

The Effect of Group Counseling Program on 9th Grade Students' Assertiveness Levels

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Abstract : This study is conducted to determine the effects of group counseling program on secondary school 9th grade students' assertiveness skills. The study group was formed of 100 students who have received education in Erzurum Kltr Elementary School in 2015-2016 education years. RAE-Rathus Assertiveness Schedule developed by Voltan Acar was applied on this group to gather data. 40 students who got lower grades from the inventory were divided randomly into experimental and control groups. Each group is formed of 20 students. Group counseling program was carried out on the experimental group to improve the students' assertiveness skills for 8 weeks. Single-way and two-way analysis of covariance (ANCOVA) were used in the analysis of the data. The data was analyzed by using the SPSS 19.00. The results of the study show that assertiveness skills of the students who participate in the group counseling program increased meaningfully compared to the control group and pre-experiment. Besides, it was determined that the change observed in the experimental group occurred separately from the age and socio-economic level variables, and it was determined with the monitoring test applied after four months that this affect was continued. According to this result, it can be said that the applied group counseling program is an effective means to improve the assertiveness skills of secondary school students.

Keywords : high school, assertiveness, assertiveness inventory, assertiveness education

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