

The Effect of Group Counseling on the Victimhood Perceptions of Adolescent Who Are the Subject of Peer Victimization and on Their Coping Strategies

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Abstract : In this study, the effect of the group counseling on the victimhood perceptions of the primary school 7th and 8th grade students who are determined to be the subject of peer victimization and their dealing way with it was analyzed. The research model is Solomon Four Group Experimental Model. In this model, there are four groups that were determined with random sampling. Two of the groups have been used as experimental group and the other two have been used as control group. Solomon model is defined as real experimental model. In real experimental models, there are multiple groups consisting of subject which have similar characteristics, and selection of the subjects is done with random sampling. For this purpose, 230 students from Kültür Kurumu Primary School in Erzurum were asked to fill Adolescent Peer Victim Form. 100 students whose victim scores were higher and who were determined to be the subject of bullying were talked face to face and informed about the current study, and they were asked if they were willing to participate or not. As a result of these interviews, 60 students were determined to participate in the experimental study and four group consisting of 15 people were created with simple random sampling method. After the groups had been formed, experimental and control group were determined with casting lots. After determining experimental and control groups, an 11-session group counseling activity which was prepared by the researcher according to the literature was applied. The purpose of applying group counseling is to change the ineffective dealing ways with bullying and their victimhood perceptions. Each session was planned to be 75 minutes and applied as planned. In the control groups, counseling activities in the primary school counseling curricula was applied for 11 weeks. As a result of the study, physical, emotional and verbal victimhood perceptions of the participants in the experimental groups were decreased significantly compared to pre-experimental situations and to those in control group. Besides, it was determined that this change observed in the victimhood perceptions of the experimental group occurred independently from the effect of variables such as gender, age and academic success. The first evidence of the study related to the dealing ways is that the scores of the participants in the experimental group related to the ineffective dealing ways such as despair and avoidance is decreased significantly compared to the pre-experimental situation and to those in control group. The second evidence related to the dealing ways is that the scores of the participants in the experimental group related to effective dealing ways such as seeking for help, consulting social support, resistance and optimism is increased significantly compared to the pre-experimental situation and to those in control group. According to the evidence obtained through the study, it can be said that group counseling is an effective approach to change the victimhood perceptions of the individuals who are the subject of bullying and their dealing strategies with it.

Keywords : bullying, perception of victimization, coping strategies, ancova analysis

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