

# Effect of Supportive Group Counseling on Increasing Purpose in Life of Widows in Terrorism\*



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## Abstract

The research aimed to examine the effect of supportive group counseling on increasing purpose in life of widows in terrorism. Quantitative quasi experimental approach are applied in this study. Through purposive sampling total of 18 persons. The volunteer sample group had scores in the purpose in life test lower than 25<sup>th</sup> percentile. The simple randomization sampling method was used to assign sample into two groups: an experimental group and control group, with 9 widows in each. The instruments were the Purpose in Life Test: PLI (Crumbaugh & Maholick, 1969), are the administered to the treatment group before and after the program treatment. The sample group receives supportive group counseling program. The intervention was administered for 3 periods (session 8). The first period (session one) lasted about 6 hours performed together for the widows, the second period (session two - seven) lasted about 1 ½ hours and the third period (session eight) in one day lasted about 6 hours performed together for the widows. The study was divided into 3 phases: the pretest phase, the post-test phase, and the follow-up phase. The data were analyzed by mean, standard deviation and t-test. The result revealed that there was a statistically significant interaction between the

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method and the duration the experiment. The analysis of mean difference show the levels of purpose of life were significantly different at .05 after being subjected to the supportive group counseling program in widows when measured in the pretest and follow-up phase.

**Keywords:** Supportive Group Counseling; Purpose in Life; Widows, Terrorism

## Introduction

Thailand, like other developing countries in the South East Asia, is not spared from these problems. One of the ways of assisting the children are through group counseling which has been an effective means of bringing about purpose in life. These people are the national asset that needs to development. It is on this strength that the present study is undertaken with a view to helping the subjects in the study change their purpose in life through the supportive group counseling.

Scenario of the widows in Pattani, (one of terrorism in the Southern Border Provinces) a proportion of woman are facing many social problems dealing with violence in Southern Thailand. This is having a serious impact on the life. In case of Pattani, an increase rate in the widows have risen rapidly. These issues would be transformed in lots of misbehaviors such as stubbornness. Some of these issues have occurred for so long that we find them are hard to be cured, therefore, supporting and developing are more necessary and more essential than repairing. The way to make an improvement is to encourage the purpose in life and to build up self-esteem. Psychologist or counselor should play roles in supporting.

Therefore, the best way to support the widows for increasing good life skills that can have a strong influence on performance when we are upset and understand the problem how to past and how to develop throughout life the future for the purpose in life becoming a well-rounded individual the achievement motivation are social competencies that learn through the supportive group counseling.

## Research Objectives

To study the effect of supportive group counseling on increasing purpose in life of widows in terrorism in Southern Thailand

## Research Hypothesis

1. The received score from the measuring of purpose in life of widows in the post-test phase of supportive group counseling is higher than the pretest phase.

2. The received score from the measuring of purpose in life of widows in the post-test phase of supportive group counseling is higher than the control group.
3. The received score from the measuring of purpose in life of widows in the test-term follow-up of four months after attending supportive group counseling is higher than the pretest phase.
4. The received score from the measuring of purpose in life of widows in the test-term follow-up of four months after attending supportive group counseling is higher than the control group.
5. The received score from the measuring of purpose in life of widows in the test-term follow-up of five years after attending supportive group counseling is higher than the pretest phase.
6. The received score from the measuring of purpose in life of widows in the test-term follow-up of five years after attending supportive group counseling is higher than the control group.

## Research Design

The research uses the Quasi-experimental methodologies by using conventional laboratory tests before and after the control group and the experiment group for three times (Pretest-Post-test Control Group Design). The variables are evaluated over four times which are the pre-experiment, after experiment, the follow-up 4 months, and follow-up of 5 years.

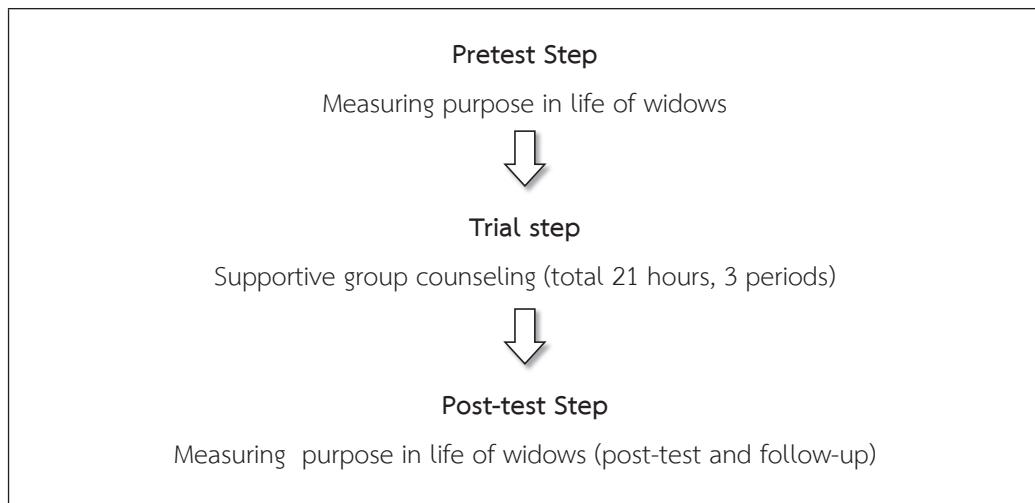
This is the format of the research design

Experimental group (E)	O1	A	O2	O3	O4
Control group (C)	O5	B	O6	O7	O8

A is Supportive group counseling  
 B is Un-supportive group counseling  
 E is Experimental group  
 O1 is Pretest experimental group

- O2 is Post-test experimental group
- O3 is Test-term follow-up of four months
- O4 is Test-term follow-up of five years.
- C is Control group
- O5 is Pretest control group
- O6 is Post-test control group
- O7 is Test-term follow-up of four months
- O8 is Test-term follow-up of five years.

## Research Framework



The sample group receives the supportive group counseling program. The intervention was administered for 3 periods. The first period in one day lasted about 6 hours performed together for the widows. The second period, they separately work by each group 9 people per each sup-group counseling, lasted about  $1\frac{1}{2}$  hours. The third period lasted about 6 hours by meeting group widows. The study was divided into 3 phases: the pretest phase, the post-test phase, and the follow-up phase. The data were analyzed by mean, standard deviation and t-test

## Sample group

The sample in this research indicates the widows in terrorism in Southern Thailand by considering a sample with low purpose in life while the scores ranged is lower than percentile 25. Also, they are voluntarily participating in the project. The researcher has randomized 18 people and was divided the sample group into two groups for 9 people for experimental group and 9 people for control group.

## Variables of the Study

Independent variables are :

- Before and after attending the supportive group counseling
- Group characteristics are divided in supportive group counseling and un-supportive group counseling

Dependent variables are :

- Purpose in Life of Widows

## Instrument

The instrument used in this research is the Purpose in Life Test (PIL) which was adapted from Crumbaugh & Maholick (1969).

## Sampling Procedure

The researcher conducted the experiments and data storage from:

### 1. Preliminary experiments

1. Collecting the information by contacting the Office of Social Development and Human Security in Pattani and to obtain the name and principle information about the widows to be taken into consideration and coordination with targets with low purpose in life.

2. Choosing a specific sample (Purposive Sampling) by selecting the target widows for 80 people in Pattani.

3. Interviewing widows and orphans of their voluntary in decision to be involved in the research.

4. Choosing the sample with simple random sampling (Simple Random Sampling) for 36 people: 18 people for experimental group and 18 people for a control group.

5. Bringing the training program supportive group counseling on increasing purpose in life of widows in terrorism in Southern Thailand to consult with clinical psychologists. As a result, the sample group can attend the psychological counseling without causing serious mental harm in, there is no encouraging risk. Then, the group of widows participated in this research.

6. Providing the details of implementation of the project by giving the date, time, location of the meeting, and inform the purpose of supportive group counseling to the sample group.

7. Asking the widows to do the measurement purpose in life and keep the score on a test before entering the program (Pretest).

## 2. Steps of experiment

The experimental group has attended the supportive group counseling for 2 months. First, the group has attended the supportive group counseling for a day in six hours. Second, the group needed to attached the meeting as a sub-group for six sessions (each time for one and a half hour) every Monday and Friday Last, the group has attended the supportive group counseling for a day (six hours). So, during the program the experimental group has attended the program together for 21 hours.

The researcher try to plan for topics could be covered in purpose in life of widows .The size of the group and the quality of interaction often suggest the number of the topics that can be discussed in a given session. The sub-group plan consist of six sessions. A brief summary of what was accomplished would conclude the session. This summary would be restated at the opening of the following session as a reminder of what had occurred in the previous meeting and what was being discussed when the session ended.



In the second period, outline for increasing the purpose in life of each sessions. Session 1: To welcome the group and introduce members, leader group to each other. To establish group rules, explain the format of the group plan. To identify the purpose of life. To review the expectation for membership in this group. To get feedback what each would like to accomplish in the group. To summarize the session. Session 2-5: To review the summary from the previous session. To follow up the assignment. To review the group rules, if necessary. To ask each members to report the homework assignment. To set a target goal for improving performance. To explore each member's attitude toward self. To understand the importance of action. To identify personal problem that can have a strong influence on performance when we are upset. To discuss the problem how the past can explain the present and how the present can predict the future. To open discussion on the meaning of success. To discuss the feelings of each member relative to purpose in life. To distribute guidelines for good life skills. Session 6: To open a discussion on how to develop throughout life. To ask each member to identify immediate future goals. How realistic are their goal? What would they have to do if they are to meet their goal? To review the key topics from the past six sessions. To have light refreshment and thank the group for its cooperation.

### 3. The steps of post-test

The researcher has asked the experimental group and the control group to reply to the measurement of purpose in life for keeping the test scores after the post-test by following-up period of 4 months and a follow-up period of 5 years.

Program of Supportive Group Counseling
<ul style="list-style-type: none"> <li>• The first period lasted about 6 hours performed for the widows.</li> </ul> <p>08.30 – 09.30 am : Orientation and explain about group meeting            09.30 – 10.30 am : (1) Myself : Life roles            10.30 – 10.50 am : Break time 1            10.50 – 12.00 am : (2) Trust communication            12.00 – 13.00 pm : Lunch time</p>

12:00 – 13.00 pm : Lunch time  
13.00 – 14.30 pm : (3) Change myself \* Change my mind  
14.30 – 14.50 pm : (4) Aspirations for Life  
14.50 – 15.50 pm : Break time 2  
15.50 – 16.30 pm : (5) Tolerance on the road of life

- The second period lasted 1 ½ hours in each session, 6 sessions  
Total 9 hours performed in each group for the widows.

Session 1. Discover meaning of life  
Session 2. Manage feeling meaningless of life.  
Session 3. How to live  
Session 4. Dream : Future  
Session 5. Aspirations for Life  
Session 6. Summarizing and closing group

- The third period in one day lasted 6 hours performed for the widows.

08.30 – 09.30 am : (6) True friend  
09.30 – 10.30 am : (7) Think good, learn happy from joyless  
10.30 – 10.50 am : Break time 1  
10.50 – 12.00 am : (8) Talk with family “the widows & the orphans”  
12:00 – 13.00 pm : Lunch time  
13.00 – 14.30 pm : (9) Chance’s mother  
14.30 – 14.50 pm : (10) Cooperation to Success  
14.50 – 16.30 pm : (11) Impression go round

## Methods of Data Analysis

The data collected was analyzed by using SPSS/FW program. Mean and standard deviations were calculated for each variable under investigation and test the difference in mean scores by the t-tests for independent group and dependent group.

## Findings

Results of Data Analysis, means and standard deviations were calculated for the variables under investigation. The differences between groups were tested by t-tests for independent samples. The criterion for significance for all analyses was set at  $<.05$ , when testing for four relationships between the supportive group counseling and the control group.

This section presents the descriptive statistics of the analysis. Detailed analysis and testing of the hypotheses will be carried out in the inferential statistic analyses section. The results of the analysis are given in Table1.

Table 1 : It shows the values obtained from the respondents intended to measure the life of a in the experimental group individually in supportive group counseling before experiment, after experiment, long-term follow-up of 4 months, and follow-up of 5 years.

Subject (widows)	Pretest	Post-test	Follow-up of 4 months	Follow-up of 5 years
1	184	229	217	223
2	203	231	208	226
3	199	230	214	226
4	189	228	219	229
5	203	228	210	224
6	189	223	217	229
7	189	222	215	227
8	179	220	222	223
9	208	220	206	223
Mean	193.66	225.66	214.22	225.55

The following hypothesis was tested to examine the effectiveness of widows' purpose in life of the experimental group and the control group in the pretest and post-test. Table 2 include results for each treatment.

Table 2: It shows the average of the responses to the test of widows' purpose in life of the experimental group and the control group in the pretest and post-test. As a result, the score of experimental group is statistically higher than the control group at the .05 confidence level. Also, the score of experimental group after attending the supportive group counseling is significantly higher statistical confidence level of .05 than the pretest group.

Treatment (widows)	Pretest			Post-test		t-test	Sig
	n	Mean	SD	Mean	SD		
Experimental group	9	193.66	9.88	225.66	38	-29.88	.000*
Control group	9	138.78	9.05	146.78	90	-9.78	.000*
t-Independent		.000*					

\*p<.05

Table 3: It shows the average of the responses to the test of widows' purpose in life of the experimental group and the control group in pretest and test-term follow-up of four months. As a result, the score of experimental group is statistically higher than the control group at the .05 confidence level. Also, the score of experimental group after attending the supportive group counseling is significantly higher statistical confidence level of .05 than the pretest group.

Treatment (widows)	Pretest			Follow-up of 4 months		t-test	Sig
	n	Mean	SD	Mean	SD		
Experimental group	9	193.66	9.88	214.22	5.28	-10.18	.000*
Control group	9	138.78	9.05	146.78	6.90	-2.27	.052
t-Independent		.000*					

\*p<.05

Table 4: It shows the average of the responses to the test of widows' purpose in life of the experimental group and the control group in pretest and test-term follow-up of five years. As a result, the score of experimental group is statistically higher than the control group at the .05 confidence level. Also, the score of experimental group after attending the supportive group counseling is significantly higher statistical confidence level of .05 than the pretest group.

Treatment (widows)	Pretest			Follow-up of 5 years		t-test	Sig
	n	Mean	SD	Mean	SD		
Experimental group	9	193.66	9.88	225.56	2.45	-14.55	.000*
Control group	9	138.78	9.05	146.78	6.90	-2.27	.052
t-Independent		.000*					

\*p<.05

## Conclusion

The supportive group counseling is an effective to increase the purpose in life of widows in terrorism in Southern Thailand clearly and consistently. It was found that there was a statistically significant difference at 0.5 in both before experiment and after attending the supportive group counseling, test-term follow-up of four months, and test-term follow-up of five years, and it is higher than the control group. This development is related to the three aspects which are the factors of the implementation stage of the counseling (1) the factor of responsible participation of members of groups (2) and the factor of developing an understanding of the purpose in life (3). Value and meaning in life are happened when the life has goals and direction in attitude, creative and experience through ideas, beliefs, and anxiety or reluctance to re-understand. It should increase the dimensions of mental health care. The dimensional educational widow needs to be able to lead to a career or to teach others. And, we could have an excursion at different areas and exchange the prevailing views of life with women in other regions.

## Suggestions

### Suggestions for Application

1. Integrate cooperation of all sectors for healing and improving the quality of life for widows.
2. Upheld the Royals' works from "understanding, accessing and developing" of the area as a major force drive the strategy.
3. Develop the wellbeing of widows should use social capital in an adjunct to improve the quality of life and support strengthen the family empowerment.
4. Provide treatment and improve the quality of life for widows should be set as a national agenda so that these groups can adapt and live normally in society.
5. Establish the therapy group to help those affected people
6. Organize the development and rehabilitation center for recreation activities to modify the behavior.
7. Develop and promote all aspects of women by using the developmental funding that is support by the government.
8. Use the strategy for sustainable development and quality of life by using mechanisms of home, mosque /temple in collaboration with the government.
9. Encourage the role of women in civil society and develop the roles of women leaders to be stronger, be as a mediator to resolve the conflict, and work cooperatively between the public and the government. It is because women have a role in changing the quality of life and creating peace for the people in civil society.
10. Should regularly have a psychologist for commissioned counselors and organizing the development of mental health and psychological activities to provide advice and assist the widows in the area regularly. This would further prevent mental

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