

Abstract

The purposes of the research was to study the effect of changing the way of coping with problems by using Rational Emotive Behavior Therapy Group Counseling among female juvenile delinquents at Pranee Training School. The study was a quasi-experimental research with pre-test / post-test control group design.

The subjects were female juvenile delinquents at Pranee Training School. There were 20 juveniles, age 16 to 19. Participants were volunteers and had to stay in Pranee Training School until the end of the program. The subjects were divided into two groups. Ten juveniles were in the treatment group and another ten were the control group. The treatment group attended a six- week REBT group counseling program consisting of 6 sessions of 90-120 minutes each with the researcher acting as group leader. The control group did not participate in the program.

Instruments used in this study were:

1. The REBT group counseling program was constructed by the researcher using the concept of Ellis's ABC theory.
2. The Cope Inventory adapted from Carver, Scheier and Weintraub's Cope Inventory.

A statistical *t* test analysis was conducted to determine significant differences in the mean score of the 2 groups at pre-test and post-test and at 3 week follow up for the treatment group. The results of this study were:

Comparing the two groups at post-test, the treatment group that participated in REBT group counseling had a statistically significantly higher mean score for effective coping behavior than the control group, $p < .05$. The analysis of the treatment group at post-test showed a statistically significant increase in the mean score for effective coping behavior. However, at three week follow-up there was a statistically significant decrease in the mean score, $p < .05$.

Comparing the two groups at post-test, the treatment group that participated in REBT group counseling showed a statistically significantly lower mean score for the less effective ways of coping behavior than the control group, $p < .05$. Also the analysis of the treatment group at post-test and 3 week follow-up revealed a statistically significant decrease in the mean score, $p < .05$.

Analysis of the control group at post-test did not show a statistically significant increase in mean score of effective ways of coping behavior, $p < .05$ however at post-test. There was a statistically significant decrease in the mean score for the less effective ways of coping behavior, $p < .05$.

In conclusion, the study indicated that the REBT group counseling program achieved a satisfactory result in changing the way of coping with problems by increasing the use of reason as an effective ways of coping behavior for solving problems. It also increased the effective coping behavior and decreased less effective ways of coping behavior.