The effectiveness of the vocational guidance program in modifying irrational ideas among job seekers in Kingdom of Bahrain

A Thesis Submitted in Partial Fulfillment of the Requirements for the Master’s Degree in Psychology of Counseling

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Abstract

The present study aimed to study the effectiveness of a counseling program in the field of vocational guidance that aims to modify irrational ideas among job seekers in the Kingdom of Bahrain. The researcher used the semi-empirical approach of the two groups, experimental and control, to determine the effectiveness of the program in the adjustment of irrational ideas among job seekers. The sample of the study consisted of (60) individual job seekers, divided into two equal groups: experimental group and control group. Each group consists of (30) job seekers (10 males and 20 females), their ages from (20-25 years), where the experimental group received the program, while the control group did not receive this program.

The program consists of (10) sessions, the duration of each session (50) minutes. In addition to two sessions, one preparatory and the other final, including pre and post-measurement, and the duration of the session (60) minutes. The tools of the study included a measure of irrational ideas prepared by the researcher to measure irrational thoughts among job seekers. The study used a number of statistical tests: the average grades, the Mann-Whitney Test to calculate the differences between two independent groups, and the Wilcoxon test to calculate the differences between two related groups. The results of the study revealed that there were statistically significant differences between the experimental and control groups in favor of the experimental group. It also revealed the existence of statistically significant differences between the pre and post measurements in the experimental group, indicating the success of the program used to reduce their irrational ideas.

Keywords: counseling program, career guidance, irrational ideas.