

The effect of group counseling with a cognitive- behavioral approach on self efficacy beliefs and goal orientation on Afghan girl students in Tehran

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Abstract

The purpose of this study was to determine the effectiveness of group counseling with cognitive- behavioral approach on self efficacy and goal orientation on Afghan girl students in Tehran. The design of research was quasi-experimental **method** with pretest-posttest and group control. At first stage the students were completed (Schwartz's efficacy test questionnaire) and Elliott & Mac Gregor's test questionnaire goal orientation. Based on the result, 30 Afghan students in the academic year of 2009-2010 who received score from test were assigned to at two groups. (15 experimental group and 15 control group). The experimental group Participated in the group counseling in 12 sessions of 90 minutes duration the control group didn't received any treatment. They scores of the two groups were compared in post tests. data was analyzed though analysis of U Man-Whitney.

The results indicated that the group counseling with cognitive-behavioral approach led to an increased self-efficacy in experimental group. Goal orientation, the second variable of this study after holding

Group counseling in experimental group in pretest-posttest were different, but this difference was not significant because of having few samples. The implications for future research and self efficacy learning by holding group counseling with cognitive-behavioral approach immigrant high school students was discussed and proposed.

Keywords: group counseling approach to cognitive-behavioral; self efficacy; goal orientation; immigrant student.