THE APPLICATION OF GROUP COUNSELING ON SELF-CONCEPT, DEPRESSION AND RESILIENCE OF TEENAGE PREGNANCY

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This study was carried out to evaluate the application of person-centered therapy and cognitive psychology as group counseling on self concept, depression and resilience of teenage pregnancy. This study involved teenage pregnancies in women at three women refuge centers, which are from following places of Malaysia, KEWAJA, Khadatus Sakinah and Taman Seri Puteri Cheras (Social Welfare Department). Subjects were divided in two treatment groups and one control group. The multidimensional Self-Concept Scale, Beck Depression Inventory and Adolescent Resiliency Attitude Scale were administered to assess self concept, depression and resiliency of teenage pregnancy. The control pre and post design was used for this study. The research data was analyzed by using significant level of .01 and .05. That shows significant level of poor self concept, depression and lack of resilience attitude. All treatment group received group counseling session for consecutive weeks, once in each week. The person centered group and cognitive psychology group counseling showed significant reduction (pre-test to post-test) on depression and was helpful to enhance self concept and resilience of teenage pregnant girls.

Keywords: Depression, self concept, resilience, attitude, cognitive psychology

Introduction

Gladding (2008), described that group counseling have effective properties of prevention, development and healing effects. Thus the group counseling is an appropriate method to help deal with pregnant teenagers’ psychological problems.

The studies conducted by previous researchers showed that teenage pregnancy have low self-concept (Pete, 1989; Paik, 1992; Drummond & Hansford, 1990; Pete-McGadney, 1995, Babington et al., 2009), high depression (Hack, Youngstrom, chartering et al., 2004; Gilbert, 2007), and low resilience (Guerra, 2010).

Studies done by western and national researchers (Wan Abdul Kader, 1994; Abdul Malek, 2004; Sapora, 2007; Aziz Shah, 2008; Sun Choi, 2006; Michele, 1999; Miller et al., 2008; Smith’s Ad-cock, and Vasiliasuskas, 2011) have demonstrated the effectiveness of group counseling in the prevention, treatment and recovery has helped in the process of internal adaptation of their clients.

In Malaysia, teenage pregnancy is against the teachings of Islam and the culture of the country. Therefore, as an alternative to address the problem of teenage girls getting pregnant without marriage is through counseling services, counseling and
consulting. Furthermore, when the youth has been in troubled behavior, it will risk them to be trapped in a worse outcome of the more problematic behavior (Burt, Resnick & Novik, 1998).

Theory that is made integral to the construction of Person-Centered Group Counseling module was founded by Rogers (1940). The theory states humans will face a problem when a person is in a state of incongruence. This happens when he experienced conflict between self-perceived and actual experience. This theory emphasizes that the counselor should display friendly attitude, empathy, accepting and not punitive in nature (Corey, 2005; Othman, 2005; Wan Abdul Kader, 1986, Sapora, 2008). Among previous researchers who used this theory in their studies are Finney & Maloney, 1988; Andersan, 2000; Harry, 1991, Wan Abdul Kader, 1986 and Sapora, 2008.

The second approach is the theory of Ad-Din Cognitive Psychology. This theory was founded by Othman (2001,2005). This theory is using the Islamic approach. Othman (2005), in the treatment of human pathology, understanding and ability to interpret the level and position of the individual nafs are important for counselors to be able to make interventions exploration on the client. Humans will experience low self-concept, high depression and low resilience when the level of the nafs is low. Ma’rifah or knowledge gained through counseling sessions are expected to be able to produce a calm soul and thereby improve self-concept, reduce depression and increase resilience.

Previous studies showed a recovery intervention through counseling approach in particular has successfully promoted the development, prevention and cure. (Gadza, 1978). Studies done by western and the domestic researchers (Wan Abdul Kader, 1994; Abdul Malek, 2004; Sapora, 2007; Aziz Shah, 2008; Sun Choi, 2006; Michele, 1999; Miller et al., 2008 : Smith’s Ad-cock, 2008 and Vasiliasuskas, 2011) have demonstrated the effectiveness of group counseling in the prevention, treatment and recovery, has helped in the process of internal adaptation of their clients.

Therefore, this study will highlight the two modules based on application Person-Centered Group Counseling approach and Ad-Din Cognitive Psychology, approach with emphasis on the development, prevention and healing. Group counseling will be used to improve self-concept, reduce depression and increase resilience of teenage girls who become pregnant out of wedlock. After the interventions have been conducted, the researchers will measure the effectiveness of interventions carried out.

Study Problems

Self-concept, depression and resilience have been studied so much. The question which arises is that it is inferior in quality as design weaknesses due to the studies mostly focused on surveys. This makes it difficult for the process to find methods to enhance self-concept and resilience and reduce depression in adolescence
pregnant out-of-wedlock. According to Shaughnessy et al. (2012) experimental methods are the best and most effective to test the hypothesis due to behavior. Additionally through experimental studies researchers could see whether the method of treatment given affect the behavior. Besides, it is characterized by clinical and scientific results (outcomes) that can provide rules and procedures in the form of intervention treatment. The result of effectiveness of treatment can also be measured (Gravetter and Forzano, 2003, Sapora, 2008).

Overseas, studies to examine the effectiveness of group counselling were conducted by O’Mara et al. (2006), Padgett & Gazda (2007), Elbaum & Vaugha (2001) on self-concept, Miller et al. (2008), Michele (1999) on depression and Smith Ad-cock et al. (2008) on resilience. Mean while in the country, Wan Kader (1992) has found that structured group counselling successfully treats social anxiety, state anxiety, trait anxiety, locus of control and self-perfection. A study conducted by Mohamamad Nasir (2006) showed group counselling effective on dependent variables of resilience, social competence, perceptions of family, self-respect and the depression of adolescent subject at risk. In addition, a study by Sapora (2007) showed that group counselling successfully reduced levels of stress and increase job satisfaction, competitive response strategies and social support to a group of teachers.

Although several studies have shown the effectiveness of group counseling but until now there is no academic study on the efficiency of the modules on out of wedlock pregnant teenagers. Therefore this study was conducted to evaluate the effectiveness of group counseling intervention to improve self concept, resilience and to reduce depression of out-of-wedlock pregnant teenagers. Hence, this study aims to fill the vacancy.

More over, according to Corey (2003) experimental intervention in the form of group counseling would have the high application value, save cost and time (Tosseland & Siporin, 1986), have the same goals (Corey, 2003). Group counseling may also be able to form a self-concept, build a good relationship and practice the skills learned into the real life of members of the group (Sapora, 2008).

In Malaysia, many parties have been involved in a variety of programs concerning the development and prevention interventions to address adolescent social problems. At the school level the role of the Guidance and Counselling Unit is enormous. Services provided by the Guidance and Counselling Unit at the school provide rehabilitation and treatment services as well as enrichment and enhancement services in all aspects of the development of the student. Various programs were conducted under the Guidance and Counselling Unit each year. In addition, the Guidance and Counseling Unit in collaboration with the District Education Office has also organized programs like Personality Enhancement Program, Person Development Camp, motivational programs to address social problems youths. However, the emphasis is not enough because they only emphasize the motivation
and activities, but no group counseling. These teens should be given counseling groups to express themselves, with emphasis on self concept, depression and resilience.

Study Purpose
This study aims to see whether application of person-centered group counseling and Ad-Din cognitive psychology effectively improve self-concept, reduce depression and increase the resilience of out of wedlock pregnant teenagers.

Study Hypotheses
The following hypotheses were built:

**Hypothesis No: 1**
There will be no significant difference in the mean size of pre-test and post-test of dependent variables; self concept (SC), depression (D) and resilience of experimental group compared to control group of out-of-wedlock pregnant teenagers following the Person-Centered Group Counseling and Ad-Din Cognitive Psychology group counseling.

**Hypothesis No: 1.1**
There will be no significant difference in the mean size of the pretest and post test of dependent variables; self-concept of experimental group compared to the control group with the approach of Person-Centered Group Counseling and Ad-Din Cognitive Psychology group counseling.

**Hypothesis no: 1.2**
There will be no significant difference in the mean size of pre-test and post-test of dependent variables, like depression in experimental group as compared with the control group of Person-Centered Group Counseling and Ad-Din Cognitive Psychology group counseling.

**Hypothesis no: 1.3**
There will be no significant difference in the mean size of the pre-test and post-test on dependent variables, resilience (R) in experimental group as compared to control group
Person-Centered Group Counseling and Ad-Din Cognitive Psychology group counseling.

**Hypothesis No: 2**
There will be no effect of treatment group centered counseling and group counseling treatment of cognitive psychology Ad-Din on the mean of pretest and post test of
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self-concept, resilience and depression of the experimental group and the control group.

**Study Methodology**

**Structure of Study**

Study was done based on the experimental quasi-experimental design. Experimental study was conducted in experimental and control groups. Analysis of the research data was interpreted in form of quantities form. Study analysis aimed at measuring the effectiveness of person –centered group counseling and (AD-Din) cognitive psychology group counseling modules on dependent variables of self concept, depression, and resilience of out of Wedlock pregnant teenagers. The study used pre-test and post-test structures.

Underlying design of this study is quasi-experimental design that was proposed by Creswell (2008) as in the figure blow:

<table>
<thead>
<tr>
<th>Group</th>
<th>Pretest</th>
<th>Intervention</th>
<th>Post Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Control Group Selection</td>
<td>Pretest</td>
<td>No treatment</td>
<td>Post test</td>
</tr>
<tr>
<td>Experimental Group Selection</td>
<td>Pretest</td>
<td>Experimental treatment</td>
<td>Post test</td>
</tr>
</tbody>
</table>

**Study Subjects**

Subjects consisted of 55 out of wedlock pregnant teenagers and selected by purposive sampling. The subjects have certain characteristics such as low self-concept of high depression and low resilience. The subjects who never enroll for any group program and having critical issues related self concept, depression and low resilience. They were agree to follow the program and will not openly discuss anything related to the group counseling treatment during the treatment session.

**Study Place**

The study was conducted in three women’s shelters centers in Malaysia; Raidhatul Sakinah, KEWAJA and Taman Seri Puteri Cheras (JKM).

**Study Instruments**

**Study questionnaire**

The questionnaire consists of three questionnaires: 1) Multidimensional Self concept Scale, 2) Beck Depression Inventory, 3) Adolescent Resiliency Scale. Multidimensional Self Concept Scale was built by Bracken (1992, 1996). Multidimensional self-concept inventory has six subscales; the social self, self-competence, self-feeling, academic self, family self and physical self. The reliability
of measurement instrument measured by Cronbach Alpha reliability coefficient value is .875.

This study used the Beck Depression Inventory (BDI), which was created by Beck et al. in 1961 and renewed in 1967. The researchers used Beck Depression Inventory (BDI) questionnaires for this questionnaire is in accordance with the depression theory put forward by Beck which is the Beck Cognitive Theory. The researchers have used Cronbach Alpha to test the reliability of Beck Depression Inventory (BDI). Alpha value obtained was 0.826 which is at 0.05 confidence level.

Resilience can be measured through a Adolescent Resiliency Attitudes Scale (ARAS) questionnaire designed by Biscoe and Harris (1995). ARAS measures resilience with seven subscales of insight, independence, relationship, initiative, creativity, humor, morality and self perseverance. The reliability of measurement instrument measured by Alpha Cronbach, alpha reliability coefficient value = 0.786 and at 0.05 confidence level.

Counseling Session Module
Group counseling modules used are person-centered group counseling module and group counseling module with Ad-Din cognitive psychology approach.

Study Procedure
Research was conduct in Person-Centered Group Counseling and Ad-Din Cognitive Psychology interventions for 7 sessions. Each session runs for an hour and a half to 2 hours. Before the start of the first session the researchers administered the pretest evaluation. After the end of the seventh session the researcher administered the posttest evaluation.

Statistical Data Analysis
Data collected through questionnaires was analyzed by using statistical Package for Social Science version 17.0 for window. Data were analyzed using inferential statistics (ANOVA, MANOVA and Tukey’s type Post-Hoc at the significant level 0.5 ) and descriptive statistics mean and standard deviation were used.

Research Variables
Independent variables in this study were two types of group counseling interventions which are Person-Centered Group Counseling and Ad-Din Cognitive Psychology. Dependent variables are self-concept, depression and resilience.

Result and Analysis
The use of statistical methods in this study is considered important because it is able to understand the character or nature of the data and explains to get some easy
insight for this experiment. In addition to test the hypothesis of theory development, it is also to describe as well as draw conclusions on the subscales of self-concept variables, resilience and depression. Hence the hypotheses tests are described as below.

According to our hypothesis: there was no significant difference in the mean size of the treatment effect in the pre-test and post-test of the dependent variables; self-concept, depression and resilience of the experimental group as compared to control group of out of Wedlock pregnant teenagers who were following the person centered group counseling and (Ad-Din) cognitive psychology group counseling.

Hypothesis test was conducted with two methods which were one-way ANOVA. One-way ANOVA was used to see the mean scores comparison of pretest and post test while MANCOVA method, which analyzed the effect of treatment in the treatment group and the control group in both methods of group counseling approach; Ad-Din Cognitive Psychology group counseling and Person-Centered Group Counseling.

Thus the MANCOVA (Multivariate Analysis of Covariance) statistical method was used. This is because the pretest data is covariate and posttest data is variate. Statistical testing is intended to analyze the differences between the scores of the three variables of the study; the self-concept, resilience and depression in the treatment group and control group. Presentation of line analysis diagram is used to show the change of scores for data pre-test and posttest. Further, if the finding of MANCOVA analysis is significant Tukey types post hoc is then conducted to see the impact of treatments on the treatment group.

Based on the main hypothesis, the researchers built minor hypotheses based on subscales of each key variable of study for detailed mean scores of pretest and posttest results analysis before testing the effectiveness of treatment with MANCOVA statistics. As to the hypotheses, they are as follow:

Hypothesis No 1.1: There was no significant difference in the mean size of pre-test and post-test of dependent variables; self-concept experimental group as compared to control group of Person Centered group counseling and (Ad-Din) Cognitive Psychology group counseling.

Results of the analysis of pretest and posttest of the study variables as in Table 1 is a summary of the descriptive analysis which show the increase mean of post-test mean score of the study the main variables which is self concept between the treatment group and control group.

While the one-way ANOVA summary shows significant differences between Person-Centered Group Counseling and Ad-Din Cognitive Psychology group counseling with the control group. This shows that the treatment effect between Person-Centered Group Counseling and Ad-Din Cognitive Psychology in the pre and post testing on self-concept \( F (1,18) = 25.30, p <.01 \), F test found that comparison of mean scores of all groups is significant, so it will continue to Scheffe method Post Hoc test.
TABLE 1: SUMMARY OF DESCRIPTIVE ANALYSIS OF PRETEST AND POST TEST MEAN SCORE OF PRIMARY DEPENDENT VARIABLES SELF CONCEPT WITH PERSON-CENTERED GROUP COUNSELING AND AD-DIN COGNITIVE PSYCHOLOGY GROUP COUNSELING

<table>
<thead>
<tr>
<th>Variable</th>
<th>Approach</th>
<th>Mean Pretest</th>
<th>Mean Post test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self Concept</td>
<td>Person-Centered Group Counseling</td>
<td>2.24 (0.72)</td>
<td>4.47 (0.58)</td>
</tr>
<tr>
<td></td>
<td>Ad-Din Cognitive Psychology group counseling</td>
<td>2.44 (0.230)</td>
<td>4.01 (0.47)</td>
</tr>
</tbody>
</table>

( ) = standard deviation

TABLE 2: SUMMARY OF F TEST COMPARISON BETWEEN PRETEST AND POST TEST BETWEEN PERSON-CENTERED GROUP COUNSELING AND AD-DIN COGNITIVE PSYCHOLOGY GROUP COUNSELING, ON THE SELF CONCEPT

<table>
<thead>
<tr>
<th>Source of Variation</th>
<th>SS</th>
<th>df</th>
<th>MS</th>
<th>F</th>
<th>Sig.</th>
<th>p&lt;.01 (99% significant level)</th>
<th>p&lt;.05 (95% significant level)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between groups</td>
<td>21.544</td>
<td>1</td>
<td>2.394</td>
<td>25.302**</td>
<td>.000</td>
<td></td>
<td></td>
</tr>
<tr>
<td>In groups</td>
<td>7.758</td>
<td>18</td>
<td>.095</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>29.303</td>
<td>19</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Post Hoc test results in Table 3 explains that the comparison between Person-Centered Group Counseling and Ad-Din Cognitive Psychology group counseling treatment groups with both control groups was significant. Mean score range of between Person-Centered Group Counseling treatment for self-concept variables between 0.85 until 1.01 with a small standard error (ε <1). The range of mean scores for Ad-Din Cognitive Psychology group counseling treatment group ranges between 0.94 to 1.03 and 0.13 and the standard error is 0.14. This means that there were treatment effects by Person-Centered Group Counseling and Ad-Din Cognitive Psychology group counseling treatments on the self-concept. This proves to reject the null hypothesis.

TABLE 3: SUMMARY OF SCHEFFE METHOD POST HOC TESTS, COMPARISON BETWEEN THE APPLICATION PERSON-CENTERED GROUP COUNSELING AND AD-DIN COGNITIVE PSYCHOLOGY GROUP COUNSELING, AND CONTROL GROUP OF SELF CONCEPT

<table>
<thead>
<tr>
<th>Variable</th>
<th>Control</th>
<th>Group Respond</th>
<th>Mean Range</th>
<th>Error</th>
<th>Sig.</th>
<th>Explanation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self Concept</td>
<td>kkpi1post</td>
<td>1.01044†</td>
<td>.13756</td>
<td>.000</td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td></td>
<td>kkpi2post</td>
<td>.85753†</td>
<td>.14590</td>
<td>.000</td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td></td>
<td>kkpad1post</td>
<td>.94378†</td>
<td>.13756</td>
<td>.000</td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td></td>
<td>kkad22post</td>
<td>1.03223†</td>
<td>.14133</td>
<td>.000</td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>

† p<.01 (99% significant level)
† p<.05 (95% significant level)
**Explanation**

KKPI = Person-Centered Group Counseling  
KK = Control Group  
KKPKAD = Ad-Din Cognitive Psychology group counseling  
KK = Control Group

Figure 1 below is a comparison to show the line between treatment groups of Person-Centered Group Counseling and Ad-Din Cognitive Psychology group counseling and a control group. Mean scores upward trend due to the effect of treatment shown with the escalating lines, while the control group’s trend is not consistent, sometimes dropped, another time increased with a small increase in scores, compared with the increase in mean scores of Person-Centered Group Counseling and Ad-Din Cognitive Psychology group counseling.

![Figure 1: Comparison of mean scores increase of Group Counseling, Cognitive Psychology Group Counseling and Control Group](image)

Hypothesis no 1.2: there was no significant difference in the mean size of pre-test and post-test dependent variables, depression of the experimental group as compared with the control of Person Centered Group counseling and (Ad-Din) Cognitive Psychology group counseling.

Descriptive analysis of the mean scores of pretest and posttest of depression variables shows decreased of scores from high depression scores to low depression scores, either with the approach of Person-Centered Group Counseling or Ad-Din Cognitive Psychology group counseling. Furthermore, refer to the table below:

While the one-way ANOVA summary shows significant differences between Person-Centered Group Counseling and Ad-Din Cognitive Psychology group counseling with the control group. This shows that the treatment effect between Person-Centered Group Counseling and Ad-Din Cognitive Psychology group...
TABLE 5 SUMMARY OF DESCRIPTIVE ANALYSIS OF MEAN SCORE PRETEST AND POSTTEST OF DEPENDENT VARIABLES, DEPRESSION WITH PERSON-CENTERED GROUP COUNSELING AND AD-DIN COGNITIVE PSYCHOLOGY GROUP COUNSELING APPROACHES

<table>
<thead>
<tr>
<th>Variable</th>
<th>Approach</th>
<th>Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pretest</td>
</tr>
<tr>
<td>Depression</td>
<td>Person-Centered Group Counseling (KKPI)</td>
<td>3.66 (0.67)</td>
</tr>
<tr>
<td></td>
<td>Ad-Din Cognitive Psychology group counseling (KAD)</td>
<td>3.57(0.47)</td>
</tr>
</tbody>
</table>

( ) = standard deviation

counseling, in the pre and post testing on Depression \( F (1.18) = 3.19, \ p < .01 \), since the F test found that comparison of mean scores of all groups is significant, it will continue to Scheffe method Post Hoc test.

TABLE 6: SUMMARY OF F TEST COMPARISON BETWEEN PRETEST AND POSTTEST OF PERSON-CENTERED GROUP COUNSELING AND AD-DIN COGNITIVE PSYCHOLOGY GROUP COUNSELING, AGAINST DEPRESSION

<table>
<thead>
<tr>
<th></th>
<th>SS</th>
<th>df</th>
<th>MS</th>
<th>F</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression</td>
<td>Between groups</td>
<td>10.377</td>
<td>1</td>
<td>1.153</td>
<td>3.185**</td>
</tr>
<tr>
<td></td>
<td>In groups</td>
<td>29.687</td>
<td>18</td>
<td>.362</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>40.065</td>
<td>19</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>27.141</td>
<td>19</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**p<.01
*p<.05

Post Hoc test results in tables 7 explained that the comparison between treatment groups of Person-Centered Group Counseling and Ad-Din Cognitive Psychology group counseling with both control groups was significant.

Difference in mean scores person-centered group counseling treatment for depression variable is between 0.82 up to .98 with a standard error of \( \hat{\sigma} = 0.14 \) and \( \hat{\sigma} = 0.13 \). The range of mean scores for the treatment counseling group of Ad-Din Cognitive Psychology ranges between 0.91 to 1.00 and the standard error is \( \hat{\sigma} = 0.13 \) and \( \hat{\sigma} = 0.14 \). This means that there are treatment effects of person-centered group counseling and Ad-Din cognitive psychology group counseling on depression. The pretest and post test showed that treatment of person-centered group counseling and Ad-Din cognitive psychology group counseling can lower depression level of respondents. This proves to reject the null hypothesis.
TABLE 7: SUMMARY OF SCHEFFE METHOD POST HOC TESTS, COMPARISON BETWEEN THE PERSON-CENTERED GROUP COUNSELING AND AD-DIN COGNITIVE PSYCHOLOGY GROUP COUNSELING ON DEPRESSION

<table>
<thead>
<tr>
<th>Variable</th>
<th>Control</th>
<th>Group Respond</th>
<th>Mean</th>
<th>Range</th>
<th>Error</th>
<th>Sig.</th>
<th>Explanation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression</td>
<td>KKPI</td>
<td>kkpi1pos</td>
<td>-.97551'</td>
<td>.13440</td>
<td>.000</td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>kkpi2pos</td>
<td>-.82259'</td>
<td>.14292</td>
<td>.001</td>
<td>p&lt;.05</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>kkp11pos</td>
<td>-.90884'</td>
<td>.13440</td>
<td>.000</td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>kkd2pos</td>
<td>-.99730'</td>
<td>.13825</td>
<td>.000</td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>

p<.01 (99% significant level)
p<.01 (95% significant level)

Explanation

KKPI = Person-Centered Group Counseling
KK = Control Group
KKPKAD = Ad-Din Cognitive Psychology group counseling
KK = Control Group

Mean scores upward trend due to the effect of treatment are shown with the escalating lines, while the control group line trends are sometimes higher than the depression mean score decrease due to the impact person-centered group counseling and Ad-Din cognitive psychology group counseling.

Hypothesis no 1.3: There was no significant difference in the mean size of the pre-test and post-test of the dependendent variables of resilience (R) of the experimental group as comapred with control group of Person Centered Group Counseling and (Ad-Din) Cognitive Psychology group counselingapproaches.

Results of the pretest and posttest analysis of the study variables as shown in Table 8 is a summary of the descriptive analysis which showed increase in the mean of posttest scores compared to pretest mean scores of the study main variables which is endurance between the treatment group than the control group.

TABLE 8: SUMMARY OF DESCRIPTIVE ANALYSIS OF MEAN SCORES OF PRE-TEST AND POST-TEST OF RESILIENCE DEPENDENT VARIABLES WITH PERSON CENTERED GROUP COUNSELING AND (AD-DIN) COGNITIVE PSYCHOLOGY GROUP COUNSELING

<table>
<thead>
<tr>
<th>Variable</th>
<th>Approach</th>
<th>Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Person-Centered Group Counseling (KKPI)</td>
<td>Pretest</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Posttest</td>
</tr>
<tr>
<td>Resilience</td>
<td>Ad-Din Cognitive Psychology group counseling (KAD)</td>
<td>2.33(0.44)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2.51(0.29)</td>
</tr>
</tbody>
</table>

( ) = standard deviation
While the one-way ANOVA summary shows significant differences between Person-Centered Group Counseling and Ad-Din Cognitive Psychology group counseling with the control group. This shows that the treatment effect between person-centered group counseling and ad-din cognitive psychology group counseling in the pre and post testing of resilience \( F(1.18) = 5.27, p < .01 \), since F test found that comparison of mean scores between all groups is significant it will continue to test Post Hoc Scheffe method.

TABLE 9: SUMMARY OF F TEST COMPARISON BETWEEN PRE-TEST AND POSTTEST OF PERSON-CENTERED GROUP COUNSELING AND AD-DIN COGNITIVE PSYCHOLOGY GROUP COUNSELING, ON RESILIENCE

<table>
<thead>
<tr>
<th>Variable</th>
<th>SS</th>
<th>df</th>
<th>MS</th>
<th>F</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resilience</td>
<td>20.303</td>
<td>1</td>
<td>2.256</td>
<td>27.056**</td>
<td>.000</td>
</tr>
<tr>
<td>In groups</td>
<td>6.837</td>
<td>18</td>
<td>.083</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>27.141</td>
<td>19</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**p<.01
*p<.05

Post Hoc test results in Table 10 explain that the comparison between treatment groups centered group counseling and group counseling treatment Cognitive Psychology Ad-Din with both control groups was significant. Mean score range centered group counseling treatment for variable resistance between 0.73 up .88 with a standard error of \( \bar{a} = 0.14 \) and \( \bar{a} = 0.15 \). The range of mean scores for the treatment group counseling psychology Cognitive Ad-Din ranges between 0.81 to 0.90 and the standard error is \( \bar{a} = 0.15 \) and \( \bar{a} = 0.15 \). This means that there is a treatment effect centered group counseling and group counseling treatment Cognitive Psychology Ad-Din on resilience. This proves to reject the null hypothesis.

TABLE 10: SUMMARY OF SCHEFFE METHOD POST HOC TESTS, PERSON-CENTERED GROUP COUNSELING AND AD-DIN COGNITIVE PSYCHOLOGY GROUP COUNSELING, AND CONTROL GROUP OF SELF CONCEPT, RESILIENCE AND DEPRESSION

<table>
<thead>
<tr>
<th>Variable</th>
<th>Control</th>
<th>Group Respond</th>
<th>Mean Range</th>
<th>Error</th>
<th>Sig.</th>
<th>Explanation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resilience</td>
<td>Control Group</td>
<td>kkip1post</td>
<td>.88097'</td>
<td>.14590</td>
<td>.000</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td></td>
<td></td>
<td>kkip2post</td>
<td>.72806'</td>
<td>.15379</td>
<td>.014</td>
<td>p&lt;.05</td>
</tr>
<tr>
<td></td>
<td></td>
<td>kkipad1post</td>
<td>.81431'</td>
<td>.14590</td>
<td>.001</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td></td>
<td></td>
<td>kkipad2post</td>
<td>.90276'</td>
<td>.14946</td>
<td>.000</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

p<.01 (99% significant level)
p<.01 (95% significant level)
**Explanation**

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>KKPI</td>
<td>Person-Centered Group Counseling</td>
</tr>
<tr>
<td>KK</td>
<td>Control Group</td>
</tr>
<tr>
<td>KKPKAD</td>
<td>Ad-Din Cognitive Psychology group counseling</td>
</tr>
<tr>
<td>KK</td>
<td>Control Group</td>
</tr>
</tbody>
</table>

Hypothesis No 2: There was no effect of treatment group person-centered group counseling and Ad-Din cognitive psychology group counseling, on the mean of pretest and posttest of self-concept, resilience and depression experimental group and the control group.

Table 11; the result of MANCOVA analysis of the effectiveness of treatments of person-centered group counseling and ad-din cognitive psychology group counseling on dependent variables; self-concept, resilience and depression.

**TABLE 11: SUMMARY OF MANCOVA ANALYSIS OBSERVING THE EFFECT OF TREATMENT TYPES ON MEAN OF PRETEST AND POST TEST OF SELF CONCEPT, RESILIENCE AND DEPRESSION OF THE EXPERIMENTAL GROUP AND CONTROL GROUP**

<table>
<thead>
<tr>
<th>Source</th>
<th>Dependent Variables</th>
<th>SS</th>
<th>df</th>
<th>MS</th>
<th>F</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pretest</td>
<td>Self-Concept</td>
<td>20.638</td>
<td>2</td>
<td>10.319</td>
<td>5.021**</td>
<td>.004</td>
</tr>
<tr>
<td>Posttest</td>
<td>Self-Concept</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pretest</td>
<td>Resilience</td>
<td>8.138</td>
<td>2</td>
<td>4.069</td>
<td>5.031*</td>
<td>.007</td>
</tr>
<tr>
<td>Posttest</td>
<td>Resilience</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pretest</td>
<td>Depression</td>
<td>17.558</td>
<td>2</td>
<td>13.779</td>
<td>8.071**</td>
<td>.000</td>
</tr>
<tr>
<td>Posttest</td>
<td>Depression</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Treatment</td>
<td>Self-Concept</td>
<td>15.743</td>
<td>2</td>
<td>7.871</td>
<td>6.265**</td>
<td>.001</td>
</tr>
<tr>
<td>Posttest</td>
<td>Self-Concept</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Treatment</td>
<td>Resilience</td>
<td>4.385</td>
<td>2</td>
<td>11.385</td>
<td>3.176*</td>
<td>.047</td>
</tr>
<tr>
<td>Posttest</td>
<td>Resilience</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Treatment</td>
<td>Depression</td>
<td>2.615</td>
<td>2</td>
<td>9.615</td>
<td>4.857*</td>
<td>.036</td>
</tr>
<tr>
<td>Posttest</td>
<td>Depression</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* p<.05 (95% significant level)
** p<.01 (99% significant level)

Table 11 is based on the results of MANCOVA analysis which showed no significant differences between the pretest mean and post test mean of all dependent variables, namely self-concept on the value of F (1.24) = 5.021, p<.05; resilience on the value of F (1.24) = 5.031, p <.05; depression on the value of F (1.24) = 8.071, p <.05, while the post test results for both treatments of person-centered group counseling and ad-din cognitive psychology group counseling are significant at the 95% level (p <.05). This means that the treatments of person-centered group counseling and Ad-Din cognitive psychology group counseling are effective over
Discussions and Summary

Effects of Person-Centered group counseling on self concept, depression and resilience

The finding of this study answered the purpose of the study, namely the use of group counseling intervention with the approach person-centered group counseling can improve self-concept, reduce depression and increase the resilience of out of wedlock pregnant teenagers. The above findings coincide with the theory founded by Rogers (1940, 1961) which states that individuals will move on its own needs to change if the self-concept if one’s psychological situation is timely; i.e. the congruence exists between the individual’s experience with experience from the environment. Rogers also suggested acceptance situation such as authenticity, empathy and unconditional acceptance as the important foundations to help improve a person self-concept. This study also proved that Person-Centered Group Counselling intervention has successfully increased self-concept, reduce depression and increase the resilience of out-of-wedlock pregnant teenagers. Effectiveness of Person-Centered Group Counselling is acknowledged by Cains (2003) who states that it can be used on all types of counselling and to all client types.

Person-centered group counseling effectiveness also depends on three main conditions in determining the effectiveness of the counseling session. The three main features are unconditional positive acceptance, empathy and congruence (Corey, 2005; Othman, 2005, Wan Abdul Kader, 1986; Sapora, 2008). Therefore the counselors must master these three main conditions to ensure that intervention sessions can be conducted effectively. Counselors also need to master the skills to effectively treat.

Effects of Ad-Din Cognitive Psychology counseling on the Self Concept, Depression and Resilience

The finding indicated that Cognitive Psychology (Ad-Din) group counseling managed and helped to improve self concept and decrease depression and increase resilience in pregnant teenagers. This is consistent with the views of Corey and Callanan, 2003; Kin Jong Hyon, 1997; Rowgh, 2000; Rodenburg, 2001; Sapora, 2008, that religion and spiritual become one of healing source and able to give strength especially to individuals who are incritical condition. This is because the spiritual aspects of the individual help in the healing process by helping individuals to learn to accept, forgive themselves and others, admit their weaknesses, learn to cope with grief, handle the feeling of guilt and thus adapt from thoughts, feelings and self-destructive behavior.
The selection of Ad-Din Cognitive psychology theory, which has religious elements, is to fulfill the lack of theory which is using religion as a basis of its theoretical frame. This is consistent with the view of Wan Kader and Ismail (2006) Sapora (2008) which state that there should be an effort to establish a new perspective on approach of religion-based counseling psychology.

The strength of this therapy is also majorly depends on the positive nature existing among counselors and members of groups such as the siddiq, amanah, tablikand fatanah. These attributes create reciprocity and acceptance of the group members of alternative recommendations forwarded by the counselors as a guide for members of the group to remove the inappropriate or to select the good about the complexity of the problems they face. (Othman, 2005; Sapora, 2008).

Conclusion

Experimental study performed by Mohamamad Aziz Shah (2008) has shown that teens following the guidance of group counselling have increased self-concept than those not following the intervention group.

Based on studies done by Hack, Youngstrom, Cartar, and et al., 2004; Gilbert, 2007 showed that out-of-wedlock pregnant teenagers experience high depression. A study by Miller et al. (2008) which used psychotherapy group counselling has successfully reduced the depression of out-of-wedlock pregnant teenagers. Similarly, a study done by Mohammad Nasir (2006) who has done a group counselling experimental study showed that teenagers following group counselling treatment have successfully reduced depression compared with the control group.

A study done by Guerra (2010) showed that out-of-wedlock pregnant teenagers have low resilience. Studies done by Mohammad Nasir (2006), MohamamadAziz Shah (2008) and Smith-Adcock et al. (2008) showed that teenagers following group counselling treatment interventions have successfully increased resilience compared to the control group.

In conclusion, both approaches of Person-Centered Group Counselling and Cognitive Psychology Ad-Din Group Counseling have managed to improve self-concept, lower depression and increased resilience of out-of-wedlock pregnant teenagers. This is consistent with past researchers who stated that intervention in rehabilitation especially counselling approach particularly has been successful to promote the development, prevention and cure (Gadza, 1978). Studies done by western and domestic researchers (Wan Abdul Kader, 1994; Abdul Malek, 2004; Sapora, 2007; Mohammad Aziz Shah, 2008; Sun Choi, 2006; Michele, 1999; Miller et al., 2008; Smith’s Ad-cock, and Vasiliauskas 2008, 2011) have demonstrated that the effectiveness of group counselling in the prevention, treatment and recovery has helped in the process of internal adaptation of their clients.
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THE APPLICATION OF GROUP COUNSELING...


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