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The Effectiveness of an Indigenous
Counseling Approach to Economic
Problems: An Exploratory Study

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A Dissertation Presented to
the Faculty of the
College of Education
De La Salle University

In Partial Fulfillment of the
Requirements for the Degree
Doctor of Philosophy in
Counseling Psychology

by

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July 1991



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Abstract

Serious economic problems continue to beset Philippine society, making most of the problems of Filipino counsees at least in part economic in nature. While psychologists and counselors agree that there is a need to combine economic understanding and psychological insight, the actual lack of economics orientation and content in current counseling approaches has been a deterrent to counselors' handling economic problems in the counseling room. As a response to this problem this researcher developed a counseling approach called "economics counseling" which integrates economic concepts, tools, and principles in counseling, in order to deal with economic problems in a third-world country like the Philippines.

This is a process and outcome study that determined the effectiveness of economics counseling in terms of: expanding awareness of the problem and promoting will to develop and desire for control and direction, as reported by the counselee; improving social performance and functioning, as reported by a significant other; and improving emotional well-being, as measured by the counselor.

The subjects of this study consisted of five counsees who were having a high degree of anxiety because of economic problems. Two counseling sessions were done for each counselee. Pre-counseling (one week before counseling sessions), immediate post counseling (one day after the counseling sessions), and delayed post-counseling (one month after the counseling sessions) assessments revealed that in all of the counsees, there was improvement in the following factors from pre-counseling to post-counseling: problem awareness, will to develop and desire for control and direction, social performance and functioning, and emotional well-being. Such improvements were either maintained or further



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improved 30 days after the counseling sessions.

It can be concluded that economics counseling can join the ranks of existing counseling techniques and can be used to help counselees with economic problems.

