

TABLE OF CONTENTS

Acknowledgements	i
Abstractii
Table of Contents	vi
List of Tables	ix
List of Figures	x
 Chapter 1: Introduction	
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
 Chapter II: Review of Literature	
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
Chapter III: Methodology	
3.0 Purpose.....	28
3.1 Sampling.....	28
3.2 Instrument.....	31
3.3 Administration of Questionnaire.....	33
3.4 Data Analysis.....	34
Chapter IV: Analyses and Results	
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
Chapter V: Conclusions	
5.0 Introduction.....	46

5.1	Discussion.....	46
5.2	Summary and Suggestions.....	57
	References.....	60

Appendix

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

LIST OF TABLES

Table	Page
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

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