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THE EFFECT OF STRUCTURED TRAINING IN SELF-DISCLOSURE AND FEEDBACK ON SELF-ACTUALIZATION

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A Thesis

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1

Abstract

This study utilized a quasi-experimental design in the study of the effect (immediate, enduring, and delayed) of a structured training program in self-disclosure and feedback on the self-actualization of its participants. The correlation between interpersonal risk-taking and that of self-actualization was also explored.

The subjects were 11 undergraduate students (4 males and 7 females) in the experimental group, and 10 undergraduate students (2 males and 8 females) in the control group. The experimental subjects and control subjects were from two classes at the Behavioral Science department of the De La Salle University, Manila.

The Personal Orientation Inventory and the Colleague Relations Inventory were used as the dependent measures measuring Self-actualization and Interpersonal risk-taking respectively. The instruments were administered to all the subjects at the pretest, posttest, and delayed posttest (three weeks after the posttest).

The findings of the study, based on the analysis of the Friedman two-way analysis of variance by ranks



showed significant changes (at .05 level) from pretest to posttest for the experimental group in the scales of Time competence ($F_p = 7.001$, $df=2$), Self regard ($F_p = 7.773$, $df=2$), and Synergy ($F_p = 7.773$, $df=2$). At the delayed posttest significant changes (at .05 level) were noted from the Friedman test on the scales of Inner-directedness ($F_p = 10.955$, $df=2$), and Capacity for intimate contact ($F_p = 8.682$, $df=2$). No significant correlation was found, at .05 level, between Interpersonal risk-taking and Self-actualization, except for a slightly significant negative correlation between the minor scales of Capacity for intimate contact and Receptivity to Feedback ($r_s = -.436$).

It was observed that the structured training program was effective in promoting Self-actualization, that is Time competence, and that of Self-regard and Synergy, immediately following the group experience. The effect did not seem to endure through a three-week wait period. There was delayed effect noted for the major scale of Inner directedness, and the minor scale of Capacity for intimate contact. The correlation between Interpersonal risk-taking and Self-actualization could not be established definitively in this study.



Table of Contents

| | |
|---|-------------|
| List of Figures | vii |
| List of Tables | viii |
| Chapter 1 | |
| THE PROBLEM AND A REVIEW OF RELATED LITERATURE | |
| Review of Related Literature | 2 |
| Group Experience and Self-actualization | 3 |
| Self-disclosure and Feedback | 15 |
| Group Structuring | 19 |
| Training Groups | 22 |
| Personal Orientation Inventory | 25 |
| Synthesis | 28 |
| Theoretical Framework | 31 |
| Statement of the Problem | 38 |
| Hypotheses | 37 |
| Scope and Limitations | 38 |
| Significance of the Study | 40 |
| Definition of Terms | 42 |
| Chapter 2 | |
| METHOD | |
| Research Design | 46 |
| Subjects | 48 |
| Facilitator | 52 |
| Sources of Data | 52 |



DE LA SALLE UNIVERSITY

| | |
|--|-----------|
| Instruments | 53 |
| Personal Orientation Inventory | 53 |
| Colleague Relations Inventory | 55 |
| Data-gathering Procedure | 58 |
| Data Analysis | 59 |
| Chapter 3 | |
| RESULTS | |
| Effect of Training Program | 61 |
| Immediate Effect | 69 |
| Enduring Effect | 70 |
| Delayed Effect | 71 |
| Correlations Between Interpersonal Risk-taking and Self-actualization | 73 |
| Evaluation of Training Program | 76 |
| Chapter 4 | |
| DISCUSSION | |
| Immediate Effect of Training Program | 78 |
| Enduring Effect of Training Program | 81 |
| Delayed Effect of Training Program | 83 |
| Correlation Between Interpersonal Risk-taking and Self-actualization | 85 |
| Chapter 5 | |
| SUMMARY, CONCLUSIONS, RECOMMENDATIONS | |
| Summary | 89 |



| | |
|--|-----|
| Conclusions | 82 |
| Recommendations | 84 |
| References | 87 |
| Appendix A: Evaluation form | 102 |
| Appendix B: Evaluation report | 104 |
| Appendix C: Individual and Mean Scores | 110 |



List of Figures

| | |
|---|-----------|
| Figure 1 The Johari Window | 33 |
| Figure 2 Process of Self-disclosure and Feedback | 34 |
| Figure 3 Pretest-Posttest nonequivalent group design | 48 |
| Figure 4 POI profile of the pretest mean scores of the experimental and control group | 51 |
| Figure 5 POI profile of the pretest, posttest, and delayed posttest mean scores of the experimental group | 63 |
| Figure 6 POI profile of the pretest, posttest, and delayed posttest mean scores of the control group | 64 |



List of Tables

| | | |
|----------|---|-----|
| Table 1 | Composition of experimental group and control group | 48 |
| Table 2 | Pretest sum of ranks of POI and CRI for the experimental and control groups | 50 |
| Table 3 | A synopsis of the structured training in self-disclosure and feedback program | 58 |
| Table 4 | Sum of ranks of pretest, posttest, and delayed posttest of the POI and CRI for the experimental group | 68 |
| Table 5 | Rank sum differences of the pretest, posttest, and delayed posttest of the POI and CRI for the experimental group | 68 |
| Table 6 | Sum of ranks of pretest, posttest, and delayed posttest of the POI and CRI for the control group | 67 |
| Table 7 | Rank sum differences of the pretest, posttest, and delayed posttest of the POI and CRI for the control group | 68 |
| Table 8 | Correlations between the POI scales and CRI scales on the posttest scores of all the subjects | 75 |
| Table 9 | Pretest individual and mean scores of experimental group | 110 |
| Table 10 | Pretest individual and mean scores of control group | 111 |



DE LA SALLE UNIVERSITY

ix

| | | |
|----------|--|-----|
| Table 11 | Posttest individual and mean scores of experimental group | 112 |
| Table 12 | Posttest individual and mean scores of control group | 113 |
| Table 13 | Delayed posttest individual and mean scores of experimental group | 114 |
| Table 14 | Delayed posttest individual and mean scores of control group | 115 |

