

PERPUSTAKAAN UNIVERSITI MALAYA

ACH - 9876  
INV.C..... nms 7/2/01

THE EFFECTS OF THE PRACTICUM 1 AND TECHNIQUES IN  
COUNSELLING COURSE ON COUNSELLING SELF-EFFICACY AMONG  
COUNSELLOR TRAINEES AT UNIVERSITY OF MALAYA.

Martita Kee

A Project Paper Submitted to the Faculty of Education,  
University of Malaya in Partial Fulfillment of the Requirements for the  
Degree of Master of Education

1999

Perpustakaan Universiti Malaya



A510143329

OK

## **ACKNOWLEDGEMENTS**

I wish to record special thanks to the following people for making this study possible:

My supervisor, Dr. Ibrahim Hashim for his unflagging dedication in guiding me at every stage of my study, will always be deeply appreciated and remembered.

Associate Professor, Dr. Siow Heng Loke, for his helpful guidance and suggestions.

Mr. H. Shahril Lim Abdullah, for his assistance and advice.

My wonderful husband, Lee Sit Hup, for his love, motivation and support.

My parents, for their encouragement, love for me, and constructive discipline.

My dearest sister, Pualin, for all her assistance and continuous support.

## **ABSTRACT**

This study examined the effects of the Practicum 1 course and the Techniques in Counselling course on counselling self-efficacy among counselling students in training. Defined, counselling self-efficacy is the conviction that one can successfully execute counselling skills that are required to produce therapeutic outcomes.

Information was obtained and analysed from 85 counselling students doing a master's level guidance and counselling programme; 44 from the Practicum 1 course and 41 from the Techniques in Counselling course at University of Malaya. Respondents were required to complete a demographic information survey and the Counsellor Self-Efficacy Scale (CSES : Johnson, Baker, Kopala, Kiselica, & Thompson, 1989). Results showed no significant differences between the mean scores for counselling self-efficacy of the Practicum 1 and Techniques in Counselling groups of students. Independent t-test analyses indicated both the groups did not differ with respect to counselling self-efficacy percepts on counselling skills ( $t=2.67$ ;  $p<0.05$ ).

Of the four sources of information that may assist in enhancing counselling self-efficacy percepts: one to one practice with clients; listening to tapes of course-mates' sessions; verbal feedback from supervisors and course-mates; and physical and emotional state; one to one practice with clients scored the highest percentage while physical and emotional state showed the lowest percentage. The results also indicated that majority of students found the Practicum 1 and Techniques in Counselling course helpful in promoting their self-efficacy.

The conclusion of this study was that students in the Practicum 1 course did not show any difference in counselling self-efficacy percepts after a semester compared to the Techniques in Counselling course students, contrary to referred literature reviews. Henceforth, it might be useful to conduct this study with a bigger sample and in conjunction with different measures to confirm the results.

## ABSTRAK

### KESAN KURSUS PRAKTIKUM 1 DAN TEKNIK-TEKNIK KAUNSELING KE ATAS EFIKASI KENDIRI KAUNSELING PARA KAUNSELOR PELATIH DI UNIVERSITI MALAYA

Kajian ini mengkaji kesan kursus Praktikum 1 and kursus Teknik-teknik Kaunseling terhadap efikasi kendiri kaunseling pelajar-pelajar dalam kaunseling. Efikasi kendiri kaunseling dapat didefinisikan sebagai keyakinan seseorang terhadap kebolehan dirinya dalam mengaplikasikan kemahiran kaunseling untuk menghasilkan kesan terapeutik.

Maklumat diperoleh dan kemudian dianalisa daripada 85 orang pelajar kaunseling yang sedang menjalani Sarjana Pendidikan dalam Bimbingan dan Kaunseling; 44 orang dari kursus Praktikum 1 dan 41 orang pula dari kursus Teknik-teknik Kaunseling di Universiti Malaya. Kesemua responden dikehendaki menjawab soal-selidik yang merangkumi soalan-soalan demografik dan Skala Efikasi Kendiri Kaunseling atau “Counselor Self-Efficacy Scale” (CES: Johnson, Baker, Kopala, Kiselica, & Thompson, 1989). Keputusan kajian menunjukkan tidak terdapat perbezaan yang signifikan dalam min efikasi kendiri kaunseling kumpulan pelajar Praktikum 1 dan kumpulan pelajar dari Teknik-teknik Kaunseling. Keputusan kajian t-test menunjukkan tidak terdapat perbezaan dari segi keyakinan diri dalam kaunseling di kalangan pelajar-pejalar kedua-dua kursus ( $t=2.67$ ;  $p<0.05$ )

Antara keempat-empat punca maklumat dalam meningkatkan persepsi efikasi kendiri kaunseling iaitu latihan perseorangan dengan klien, mendengar pita audio rakan-rakan sekursus, maklumbalas daripada pensyarah dan rakan-rakan sekursus, dan keadaan fizikal dan emosi pelajar, didapati latihan perseorangan dengan klien adalah yang paling

tinggi peratusannya, dan menerima maklumbalas daripada pensyarah dan rakan-rakan sekursus merupakan yang paling rendah peratusannya. Keputusan kajian juga memaparkan bahawa kebanyakan pelajar mendapati kursus Praktikum 1 dan Teknik-teknik Kaunseling dapat membantu dalam peningkatan efikasi kendiri mereka dalam kaunseling. Namun, dapatan kajian tidak menunjukkan ada perbezaan signifikan dari segi efikasi kendiri kaunseling antara kedua-dua kumpulan pelajar. Dapat disimpulkan bahawa pelajar-pelajar kursus Praktikum 1 tidak menunjukkan perbezaan yang signifikan dari segi efikasi kediri kaunseling selepas satu semester menjalani kursus tersebut.

Akhir kata, adalah bermanfaat jika kajian ini diulangi dengan saiz sampel yang lebih besar dan menggunakan pengukuran yang berbeza untuk mengesahkan dapatan kajian ini.

## TABLE OF CONTENTS

<b>Acknowledgements.....</b>	i
<b>Abstract.....</b>	ii
<b>Table of Contents.....</b>	vi
<b>List of Tables .....</b>	ix
<b>List of Figures.....</b>	x
<b>Chapter 1: Introduction</b>	
1.0    Introduction.....	1
1.1    Theoretical Background.....	3
1.2    Statement of the Problem.....	8
1.3    Research Questions.....	9
1.4    Significant of the Study.....	11
1.5    Operational Definitions.....	13
1.6    Limitations of the Study.....	15
<b>Chapter II: Review of Literature</b>	
2.0    Introduction.....	16
2.1    Self-Efficacy as Mediator of Behaviour Changes.....	16
2.2    Self-Efficacy among Counsellor Trainees in Relation to other Variables.....	19
2.3    Counselling Self-Efficacy and Training Experience among	

Counsellor Trainees.....	21
<b>Chapter III: Methodology</b>	
3.0    Purpose.....	28
3.1    Sampling.....	28
3.2    Instrument.....	31
3.3    Administration of Questionnaire.....	33
3.4    Data Analysis.....	34
<b>Chapter IV: Analyses and Results</b>	
4.0    Introduction.....	35
4.1    Descriptive Statistics of Counselling Self-Efficacy for the Whole Sample.....	35
4.2    Descriptive Statistics of Counselling Self-Efficacy Scores Obtained from the CSES.....	37
4.3    Comparison between Practicum 1 Group and the Techniques in Counselling Group on Counselling Self-Efficacy.....	40
4.3.1    T-test Comparison between Practicum 1 Group and Techniques in Counselling Group on Counselling Self-Efficacy.....	40
4.4    Frequency Counts and Percentages of Mode of Training.....	41
4.5    Frequency Counts and Percentages of Courses Taken that Contribute to the Application of Counselling Skills in Training.....	43
<b>Chapter V: Conclusions</b>	
5.0    Introduction.....	46

5.1	Discussion.....	46
5.2	Summary and Suggestions.....	57
<b>References.....</b>		<b>60</b>

## **Appendix**

A	Counselor Self-Efficacy Scale.....	69
B	Ethical Standards of the American Counselling Association.....	75

**LIST OF TABLES**

<b>Table</b>		<b>Page</b>
3.1	Distribution of Subjects by Gender and Levels of Course Training.....	30
3.2	Direction of Scale of the CSES Items.....	33
4.1	Means, Standard Deviations, Medians, Mode, Minimums, Maximums of Counselling Self-Efficacy Scores.....	36
4.2	Descriptive Statistics of Counselling-Self-Efficacy Scores by Gender and Levels of Course Training.....	38
4.3	T-Test Comparisons between Practicum 1 Group and Techniques in Counselling Group.....	41
4.4	Frequency Counts and Percentages of Mode of Training.....	41
4.5	Frequency Counts and Percentages on Courses that Promote Counselling Self-Efficacy.....	43

**LIST OF FIGURES**

<b>Figure</b>		<b>Page</b>
4.1	Histogram of the Counselling Self-Efficacy Score Obtained from the CSES.....	37