

DE LA SALLE UNIVERSITY

THE COMPARATIVE EFFECTS
OF THE HUMAN POTENTIAL SEMINAR AND
THE ENNEAGRAM WORKSHOP ON SELF-ACTUALIZATION
AND INTERPERSONAL RELATIONSHIPS
OF SELECTED FILIPINO PROFESSIONALS

7448710

A Dissertation
Presented to
the Faculty of the Graduate School
De La Salle University

In Partial Fulfillment of
the Requirements for the Degree of
Doctor of Philosophy

Wanee Likhittam
December 1990

3005



DE LA SALLE UNIVERSITY

TABLE OF CONTENTS

Abstract	i
Acknowledgements	iii
List of Figures	v
List of Tables	vi
Chapter	
I. THE PROBLEM AND A REVIEW OF LITERATURE	1
A Review of Literature	4
Self-Actualization	4
Self-Actualization and Interpersonal Relationship Behaviors	14
The Human Potential Seminar	19
The Enneagram Workshop	26
Summary	40
Conceptual Framework	41
Statement of the Problem	47
Hypotheses	48
II. METHOD	49
Research Design	49
Description of the Subjects and Sampling Procedure	51
Instruments	52
III. RESULTS	64
IV. DISCUSSIONS	71
Four Treatments and the ISAC	71
Various Dimensions of the ISAC	79
Four Treatments and the FIRO-B	83
V. SUMMARY, CONCLUSIONS, AND RECOMMENDATIONS	87
Summary	87
Conclusions	89
Recommendations	90
REFERENCES	92
APPENDICES	98
A. Schedule for the Human Potential Seminar	98
B. Schedule for the Enneagram Workshop	99



The Comparative Effects of the Human Potential Seminar and the Enneagram Workshop on Self-Actualization and Interpersonal Relationships of Selected Filipino Professionals

Abstract

This study endeavored to make a comparison in the effectiveness of the Human Potential Seminar and the Enneagram Workshop in enhancing the process of self-actualization and the interpersonal relationships of Filipino professionals. The specific questions this study addressed are:

1. Is each of the following treatments effective in bringing about significant increase in self-actualization as measured by the Inventory of Self-Actualization Characteristics (ISAC)?

1.1 the Human Potential Seminar.

1.2 the Enneagram Workshop.

1.3 the Human Potential Seminar followed by the Enneagram Workshop.

1.4 the Enneagram Workshop followed by the Human Potential Seminar.

2. Which treatment is the most effective in bringing about a significant increase in self-actualization measured by the Inventory of Self-Actualization Characteristics (ISAC)?

3. What specific dimensions of self-actualization measured by the ISAC have significant gain in each of the treatments mentioned in #1?

4. Is each of the treatments mentioned in #1 effective in bringing about a significant increase in the interpersonal relationship behaviors measured by the Fundamental Interpersonal Relationship Orientation - Behavior Scale (FIRO-B)?

5. Which treatment is the most effective in bringing about a significant increase in the interpersonal relationship behaviors measured by the FIRO-B?



Before the treatment, subjects were administered the pretest. Immediately after the treatment, they were given the immediate posttest and one month after, the delayed posttest.

A two-way repeated measure design which is a type of Analysis of Variance (ANOVA) was used.

Findings show that:

(1) Group 2 which was exposed to the EW gained significant increase at .05 level in self-actualization measured by ISAC at Immediate Posttest but the significant gain did not persist to the Delayed Posttest which was one month after the treatment.

(2) Group 3 which was exposed to the HPS followed by EW manifested significant gain at .05 level in interpersonal relationships measured by FIRO-B. The significant gain did not also persist to the time the Delayed Posttest was administered.

(3) Regarding the various dimensions of ISAC, Group 1 and 4 had significant gain score in 3 dimensions, Group 3 had 1 dimension and Group 2 had 5 dimensions.

It can be concluded that both the HPS and the EW are effective tools in enabling subjects to gain increase in self-actualization and interpersonal relationships.

Based on the findings, some recommendations were made for counseling and psychotherapy, and further research.

