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The effectiveness of person-centered therapy and cognitive psychology ad-din group counseling on self-concept, depression and resilience of pregnant out-of-wedlock teenagers

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Abstract

This study was carried out to assess the effectiveness of Person-centred therapy and Cognitive Psychology Ad-Din group counselling on self-concept, depression and resilience of pregnant out-of-wedlock teenagers. This study involved 55 pregnant out-of-wedlock teenagers at three women’s refuge centres which are from KEWAJA, Rhaidatus Sakinah and Taman Seri Puteri Cheras (JKM). Subjects were classed into two treatment groups and one control group. The Multidimensional Self-Concept Scale (MSCS), Beck Depression inventory (BDI) and Adolescent Resiliency Attitude Scale (ARAS) was administered to assess self-concept, depression and resilience of pregnant out-of-wedlock teenagers. The control pre and post test design was used for this study. The research data were analyzed using descriptive analysis, ANOVA, MANCOVA and Tuckey Post Hoc with significant level of .01 and .05. All treatment group received group counselling sessions for 7 consecutive weeks, once in each week. The Person-centred group and Cognitive Psychology Ad-Din group counselling showed significant reduction (pre-test to post-test) on depression, enhancing self-concept and resilience of pregnant out-of-wedlock teenagers

Keywords: Person-centered, self-concept, depression, resilience;

1. Introduction

Group counseling is one of the interventions to help the teenagers in the counseling process. According to Gladding (2008), described group counseling as having the properties of prevention, development, and healing, and effective treatment effects. Thus the group counseling is an appropriate method to help deal with pregnant teenagers’ psychological problems. The studies conducted by previous researchers showed that pregnant out-of-wedlock teenagers have low self-concept (Pete, 1989; Paik, 1992; Drummond & Hansford, 1990; Pete-McGadney, 1995, Babington et al., 2009 ), high depression (Hack, Youngstrom, Cartar et al., 2004; Gilbert, 2007), and low resilience (Guerra, 2010).

Studies done by western and national researchers (Wan Abdul Kader, 1994; Abdul Malek, 2004; Sapora, 2007; Aziz Shah, 2008; Sun Choi, 2006; Michele, 1999; Miller et al., 2008 : Smith's Ad-cock, and Vasiliauskas , 2011)
have demonstrated the effectiveness of group counseling in the prevention, treatment and recovery has helped in the process of internal adaptation of their clients.

Theory that is made integral to the construction of Person-Centered Group Counseling module was founded by Rogers (1940). The second approach is the theory of Ad-Din Cognitive Psychology. This theory was founded by Othman (2001).

Therefore, this study will highlight the two modules based on Person-Centered Group Counseling (KKPI) approach and Ad-Din Cognitive Psychology (KKPKAD) approach with emphasis on the development, prevention and healing. Group counseling will be used to improve self-concept (KK), reduce depression (K) and increase resilience (DT) of teenage girls who become pregnant out of wedlock. After the interventions have been conducted, the researchers will measure the effectiveness of interventions carried out.

2. Study problems

Unwed pregnancy cases in Malaysia is increasingly worrying. Statistics of the National Registration Department (JPN), which was presented by Heng Seai Kie, Deputy Minister of Women, Family and Community Development (2011) in Parliament has shown that a total of 152,182 children borned out of wedlock have been recorded from 2008 to 2010. Sabah recorded highest illegitimate birth with 41,490 people, Selangor with 18,983, 17,570 people in Sarawak, Johor with 16,298 people and the Federal Territory of Kuala Lumpur with 12,095 people (Straits Times, 15 November 2011).

In Malaysia, many parties have been involved in a variety of programs concerning the development and prevention interventions to address adolescent social problems. At the school level the role of the Guidance and Counselling Unit is enormous. Services provided by the Guidance and Counselling Unit at the school provide rehabilitation and treatment services as well as enrichment and enhancement services in all aspects of the development of the student. Various programs were conducted under the Guidance and Counselling Unit each year. In addition, the Guidance and Counseling Unit in collaboration with the District Education Office has also organized programs like Personality Enhancement Program, Person Development Camp, motivational programs to address social problems youths. However, the emphasis is not enough because they only emphasize the motivation and activities, but no group counseling. These teens should be given counseling groups to express themselves, with emphasis on self-concept, depression and resilience.

3. Study purpose

This study aims to see whether person-centered group counseling and Ad-Din cognitive psychology effectively improve self-concept, reduce depression and increase the resilience of out of wedlock pregnant teenagers.

4. Study hypotheses

There was no effect of treatment person-centered group counseling and group counseling treatment of cognitive psychology Ad-Din on the mean of pretest and posttest of self-concept, resilience and depression of the experimental group and the control group.

5. Study methodology

5.1. Structure of Study

This study is quantitative in structure and conducted as an experiment. Quantitative study was to test the hypotheses and the relationship between the study variables explicitly (Cresswell and Miller, 2000). Study was done based on the quasi experimental design. This study used the pre and post test structures. Underlying the design of this study is quasi-experimental design proposed by Creswell (2008) as in the figure below;
5.2. Study Subject

Subjects consisted of 55 out of wedlock pregnant teenagers and selected by purposive sampling. The subjects have certain characteristics such as low self-concept of high depression and low resilience.

5.3. Study Place

The study was conducted in three women's shelters; Raidhatul Sakinah, KEWAJA and Taman Seri Puteri Cheras (JKM).

5.4. Study Instrument

5.4.1. Study Questionnaire

The questionnaire consists of three questionnaires: 1) Multidimensional Self Concept Scale (SKKM) ii) Beck Depression Inventory (BDI) iii) Adolescent Resiliency Attitudes Scale (SDTR). Multidimensional Self Concept Scale (SKKM) was built by Bracken (1992, 1996).

5.5. Study Procedure

Researchers will conduct Person-Centered Group Counseling and Ad-Din Cognitive Psychology interventions for 7 sessions. Each session runs for an hour and a half to 2 hours. Before the start of the first session the researchers will give the pretest. After the end of the seventh session the researcher will give the posttest.

5.6. Research Variables

Independent variables in this study were two types of group counseling interventions which are Person-Centered Group Counseling and Ad-Din Cognitive Psychology. Dependent variables are self-concept, depression and resilience.

6. Result and analysis

The use of statistical methods in this study is considered important because it is able to understand the character or nature of the data and explains to get some easy insight for this experiment. In addition to test the hypothesis of theory development, it is also to describe as well as draw conclusions on the subscales of self-concept variables, resilience and depression. Hence the hypotheses tests are described as below.

6.1. Hypotheses

There was no effect of treatment group centered counseling and group counseling treatment of cognitive psychology Ad-Din on the mean of pretest and posttest of self-concept, resilience and depression of the experimental group and the control group.

Thus the MANCOVA (Multivariate Analysis of Covariance) statistical analysis was used. Table 1 is the result of MANCOVA analysis of the effectiveness of treatments of person-centered group counseling and Ad-din cognitive psychology group counseling on dependent variables; self-concept, resilience and depression.

Table 1. Quasi-experimental design proposed by Creswell (2008)

<table>
<thead>
<tr>
<th>Group Selection</th>
<th>Pretest</th>
<th>Intervention</th>
<th>Posttest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Control Group</td>
<td>Pretest</td>
<td>No treatment</td>
<td>Posttest</td>
</tr>
<tr>
<td>Experimental</td>
<td>Pretest</td>
<td>Experimental treatment</td>
<td>Posttest</td>
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</tbody>
</table>

Table 2. Summary of MANCOVA Analysis Observing the Effect of Treatment Types on Mean of pretest and post test of self concept, resilience and depression of the Experimental Group and Control Group.
Table 1 is based on the results of MANCOVA analysis which showed no significant differences between the pretest mean and post test mean of all dependent variables, namely self-concept (KK) on the value of $F(1.24) = 5.021$, $p < .05$; resilience (DT) on the value of $F(1.24) = 5.031$, $p < .05$; depression (K) on the value of $F(1.24) = 8.071$, $p < .05$, while the post test results for both treatments of person-centered group counseling and ad-din cognitive psychology group counseling are significant at the 95% level ($p < .05$). This means that the treatments of person-centered group counseling and Ad-Din cognitive psychology group counseling are effective over dependent variables of self-concept, resilience and depression. This proves to reject the null hypothesis.

7. Discussion and summary

7.1. Effects of Person-Centered Group Counseling on Self-Concept, Depression and Resilience

The findings of this study answered the purposes of this study, namely the use of group counseling intervention with the approach person-centered group counseling can improve self-concept, reduce depression and increase the resilience of out of wedlock pregnant teenagers. The above findings coincide with theory founded by Rogers (1940, 1961) which states that individuals will move on its own needs to change if the self-concept if one’s psychological situation is timely; i.e. the congruence exists between the individual’s experience with experience from the environment. Rogers also suggested acceptance situation such as authenticity, empathy and unconditional acceptance as the important foundations to help improve a person self-concept. Person-centered theory is a theory widely used in various fields and various types of clients (Paul, 2000, Wan Kader, 1998 and Sapora, 2008). This therapy presumes that individuals can move to its full potential (Corey, 2005; Othman, 2005, Wan Abdul Kader, 1986; Sapora, 2008). The findings show that Person-Centered Group Counselling managed to increase self-concept, decrease depression and increased resilience of out-of-wedlock pregnant teenagers. Effectiveness of Person-Centered Group Counselling is acknowledged by Cains(2003) who states that it can be used on all types of counselling and to all client types.

7.2. Effects of Ad-Din Cognitive Psychology counseling on the Self Concept, Depression and Resilience

MANCOVA analysis showed that Ad-din cognitive psychology group counseling is effective in improving self-concept, reduce depression and increase the resilience of out of wedlock pregnant teenagers. This finding supports the results of previous studies carried out by previous researchers (Corey and Callanan, 2003; Jong Hyon Kin, 1997; Rowgh, 2000; Rodenburg, 2001; Sapora, 2008) which state that religion and spiritual should become one of healing sources and able to give strength to the particularly those individuals who are in critical condition. The selection of Ad-Din Cognitive psychology theory, which has religious elements is to fulfill the lack of theory which is using religion as a basis of its theoretical frame. This is consistent with the view Wan Kader and Ismail (2006) Sapora (2008) which state that there should be an effort to establish a new perspective on approach of religion-based
counseling psychology. The strength of this therapy is also majorly depends on the positive nature existing among counselors and members of groups such as the siddiq, amanah, tablik and fatana h. These attributes create reciprocity and acceptance of the group members of alternative recommendations forwarded by the counselors as a guide for members of the group to remove the inappropriate or to select the good about the complexity of the problems they face. (Othman, 2005; Sapora, 2008)

8. Conclusion

Experimental study performed by Mohamamad Aziz Shah (2008) has shown that teens following the guidance of group counselling have increased self-concept than those not following the intervention group. Based on studies done by Hack, Youngstrom, Cartar et al., 2004; Gilbert, 2007 showed that out-of-wedlock pregnant teenagers experience high depression. A study by Miller et al.(2008) which used psychotherapy group counselling has successfully reduced the depression of out-of-wedlock pregnant teenagers. Similarly, a study done by Mohammad Nasir (2006) who has done a group counselling experimental study showed that teenagers following group counselling treatment have successfully reduced depression compared with the control group. A study done by Guerra (2010) showed that out-of-wedlock pregnant teenagers have low resilience. Studies done by Md Noor Saper (2012), MohamamadAziz Shah (2008) and Smith-Adcock et al.(2008) showed that teenagers following group counselling treatment interventions have successfully increased resilience compared to the control group. The results show that both modules are effective in improving self-concept, reducing depression and increasing the resilience of out of wedlock pregnant teenagers. This effect can be seen on the youth who were following the counseling group treatment compared to the control group. The difference between the two theories is in terms of approaches, goals, roles and functions of the group. Person-centered group counseling is secular in nature and Ad-Din cognitive psychology is religious in nature. However, the two theories used also has similarity such as counseling skills that have contributed to the effectiveness of the treatment carried out. This is consistent with the views Wan Kader and Ismail (2006) and Sapora (2008) which state that the skills used in western counseling as structuring skills, listening skills, decision making skills, paraphrasing, minimal encouragement, confrontation skills, and et cetera have no conflict in Islam. Next, they explain that a Muslim counselor must be able to master the skills of counseling. Both of these modules have their own strengths.

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