

ABSTRACT

Using the theories and techniques of Reality Therapy, this study attempts to examine the counseling effects of a group counseling program which is designed for new junior secondary school teachers with teaching experience of less than two years.

The sample of this study consists of twenty-four junior secondary school teachers who are involved in the teaching profession for less than two years. They were divided into two groups of equal size. One is an experimental group who receives the group counseling program of Reality Therapy, whereas the other serves as a control group.

Using the Life Style Questionnaire and the Guilford Personality Test as study tools, participants were evaluated with respect to six aspects, namely, the satisfaction of basic needs, responsibility, facing reality, involvement, social adjustment and emotional stability. A Questionnaire on Self-evaluation of Group Members, which is developed according to the key concepts of Reality Therapy was also applied to the experimental group. The effects of the reality group counseling program on the two groups were then compared using the pre-post test design.

During the course of study, the experimental group received a five-week group counseling. The difference in scores of the six mentioned variables obtained from both groups is used to carry out 'T-test'. In addition, related statistical tests are carried out based on the changes of the six variables obtained from the experimental group and their degree of variation recorded in their self-evaluation.

There are important findings related to the results of this study. In terms of Basic needs, Responsibility, Facing reality, Involvement and Social adjustment, the experimental group who has received the group counseling program has significantly improved when compared with the control group, whereas there is no significant variation between the two groups in Emotional Stability. In addition, the overall improvement in the six variables and the progress observed in self-evaluation of the experimental group is significantly correlated to the application of the group counseling program based on Reality Therapy.

According to the results of this study, related recommendations were given to counselors and school administrations. Directions for future research were also suggested.