

## **ABSTRACT**

### **- THE STUDY PROBLEM:**

The problem of self-concept among the adolescents is a complex psychological phenomenon which includes many variables. In other words, it is related to several variables such as the body nature, clothes, name or surname, level of expectations, culture, emotion and family.

The research problem has been stated in the following question:

- **TO What extent is the reality therapy effective in improving the adolescents' self-concept?**

It can be subdivided into the following two sub-questions:

- A) Does the effect of reality therapy differ according to the gender?
- B) Does the effect of reality therapy among the adolescents expand to the follow-up period?

### **- STUDY SIGNIFICANCE:**

The present study is significant because it deals with the adolescence period which is the starting point of the adulthood. So, passing this period safely guarantees the formation of normal personality. Another aspect of the study significance is that it deals with the use of reality-therapy-based treatment program which has been conducted rarely in the Arab context although it is used on a large scale in the foreign studies. It is a therapy characterized by simplicity when applied by the counselors. It is based on simple group of rules from daily life. The success in using it with the self-concept gives hope to using it with other behavioural and psychological disorders.

## **- STUDY OBJECTIVES:**

The present study has tried to examine the effect of using the reality therapy in improving the adolescents' self-concept through:

- The theoretical section: that clarified some variables related to self-concept.
- The applied section: that tackled the preparation of a reality-therapy-based treatment program and measured its effect in improving the adolescents' self-concept.

## **- STUDY TERMINOLOGY:**

The following terms have been defined:

Reality therapy – Self-concept – Adolescence.

## **- STUDY HYPOTHESES:**

1. There are statistically significant mean differences between the scores means of the experimental group (male) and those of the control group (male) in self-concept after the application of the treatment program, in favour of the former.
2. There are statistically significant mean differences between the scores means of the experimental group (female) and those of the control group (female) in self-concept after the application of the treatment program, in favour of the former.
3. There are no statistically significant mean differences between the scores means of the experimental group (male) and those of the same group (female) in self-concept after the application of the treatment program.
4. There are no statistically significant mean differences between the scores means of the experimental group (male) after the

application of the treatment program and those of the same group after the follow-up period.

5. There are no statistically significant mean differences between the scores means of the experimental group (female) after the application of the treatment program and those of the same group after the follow-up period.

### **- STUDY DELIMITS:**

- The present study is limited to its sample, tools and statistical techniques.

### **- STUDY TOOLS:**

The following tools have been used in the present study:

- 1- Self-concept scale, translated into Arabic by Safwat Farag and Soheir Kamel.
- 2- A therapeutic program, prepared by the present study researcher.

### **- STUDY SAMPLE:**

The sample of the present study consisted of 40 female and male students. It was divided into four groups as follows:

1. A males experimental group (n= 10).
2. A females experimental group (n= 10).
3. A males control group (n=10).
4. A females control group (n=10).

## **STATICAL TECHNNIQUE**

Variance Analysis has been used to compare between the for groups on the self-concept scale, before and after the therapy as well as in the follow-up period T-test has also been used to compare between the means of two groups

## **STUDY FINDINGS**

- 1-There were statistically significant mean differences between the scores means of the experimental group (male) and those of the control group( male) in self-concept after the application of the treatment program, in favour of the former.
- 2-There were statistically significant mean differences between the scores means 0f the experimental group (female) and those of the control group (female)in self-concept after the application of the treatment program, in favour of the former.
- 3-there were no statistically significant mean differences between the scores means of the experimental group (male) and those of the same group (female) in self-concept after the application of the treatment program.
- 4- There were no statistically significant mean differences between the scores of the experimental group(male) after the application of the treatment program and those of the same group after the follow-up period.
- 5-There were no statistically significant mean differences between the scores means of the experimental group (female) after the application of the treatment program and those of the same group after the follow-up period.

\*\*\*\*\*