


**THE EFFECTIVENESS OF A REALITY THERAPY BASED  
INTERVENTIONPROGRAM ON EXCESSIVE INTERNET  
GAMING OF THE HIGHSCHOOL STUDENTS OF  
ROGATIONIST COLLEGE**



A Master's Thesis  
Presented to  
the Faculty of the  
College of Education Graduate Studies  
De La Salle University - Dasmariñas  
City of Dasmariñas, Cavite

In Partial Fulfillment  
of the Requirements for the Degree  
Master of Arts in Education  
Major in Guidance and Counseling

**JO CAMILLE M. SALANDANAN**

March 2012

## ABSTRACT

**Title of the Research:** THE EFFECTIVENESS OF A REALITY THERAPY  
BASED INTERVENTION PROGRAM ON  
EXCESSIVE INTERNET GAMING OF THE HIGH  
SCHOOL STUDENTS OF ROGATIONIST COLLEGE

**Author:** JO CAMILLE M. SALANDANAN

**Degree:** Master of Arts in Education

**Major:** Guidance and Counseling

**Date Started:** June 2011

**Date Completed:** March 2012

This is a quasi-experimental research which sought to determine the effectiveness of a Reality Therapy based intervention program on excessive internet gaming. This research was done in order to find ways on how the high school students of Rogationist College can be assisted on their habit of playing internet games.

There were 48 fourth year high school students who participated in the study and who answered the Internet Addiction Test (IAT) which served as the main data gathering instrument.

The findings of the study showed that the control (N=24, M=62.38, SD=8.32) and treatment groups (N=24, M=63.92, SD=8.51) have moderate level of addiction on internet on their pre-test. Second, the treatment group (N=24, M=45.92, SD=15.15) has mild level of addiction to internet and the control group (N=24, M=60.17, SD=15.72) has moderate level of addiction to

internet when they were post tested. Third, the difference between the two group's pre-test addiction levels on internet is not significant  $t(46) = -.635$ ;  $p > .529$ . Fourth, the difference between the pre-test and post-test addiction level on internet of the control group is not significant  $t(23) = .842$   $p > .408$ . Fifth, there is a significant difference between pre-test and post-test addiction level on internet of the treatment group with computed values of  $t(23) = 5.479$   $p < .000$ . Sixth, there is a significant difference in the post-test addiction levels on internet between the control and treatment group  $t(46) = 3.198$   $p < .003$ .

This study concludes that the participants displayed moderate level of addiction on internet when they were pre-tested. The participants manifested a decrease in internet addiction scores when they were post-tested. The treatment group has mild level of addiction to internet and the control group has moderate level of addiction to internet. The study has two equal groups of respondents. The treatment group experienced greater decrease in their addiction level than those in the control group. Finally, the Reality Therapy based intervention program on excessive internet gaming is effective in reducing addiction level on internet.

The study hereby recommends to the Office for Guidance and Counseling to make use of the designed intervention program made for excessive internet gaming and strongly encourages the inclusion of the Reality Therapy based intervention program on excessive internet gaming in the guidance program of the Rogationist College.

## TABLE OF CONTENTS

		Page
	TITLE PAGE	1
	ABSTRACT	2
	APPROVAL SHEET	4
	ACKNOWLEDGEMENTS	5
	TABLE OF CONTENTS	7
	LIST OF FIGURES AND TABLES	10
Chapter		
1	THE PROBLEM AND ITS BACKGROUND	
	Introduction	11
	Theoretical Framework	14
	Statement of the Problem	16
	Hypotheses	17
	Scope and Delimitation of the Study	18
	Significance of the Study	18
	Definition of Terms	19
2	REVIEW OF RELATED LITERATURE	
	Conceptual and Research Literature	21
	Synthesis	40
3	METHODOLOGY	
	Research Design	42

	Population and Sampling	43
	Respondents of the Study	43
	Research Instrument	48
	Data Gathering Procedure	49
	Statistical Treatment	51
4	PRESENTATION, ANALYSIS AND INTERPRETATION OF DATA	
	Problem No. 1	53
	Problem No. 2	54
	Problem No. 3	56
	Problem No. 4	57
	Problem No. 5	60
	Problem No. 6	62
5	SUMMARY, CONCLUSIONS AND RECOMMENDATIONS	
	Summary	73
	Findings	74
	Conclusions	76
	Recommendations	77
	REFERENCES	79
	APPENDICES	
	A The Intervention Program	84
	B Detailed Version of the Intervention Program	95
	C Letter of Request to the School Rector, Director of Academic	

Affairs and Principal	108
D Letter of Request to the Parents/Guardian of the Respondents	112
E Glasser's Basic Human Needs	113
F Sample Notes on Internet Addiction	116
G Sample Notes on Choice Theory	118
H Total Behavior and Alternative Activities	120
I WDEP Worksheet	124
J Question for Internet Usage Pattern	126
K Time Plan	127
L Students' Positive Reminder Card	128
M Results of Evaluation	130
N Internet Addiction Test (IAT)	133
O Letter of Consent from Kimberly Young	136
P Profile of the Level of Addiction of the Two Groups of High School Students	137
Q Demographic Profile of the Two Groups of Respondents	138
R RT Group Counseling Program of Jong-Un Kim	140
S Letter of Consent from Jong-Un Kim	142
T Sample Certificate	143
U Curriculum Vitae	144

### LIST OF FIGURES AND TABLES

Figure 1.	The Effects of a Reality Therapy Based Intervention Program on Excessive Internet Gaming	14
Table 1.	The Demographic Profile of the Treatment Group	45
2.	The Demographic Profile of The Control Group	47
3.	Level of Internet Addiction of the two Groups of Respondents Before the Intervention Program	53
4.	Level of Internet Addiction of the two Groups of Respondents After the Intervention Program	55
5.	t-test Comparison of the Pre-test Addiction Level on Internet of the Control Group and Treatment Group	57
6.	Descriptive Statistics for the Pre-test and Post-test Addiction Level on Internet of the Control Group	58
7.	t-test values of the Pre-test and Post-test Addiction Level on Internet of the Control Group	58
8.	Descriptive Statistics for the Pre-test and Post-test Addiction Level on Internet of the Treatment Group	60
9.	t-test values of the Pre-test and Post-test Addiction Level on Internet of the Treatment Group	61
10.	t-test Comparison of the Post-test Addiction Level on Internet of the Control Group and Treatment Group	62