EFFECTIVENESS OF ‘COUNSELLING’ & ‘GUIDED SOMATO PSYCHIC RELAXATION’ ON ‘SELF CONFIDENCE’ OF ‘OPEN SCHOOL STUDENTS’

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ABSTRACT

Adolescence may be defined as the period within the life span when most of a person's biological, cognitive, psychological, and social characteristics are changing from what is typically considered child-like to what is considered adult-like. It is a time of discovery of self and one’s relationship to the world around him or her. This study is conducting among the adolescent group of open-school students, to empower their self-confidence. The objective of the study is to find out the effectiveness of school counselling and relaxation programme on ‘self-confidence’. The study consists of 16 subjects, including 8 members in experimental group and 8 members in control group. The design for the study is ‘Pre-Post Design’ and the tool for the study is ‘self confidence inventory’. The intervention techniques used are ‘individual counselling’ and ‘guided somato psychic relaxation’. The statistical technique for analysis is Matched ‘t’ test. The result shows that the ‘school counseling and relaxation program’ is found to be effective in enhancement of ‘self confidence’ among adolescents.

KEYWORDS: adolescents, guided somato psychic relaxation, school counselling, self-confidence

1. INTRODUCTION

“The great thing is to have faith in oneself, even before faith in God; but the difficulty seems to be that we are losing faith in ourselves day by day,” says Swami Vivekananda. It means convincing belief in oneself and absolute reliance on one’s confidence. The confidence which makes one conscious of his innate eternal prospect and push him forward promptly in every step. Sri Krishna in the Bhagavad Gita- says “Shraddhavan labhate Jnanam tatparah sanyatendriyah” The man of Shraddha (Self-confidence), the devoted, the master of his senses obtains knowledge. At the predicament of war, Arjuna lost courage and said he would not fight. Krishna awakened
Shraddha in him and said, “At this crisis, wherefrom has this dejection come upon you, O Arjuna, depriving you of your manliness, debarring you from heaven and debasing your earthly career? Son of Pritha, yield not to cowardice. It ill becomes you, Scorcher of foes, cast off this base faint-heartedness and wake up.” At these rousing words of Sri Krishna Shraddha was stimulated in Arjuna and he went on to defeat the Kauravas. To motivate Arjuna, the Bhagavad-Gita is preached in the battle field Kurukshetra by Lord Krishna as counselling to do his duty while multitudes of men stood by waiting.

In order to reduce stress, everyone will go through their own ways such as listening music, spending time with pets, talking with close friends, traveling to favorite places, visiting temples, and some of them may just asleep, etc. Counselling is another way to get escape from problems. Actually counselling is process that enables a person to sort out issues and reach decisions affecting their life. Often counselling is sought out at times of change or crisis, it need not be so, however, as counselling can also help us at any time of our life. It involves talking with a person in a way that helps that person solve a problem or helps to create conditions that will cause the person to understand and/or improve his behaviour, character, values or life circumstances. Counselling is often performed face-to-face in confidential sessions between the counsellor and client. However, counselling can also be undertaken by telephone, in writing and, in these days of the Internet, by email or video conferencing. Counselling can and may take many different formats to bring a person to a better understanding of them self and others. It can therefore be seen that counselling can be of benefit to a person experiencing problems in finding, forming, and maintaining relationships.

There are other many methods available in order to get relaxed, such relaxation trainings, in its many guises is a major component in behaviorally based interventions of many mental disturbances. Hundreds of published articles, ranging from clinical case reports to multifactorial controlled group designs, affect to effectiveness of relaxation training, or treatment “packages” containing relaxation in the treatment of mental tensions. There are many kinds of relaxation trainings eg: Progressive relaxation, Behavioral relaxation, Electromyography training, Hypnosis, guided imagery, etc. “ Jacobson progressive relaxation training” & “Guided some to psychic relaxation” are one of the most using methods in Kerala, other than ‘yoga’, ‘ Meditation’ and related techniques.

Confidence is generally described as a state of being certain either that a hypothesis or prediction is correct or that a chosen course of action is the best or most effective. Self-confidence is having confidence in oneself. The key element to self-confidence is, an acceptance of the myriad consequences of a particular situation, be they good or bad. When one does not dwell on negative consequences one can be more 'self-confident' because one is worrying far less about failure or the disapproval of others following potential failure. One is then more likely to focus on the actual situation which means that enjoyment and success in that situation is also more probable. If there is any 'self-belief' component it is simply a belief in one's ability to tolerate whatever outcome may arise; a certainty that one will cope irrespective of what happens. Belief in one's abilities to perform an activity comes through successful experience and may add to, or consolidate, a general sense of self-confidence.

In our society, the time of adolescence is the time when young people are confronted with the problem of self-definition and identity. These problems are exacerbated by biological changes, as well as social and intercultural differences. One of the most common generalized
problems of adolescence is that teenagers are attempting to grapple with the problems of a social system that maintains a particularly ambiguous nature.

As the world grows and as the chance of job increases, the work stress also increases with academic stress of adolescents. But the adjustment problems of working students not only affect their present life, but it also decreases productivity in their future life. If regular school adolescents have many problems, the non regular working adolescents may experience a double level of problems than the other group. Because of their multiple roles, such students found to have a lot of internal conflicts. Lack of confidence is one of the problems among them. In such a group, a study to check the effectiveness of relaxation technique and counselling are is a new effort.

Here the study focusing on the improvement of ‘self confidence’ among open-school students as a result of implementing ‘Counselling programme’ and ‘Guided Somato Psychic Relaxation’ among them.

HYPOTHESIS
- There will be significant positive change in the ‘self confidence’ of adolescents after undergoing the counselling and relaxation programme.

METHODS
Design
In this study, the investigator used ‘Pre-Post Design’. The pre-post design measures program outcomes by comparing perceptions or behaviors at the end of the program (post) to some baseline, usually the same elements measured at prior to the start of the program (pre). This research study design is a true experimental design in that there is a degree of randomization, use of a control group, and therefore greater internal validity.

Participants
When considering the time and cost involved, it is difficult to conduct the study with a wider sample, giving adequate geographical representations. So the focus of study directed to Malabar Region of Kerala and selected Kozhikode district as the universe for the study. Kozhikode being a corporation, it is expected that adequate sample from the Malabar region may available. Convenient sampling method was used for the sampling. Both experimental and control group consist of 8 participants each.

Tool
Self confidence inventory: The investigators developed the ‘Self Confidence inventory’(Raveendran & Jayan, 2011), inorder to check the Self Confidence of the sample. Self confidence centers on being assertive, on getting what the self wants. This is about standing up for oneself, about having the presence, the personal power, like to regard oneself as equal to others and to behave in a way that reflect this. Simply it is the confidence in oneself and in one's powers, judgments and abilities.

Administration
The procedure was completed in 3 stages. i.e., Pre – assessment, intervention and post-assessment stages. From the matched 16 students, grouped them into 2. i.e., into control group and experimental group with 8 subjects each. The interventions were given to Experimental
group for one day in each week for 3 months. The control group subjects remained without any intervention in this stage. After completing the intervention schedule for the experimental group; the after assessment conducted among both experimental and control groups. The tools were given to them as it administered in the pre-assessment stage.

**Interventions**

1. ‘Guided Somato Psychic Relaxation’ (GSPR)

   ‘Guided Somato Psychic Relaxation’ (Sreedhar, 1996) is one of the simplest relaxation technique among relaxation techniques used today, which is guided till the last moment. The guidance is given step by step and leaves no room for any confusion. First of all the body relaxation and then mental relaxation is the process involved in this technique. Only minimal infrastructural facilities are required for this relaxation. Each session takes nearly 45 minutes.

2. **Individual Counselling**

   Counselling is not about "helping". It is not about giving advice. It is about working with clients to "empower" themselves. A person becomes truly empowered when he or she is in the present tense incorporating and accepting all of their experiences that are unfolding before them.

   Here the aim of the Counsellor in their work is to enable the student to find ways of living that reflect her/his needs and values. While it is inevitable that a proportion of the clients will need a direct therapeutic approach, with others the focus is on transitional problems experienced by most young adults. Frequently academic work will suffer either because of difficulties directly related to study or because of disorganization sometimes exacerbated by other issues.

   Individual counselling may be short term and solution focused or a more extensive exploration of issues and feelings. Session lasts in 45 minutes.

**Statistical Treatment**

The statistical techniques used in this study, for the analysis of data is Matched ‘t’ test. The t-test gives an indication of how separate two sets of measurements are, allowing you to determine whether something has changed and there are two distributions, or whether there is effectively only one distribution.

**RESULTS & DISCUSSION**

The analysis checked out the hypothesis- There will be significant positive change in the ‘self confidence’ of adolescents after attending the school counselling program.

**Control group – comparison of pre and post assessment scores**

Table 1.

<table>
<thead>
<tr>
<th>SL.NO.</th>
<th>VARIABLES</th>
<th>PRE ASSESSMENT</th>
<th>POST ASSESSMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>MEAN</td>
<td>SD</td>
</tr>
<tr>
<td>1.</td>
<td>self confidence</td>
<td>66.50a</td>
<td>4.175</td>
</tr>
</tbody>
</table>

The correlation and t cannot be computed because the standard error of the difference is 0.
The Mean and Standard Deviation of control group shows that they all have no alterations in a gap of 3 months. Because here the datas of control group were taken into consideration, there were no interventions given to this group during the study time, it reveals that if there happens any change in the experimental groups, it may be because of the interventions given to the group.

**Experimental group – comparison of pre and post assessment scores**

The t test results of the Experimental group on pre and post intervention scores based on the study were computed and presented in table no.2.

Table 2

<table>
<thead>
<tr>
<th>SL.NO.</th>
<th>VARIABLES</th>
<th>PRE ASSESSMENT</th>
<th>POST ASSESSMENT</th>
<th>CORRELATION</th>
<th>t VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>self confidence</td>
<td>66.12 (4.549)</td>
<td>77.25 (5.285)</td>
<td>.979**</td>
<td>-25.24**</td>
</tr>
</tbody>
</table>

** p< .01

Here, in Table 2, the post assessment mean of self confidence is 77.25, which is an increased one from the pre assessment mean of 66.12. The t value of the assessment is -25.245, which has a correlation of 0.979, i.e., significant in 0.01 level. The result indicating that counselling played a role in increasing self confidence among the Experimental Group. Research carried out by Haney and Durlak (2010) find out that relaxation and counseling programme could improve the self confidence of the students effectively. This result supports the current finding of this study.

**CONCLUSION**

The efficacy of ‘guided somato psychic relaxation’ and ‘individual counselling’ in the empowerment of self confidence of open school students has been established by this study. The experimental group who undergone the intervention during three months of period between pre-assessment and post-assessment, showed a significant positive change in their self confidence, i.e., relaxation and counselling programme succeeded in enhancement of self confidence among open-school students. Studies of Lakshmidvei (1994), Heßling and Lohausof (2002), Demir and Aydin (2010), Schoor and Whittaker (2010), Unnithan (2010) and Mc Kenzie, et.al. (2011) supported the findings of this study. Thus the study makes the group aware of their self confidence and to use such relaxation and counselling methods to empower their abilities.
REFERENCE


