings with others, according to Lodder et al. (2017). However, it is only possible to share feelings with the one you are close to, and there is friendship. In the case of Aarif, you can see that the disconnection from their friend has had a deep effect on him. He is finding it difficult to mingle with other people in the learning place. Consequently, Aarif is not only facing breaking up the problem in the friendship cycle but also in the family life.

The family plays the vital role in giving the members direction in the required direction, however, in the Aarif case; there is little connection to the family. Despite being close to their mother, Aarif still undergoes some social depression. Luhmann & Hawkley (2016) say that, the possible reason is that he is not free to his mother and not ready to open up. Aarif is not getting what he expects this is causing many disappointments. The problem has occurred; the main issue now is how to accommodate such people. There are different types of people in life. Others show their disappointment openly, while others silently feel the problem and maintain the silence. One should be

open-minded on how to deal with the different types. For instance, Aarif was rude when asked what is the problem with his teacher. The response shows rudeness as an impact of loneliness. On the other hand, the teacher should not give feedback with a loud voice as it may anger the victim so much, in reference to Pittman & Reich (2016).

The conversation between Aarif and the teacher, in a way, does not include a stereotype.

Teacher: Aarif, is everything ok?

Aarif: Mind your own business.

What would to do differently if you were the school counselor, and why?

Handling adolescent boys facing distress because of loneliness may be quite challenging. However, there are several steps that the school counselor might have used to advise Aarif on his condition. The first step the school counselor has not applied is creating awareness of loneliness and the possible causes of loneliness, citing the work of Teppers et al. (2014). The fact that the counselor had talked with the teacher and established there were problems at home shows that he was aware that Aarif was undergoing some friendship and social disconnections. The reason why creating awareness of Aarif might have been important is that it would have made Aarif open about the situation he is undergoing.

After elaborating on the possible issues at home and the general social life, the school counselor might have found it easier to advise on the situation. Apart from creating awareness, it is evident that the school counselor seems to be ruder at the beginning of the conversion, which is not good. When someone is lonely, he or she is already bored and prepared to quarrel. Therefore, it would have been important for the counselor to come down and talk softly with a smile. The last important thing the counselor is not doing well is that he is generalizing the situation. For instance, he is saying that boys are the same. This statement does not provide the solution to the problem but widens the problem. Aarif is going to class without the solution to the problem. On the other hand, the counselor may have requested the contact of Aarif's parents and further discussed the issue, according to Van Roekel et al. (2014).

Advice To The Family Of Aarif

Solving the depression problem in Aarif's case requires the responsibility of all the concerned people. Aarif's parents need to talk to the children constantly. Despite being busy searching for the better of

the family, the father should have time with his children. On the other hand, Aarif's mother is not sensitive even though she is the one who is spending the better part of the day with their son. In addition to that, if the family sees the condition persists, they should consult a psychologist for advice Aarif on the situation in reference to Vanhalst (2015). Aarif should be aware that being rude and non-cooperative is not the way to solve the problem. He should be willing to speak out about the problem. Friends come and go, and Aarif can still make good new friends from their classmates.

Conclusion

It is important to create awareness of depression and management. Sometimes, the family issues. The problems should not personalize the problems but speak up. On the other hand, the councilors should have an open mind while dealing with the victim. The signs and symptoms of the situation are usually evident to the public and they should not get into an older stage of an individual. The above assignment has demonstrated ways of solving the situation through comprehensive steps.

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