

Abstract

The major purpose of this study is to study the counseling effects using a “Rational-Emotive Behavior Therapy Group” on low self-esteem children.

The sample of this study consists of 24 the primary pupils in grade 5 in a primary school in Macau, with problems in low self-esteem. They are assigned randomly to the treatment group (N=12) and the control group (N=12). The students in the treatment group receiving the group counseling program of Rational Emotive Behavior Therapy, which was held one hour a week for twelve continuous weeks. The control group didn't receive any treatment during the research period.

Using the Self-esteem Scale as study tool, participants were evaluated with respect to five aspects, namely, the family self-esteem, school work self-esteem, body self-esteem, social self-esteem, whole self-esteem. The effects of the rational emotive behavior therapy group counseling program in the two groups were then compared with using the pretest and the posttest design (using “T-Test” & “One-way Analysis of Covariance”).

During the period of study, the treatment group received a twelve-week group counseling program. Using “T-Test” to compare the differences in scores of the five mentioned variables obtained from both groups. And then using “One-way Analysis of Covariance” (ANCOVA) with the pretest as a covariance was used to test the hypotheses.

The major findings of the study were as follows:

1. In terms of the family self-esteem, school work self-esteem, body self-esteem, social self-esteem, whole self-esteem, the students in the treatment group who have received the group counseling program have significantly improved when compared with those in the control group.
2. With regard to “Self-esteem”, the students in the treatment group who have received the group counseling program have significantly improved when compared with the control group.

According to the results of the study as well as the opinions of the researcher, there are suggestions for future research undertaken on the above-mentioned therapy both for counselors and related people.