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

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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.