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Abstract

The Effectiveness of a Counseling I Program in Increasing Self-confidence and Positive Flexibility A Study on a Sample of Palestinian Policemen

The current study tries to verify the effectiveness of a counseling in developing self- confidence and increasing positive flexibility. The sample is(36)policemen working in Khan Younis governorate who were purposively selected and distributed equally into a treatment and control group. The researchers designed the study tools (a counseling program to increase self-confidence, a self-confidence scale, and positive flexibility scaleS). The study findings revealed the existence of statistically significant differences between the treatment and control groups in favor of the former. Furthermore, there were statistically significant differences between the pre and the post measures of the treatment group in favor of the post measures.

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(Kirkpatrick and Lock, 1991, p58)

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Girdano and

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(Dubrine,1994: p.30)

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.(Patterson, 1980,p.45)

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(Cheng and Furnham)

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(Baggerly and Max 2005, pp391-393)

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Pach_ Brown etal

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" (215 :1997)

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"(Brooks and Goldstein, 2004:3)

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Mann-Whitney test

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%62,34 %63,16 %70,67

:(2006)Bargeman et al

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:(2006)Margaret Beasley et al

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:(2006) Campbell

:(2003) Tavani and Losh

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	Z	U	18 =		18 =		
	-0.414	149	346.00	19.22	320.00	17.78	
غير دالة	-0.351	151	344.00	19.11	322.00	17.89	
غير دالة	-1.344	120	291.00	16.17	375.00	20.83	
	-0.206	155.5	339.50	18.86	326.50	18.14	
	-0.177	156.5	338.50	18.81	327.50	18.19	
0.049	-1.968	101.5	272.50	15.14	393.50	21.86	
	-0.63	142.5	313.50	17.58	352.50	19.58	
	-1.51	114.5	285.50	15.86	380.50	21.14	

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Sidney Shrauger 1990

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(50) Pilot Study Sample

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0.05	0.420		1
0.05	0.351		2
0.05	0.442		3
0.05	0.357		4

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0.05	0.387		5
0.05	0.366		6
0.05	0.399		7
0.05	0.358		8
0.05	0.442		9
0.05	0.409		10
0.05	0.361		11

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(3)

0.05	0.361		1
0.01	0.564		2
0.01	0.579		3
0.01	0.479		4
0.05	0.359		5
0.01	0.530		6
0.05	0.385		7
0.01	0.450		8
0.05	0.356		9
0.01	0.494		10
0.05	0.359		11

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0.05	0.363		1
0.01	0.580		2
0.05	0.366		3
0.01	0.426		4
0.01	0.546		5
0.01	0.589		6
0.05	0.367		7
0.01	0.469		8
0.05	0.358		9
0.01	0.498		10
0.05	0.357		11

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0.01	0.658		1
0.01	0.859		2
0.01	0.776		3

0.01

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0.05	0.439	0.286	11		1
0.01	0.572	0.406	11		2
0.01	0.657	0.490	11		3
0.01	0.591	0.469	33		

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0.389		1
0.396		2
0.408		3

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.Al-Naser & Sandman(2000) (2007)
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0.01	0.552		1
0.01	0.512		2
0.05	0.369		3
0.01	0.562		4
0.05	0.410		5

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0.05	0.442		6
0.05	0.361		7
0.01	0.556		8
0.01	0.469		9
0.05	0.360		10

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0.05	0.360		1
0.05	0.408		2
0.05	0.361		3
0.01	0.560		4
0.05	0.428		5
0.05	0.399		6
0.05	0.376		7
0.05	0.359		8
0.05	0.405		9
0.05	0.362		10

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0.05	0.365		1
0.05	0.361		2
0.05	0.407		3
0.05	0.364		4
0.01	0.473		5
0.05	0.410		6
0.05	0.362		7
0.05	0.366		8
0.05	0.368		9
0.01	0.489		10

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(11)

0.01	0.800		1
0.01	0.761		2
0.01	0.535		3

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0.01	0.518	0.350	10		1
0.01	0.507	0.340	10		2
0.01	0.623	0.453	10		3
0.01	0.806	0.675	30		

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0.535		1
0.423		2
0.362		3

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Mann-Whitney tes

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Z

	Z	U					
0.000	-4.333	25.500	469.50	26.08	18		
			196.50	10.92	18		
0.000	-5.146	0.000	495.00	27.50	18		
			171.00	9.50	18		
0.000	-4.695	14.000	481.00	26.72	18		
			185.00	10.28	18		
0.000	-5.054	2.500	492.50	27.36	18		
			173.50	9.64	18		

2.04= (0.05)

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"z"

2.73= (0.01)

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"z"

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.(15)

Wilcoxon test

(Z)

(15)

	Z					
0.000	-3.733	0.00	0.00	0		
		171.00	9.50	18		
				0		
0.000	-3.726	0.00	0.00	0		
		171.00	9.50	18		
				0		
0.000	-3.728	0.00	0.00	0		
		171.00	9.50	18		
				0		
0.000	-3.725	0.00	0.00	0		
		171.00	9.50	18		
				0		

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Z (16)

(η^2)

	(η^2)	Z2	Z	
	0.777	13.953	3.733	
	0.776	13.883	3.726	
	0.776	13.897	3.728	
	0.766	13.875	3.725	

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(η^2)

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(17)

Wilcoxon test

(Z)

(17)

	Z					
0.378	-0.881	51.00	6.38	8		
		85.00	10.62	8		
				2		
0.325	-0.994	87.00	8.70	10		
		49.00	8.17	6		
				2		
0.759	-0.309	70.00	7.78	9		
		83.00	10.38	8		
				1		

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0.877	-0.155	71.00	7.10	10		
		65.00	10.83	6		
				2		

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Mann-Whitney test

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Z U

	Z	U					
0.000	-4.920	7.000	488.00	27.11	18		
			178.00	9.89	18		
0.000	-5.107	1.500	493.50	27.42	18		
			172.50	9.59	18		
0.000	-4.891	8.500	486.50	27.03	18		
			179.50	9.97	18		
0.000	-5.099	1.000	494.00	27.44	18		
			172.00	9.56	18		

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(19) Wilcoxon test
(Z) (19)

	Z					
0.000	-3.729	0.00	0.00	0		
		171.00	9.50	18		
				0		
0.000	-3.727	0.00	0.00	0		
		171.00	9.50	18		
				0		
0.000	-3.628	0.00	0.00	0		
		153.00	9.00	17		
				1		
0.000	-3.724	0.00	0.00	0		
		171.00	9.50	18		
				0		

Z (20)

.(η2)

	(η2)	Z2	Z	
	0.776	13.905	3.729	
	0.776	13.890	3.727	
	0.767	13.162	3.628	
	0.776	13.868	3.724	

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(η^2) (

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Wilcoxon test

(21)

(Z)

(21)

	Z					
0.506	-0.665	62.50	8.93	7		
		90.50	9.05	10		
				1		
0.913	-0.667	89.00	8.80	10		
		83.00	10.38	8		
				0		
0.878	-0.153	89.00	8.08	11		
		82.00	11.71	7		
				0		
0.913	-0.109	89.00	8.80	10		
		83.00	10.38	8		
				0		

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Tavani and losh "

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.(Dubrin 1994 ،p.430)"

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.(194,2008)"

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.(135,2003)"

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- :(2011) -27
- :(2000) -28
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