

# **The Effectiveness of a Group-counselling Program in Developing Self-affirmation Skills among 11<sup>th</sup> Grade Students at Jaba Secondary Girls School**

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## **Abstract**

The study aimed to investigate the effectiveness of a group-counseling program in developing self-affirmation skills among 11<sup>th</sup> grade students at Jaba secondary girls school. The study approached the literature as a multi-dimensional phenomenon, which addressed both theoretical and applied research. The significance of this recent study is the first, which dealt with this theme, to the authors' knowledge, which in turn encourages other researchers to work on further research on this important topic.

To achieve this end, the study adopted the experimental method using a triangulation quantitative and qualitative design approach using the questionnaire and the focus groups, which are appropriate to the exploratory nature of the research, and have provided more meaningful, in-depth data. The random purposive method was utilized which comprised of a sample size of (26) students of the 11<sup>th</sup> grade at Jaba secondary girls school, which were divided into two groups, that are the experimental group and controlled group. Data were analyzed using the statistical package for social sciences (SPSS).

The study revealed the determinant effect of a group-counseling program in developing self-affirmation skills among 11<sup>th</sup> grade students at Jaba secondary girls school. The findings of the study revealed significant statistical differences in self-affirmation skills among the sampled population favored the experimental group.

The above findings confirm the value of effect of a group-counseling program in developing self-affirmation skills among 11<sup>th</sup> grade students at Jaba secondary girls school, and recommend for training programs that provide educational counselors with strategies and defense mechanisms to increase self-affirmation skills among the students. The need to strengthen the principles of self-affirmation skills among the students through workshops and training courses, and update their knowledge in such important issue which affects positively their self-confidence and that of the others as well; and finally, further research is essential to develop a clear understanding of self-affirmation skills using the qualitative research design.