

Effectiveness of the counseling program based on client centred counseling and biofeedback on reducing the degree of stress, trait anxiety and improve the self-concept among a sample of teachers

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Abstract

The study aims to determine the effect of a group counseling (Rogers), accompanied with biofeedback and relaxation training in reducing the degree of stress caused by the teaching profession and some other variables ,trait anxiety, self-concept, blood pressure, and heart rate.

The research sample consisted of (32) teachers. They had high scores on the stress test. They were divided into two equivalent groups: Experimental group,(16), and control group(16). The tools were stress measure, trait anxiety, self-concept, blood pressure and heart rate measure.

The finding indicated a significant difference at the (0.05) level obtained between the Experimental and control group on stress test, degree of trait anxiety, improved self-concept and philological variables in favour of the experimental groups in the post-test and follow-up.

For the paper in Arabic see pages (219-281)