



**BENHA UNIVERSITY
FACULTY OF EDUCATION
DEPARTMENT OF MENTAL HEALTH**

**The Effectiveness of A Counseling Program in Developing Self-determination
Skills to Enhance Quality of life Among A sample of Educable Mentally Retarded
Adolescents**

A Summary of PhD. Thesis In Education
(Mental Health)

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Introduction :

With the rapid emergence of the quality revolution, with its emphasis on the products and outcomes quality, and introducing the quality criteria applications in the fields of industry, agriculture, economy, medicine, and policy, one of the main outcomes of this revolution was the emergence of a new concept, that is Quality of Life (QOL.), which initiated its first applications in the fields of Medicine and Sociology; but quickly penetrated the filed of psychological studies.

The early 1990s witnessed a flow of researches and studies interested in the subject of quality of life among the intellectually, disabled individuals the definitions of the concept varied greatly; but the main focus of these definitions is on the individual's enjoyment with his / her important potentials in life, and one's feeling of satisfaction within the current circumstances. That's, each one – within the limits of his/her potentials and circumstances – can enjoy a sense of satisfaction and quality of life, including those with intellectual disability.

Ashraf Abd-El-Qader (2005) indicated that quality of life of the disabled is based on empowering the disabled individual, whether this was a child, an adult, or an aged, who has the right of integration, to get respect and protection of his /her human

rights, and calling him/her for performing one's duties as any normal citizen who live in a civilized society that guarantees the social freedom, provides equal opportunities for all , and highly estimates the human values for its individuals.

The increasing interest in the study of quality of life of the intellectually disabled, is based on a very important reason, that is the emergence of the Client-Empowerment Movement, emphasizing the person-centered planning; So enhancing the quality of life of the intellectually disabled has become the aim of many studies interested in studying the individuals with intellectual disability.

Recently, Self – Determination has received an increasing interest and a broad usage in the field of intellectual disability with the aim of preparing those individuals for community integration. Developing Self-determination skills has become an important approach to enhance the quality of life of those individuals.

Many studies proved a strong correlation between self – determination and quality of life among the people with intellectual disability (*Wehmeyer & Schwartz, 1998; Sundberg, 2005; Nota et al., 2007; Karr, 2009*). Within these studies, self-determination was the strongest predictor of quality of life Many

researches agreed that developing self- determination skills is the way to enhance quality of life of the intellectually disabled (*Schalock, 1996; Wehymeyer & Schalock, 2003; Fleming – Castaldy, 2008*).

- Statement of the problem :

The problem of the present study can be stated in the following questions :

- 1-What is effectiveness of the counseling program in developing self – determination skills among a sample of educable mentally retarded adolescents?
- 2-What is the effect of the development of self – determination skills, on enhancing quality of life among the study sample?

Study Significance :

The significance of the present study is divided into two sections :

- Theoretical Importance :

The study handles quality of life as one of its main variables, it is a relatively recent concept and one important outcome of positive psychology- In addition, the study added two new scales to the psychological literature of the individuals with intellectual disability.

- The practical Importance :

- Developing self – determination skills and enhancing quality of life among the study sample, is a step on the way to real integration.
- The recommendations of the present study can benefit. in reconsidering the way of treating the individuals with intellectual disability, and adopting a new positive way of treating them.

Study Objectives :

The present study aims at :

- Investigating the effectiveness of the counseling program in developing the self-determination skills among a sample of educable intellectually –disabled adolescents.
- Investigating the effect of developing those self-determination skills, on enhancing the quality of life of the study sample.

Study Terms :

1-The Counseling Program :

The counseling program is a planned, systematic program in the light of scientific basics, to provide the direct and indirect counseling services, both on the individuals and group levels, for all the study members, aiming at helping them achieve the



normal development , and make prudent choices and achieve psychosocial adjustment within the organization and outside it.

2- Self – determination Skills :

A set of necessary skills for the educable intellectually disabled adolescents to exert a sense of control in their life, and to reduce the undue external interference to achieve positive outcomes and practice the right of normalization and enjoying quality of life. These skills are : Self awareness, choice – making; Interpersonal problem – solving, decision- making, and self – advocacy skills.

3-Qualty of Life :

the feeling of satisfaction and happiness, the disabled individual has, with one's different life aspects (Family relationships, Emotional evell-being, physical well-being, and community integration), under one's current circumstances and potentials.

4- Intellectual Disability :

It is a state of stoppage or incomplete development of the brain, characterized by a lack of skills that appear during the growth stages, which affects the general level of intelligence, that is the cognitive, motor, and social abilities. The disability

may occur accompanied, or not, with any physical deficiency (WHO, 1999 : 238).

The Study Hypotheses :

- 1- There is a statistically significant difference between the ranks means of the Reassessment and post assessment of the experimental group on the Self – Determination Scale and its subscales, in favor of the post assessment.
- 2- There is a statistically significant difference between the ranks means of the Reassessment and post assessment of the experimental group, on the Quality of life Scale and its subscales, in favor of the post assessment.
- 3- There is no statistically significant difference between the ranks means of the post assessment and follow-up assessment of the experimental group on the Self – Determination Scale.
- 4- There is no statistically significant difference between the ranks means of the post assessment and follow – up assessment of the experimental group on the Quality of Life Scale.

The Limitations of the Study :

The study Sample :

The Sample of the present study consisted of eight (8) educable intellectually disabled adolescents (age ranges from 12 to 15 years old), with IQ ranges from 50-70 on Stanford Binet Intelligence Test.

The Study tools :

- 1- The self – Determination skills Scale : Prepared by / the present researcher.
- 2- The Quality of Life Scale : prepared by / the present researcher.
- 3- The counseling program : prepared by / the present researcher.

The Statistic Methods :

- Descriptive Statistics.
- Wilcoxon Test.

The Study findings :

The study findings of the present study proved the preset hypotheses to be true (verified). And the findings were interpreted in the light of the study theoretical background and literature.