

The Effectiveness of Group Reality Therapy Based on Glaser's Choice Theory on Career Self-Efficacy

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Abstract

The aim of present study was to investigate the effectiveness of group reality therapy based on Glaser's choice theory on career self-efficacy (skills-confidence). The research method was semi-experimental and its design was a pretest-posttest with the control group. The statistical population included all undergraduate students in Bojnord University. The sample consisted of 30 students who were selected purposefully and then randomly assigned to two experimental and control groups (15 in each group). Participants completed Betz at al. Career Self Efficacy Questionnaire before and after the intervention. Experiment group participated in 10 sessions of group reality therapy, and the control group received no intervention. Data were analyzed using t-test and covariance analysis by SPSS-22 software. Research findings showed the group reality therapy is effective in enhancing the career self-efficacy and it's dimensions (realistic, investigative, artistic, social, conventional and enterprising).

Keywords: reality therapy, Glaser's choice theory, career self-efficacy

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