

PHORNPRAPHA KLAEWKLA: EFFECTS OF GROUP COUNSELING BASED ON REALITY THERAPY ON DECREASING MARIJUANA USAGE AND INCREASING SELF-ESTEEM OF PROBATIONERS: ASST. PROF. SOREE POKAEO, Ph.D. 117 pp.

The purpose of this study was to study the effects of group counseling based on reality therapy on decreasing marijuana usage and increasing self-esteem of probationers. The hypotheses were that the probationers attending the counseling group would decrease marijuana usage, and would increase their self-esteem significantly and that their self-esteem would be higher than that of the control group at both the post experiment period and follow-up period. The sample group was 12 volunteer probationers from the Probation Office of the Criminal Court, Office of the Judicial Affairs, Ministry of Justice. They were from 18 to 35 years of age, male who had an educational background beyond elementary school and remained consuming marijuana (cannabis substances were found in their urinalysis at least 2 times); they obtained the lowest scores on the self-esteem inventory. They were randomly divided into 2 groups - 6 for the experimental group and 6 for the control group.

The probationers participated in a 5-week group counseling program based on reality therapy led by the researcher. They attended a 2 hour session twice a week for a total amount of group counseling of 20 hours

The design of this study was an experimental one. The instrument utilized in the research was the self-esteem inventory of Coopersmith, adult form, 1984 translated and adapted by Nattaya Wongleekhphai. The Chi square test and t-test were used to analyse the data obtained from the study.

The results of the study show that the probationers, the experimental group, who participated in group counseling based on reality therapy, decreased their marijuana usage and increased their self-esteem significantly and that such behavior change and increase of self-esteem was greater than in the control group in both the post-test and follow-up period significant at the .01 level.