

ABSTRACT

The present study was made to investigate whether actualizing group therapy would be effective in increasing the level of self-actualization of counselor-trainees as measured by the Personal Orientation Inventory (POI) scores.

Answers to the following questions were sought:

1. Will actualizing group therapy increase the self-actualization of the counselor-trainees as measured by the POI scores?
2. Will the effect persist on the subjects' self-actualization level as shown in their delayed posttest twelve (12) months after?

To answer the above specific questions, hypotheses were propounded and tested for significance at the .05 level:

1. There is a significant difference between the mean scores of the pretest and the posttest in the POI for the experimental group. This hypothesis is accepted.
2. There is a significant difference between the mean scores of the pretest and the posttest. This hypothesis is rejected.



3. There is a significant difference between the mean scores of the posttest for the pretested and the unpretested experimental group. This hypothesis is rejected.
4. There is a significant difference between the mean scores of the posttest in the POI scales for the pretested and the unpretested experimental group. This hypothesis is rejected.
5. There is a significant difference between the mean scores of the posttests in the POI scales for the pretested experimental group and pretested control group. This hypothesis is accepted.
6. There is a significant difference between the mean scores of the immediate posttest and the delayed posttest of the experimental group. This hypothesis is rejected.

The subjects were selected from a group of sixty (60) Center for Educational Measurement counselor-trainees at random. The subjects were randomly assigned to groups. Fourteen were assigned to the experimental group and the other 14 to the control group. Specifically, 7 were assigned to the experimental group, pretested; 7 in the experimental group, unpretested; 7 in the control group,



pretested and another to the control group, unpretested.

The experimental group were exposed to actualizing group therapy.

The two-way classification of analysis of variance (ANOVA) was used to furnish evidence to support the significant difference between the mean scores of pretested subjects in the control and in the experimental group tested with the POI; the significant difference between mean scores of pretested and unpretested subjects who were not exposed to actualizing therapy and the degree of persistency seen in the subjects' self-actualization behavior. To determine the significant differences of the mean scores of the immediate and delayed posttest, a one-way ANOVA was used.

The findings revealed a significant positive pre-post change beyond .05 level of statistical level on 10 of the 12 individual POI scales, while control group mean scores failed to change significantly on those scales.

The results of the comparison between posttest and 12-month follow-up scores of the experimental group showed no significant difference except in two of the 12 scales. This indicated that self-actualization level persisted over that time period.



From the findings of the study, tentative conclusions were drawn:

1. Actualizing group therapy demonstrated to be a useful tool for enhancing the self-actualization level of the counselor-trainees of the pretested samples as seen in the change of the subjects' self-actualization level from average to high, and as seen in the following results, which confirm the effectiveness of the treatment.
2. Actualizing therapy did bring out change in the outcome variable, in a direction perceived as positive by the counselor-trainees themselves indicating the effectiveness of the treatment activities.

Based on the above conclusions, the following recommendations are offered:

1. Significant gains in the self-actualization as a result of actualization group therapy participation may depend upon individual's level of ego strength upon entering the group (Jones & Medvene, 1973). It is recommended therefore that all subjects be pretested on an Ego-Strength Scale of the Minnesota Multiphasic Personality Inventory (MMPI) before



- undergoing actualization group therapy experience.
2. Since the sample subjects in this study is small, it does not make representation for Asia or for the entire Philippines. The conclusions made in this study may not be generalizable for a wider coverage. The contribution from the findings of this study have some implication for further researches in the entire country or for Asia.
 3. The didactic part of the program design could be a potent aspect for the positive effect of actualizing group therapy on the subjects. It is recommended that a study be made without the didactic part of the program design to see if there is a difference in the effectiveness of the treatment.
 4. All the counselor-trainees in this study are female. No conclusion can be drawn from this study regarding male counselor-trainees.
 5. Comparisons between the effects of actualizing therapy and other treatment modalities can be made.
 6. Member characteristics that are important moderators of group outcome might also be identified. This helps us to learn what kind of individuals could profit most from actualizing group therapy and those, if any, for whom this form of growth is



contraindicated.

7. Caution must be urged in interpreting the present findings. While significant changes did occur, the precise causes of these changes remain open to speculation.
8. Concerning the validity of the POI test on the counselor-trainees in the Philippine context, this research recommends a wider sampling of the same level.

