The Effect of a Group Counseling Program on Raising the Level of Marital Skills for a sample of Married Teachers in the Eastern Province, Kingdom of Saudi Arabia.

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

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Abstract

The purpose of the study was to investigate the effect of a group counseling program suggested in raising the level of marital coping skills for a sample of married teachers in the Eastern Province of the Kingdom of Saudi Arabia. The researcher used the quasi-experimental design in the methodology of the study. He also used the Marital Adjustment Scale developed by Farag and Abdullah (1999). The sample included (30) married teachers who were divided into two groups, the experimental (15), and the control group (15). This was via a screening test administered to a sample of school teachers, whose ages were between (25 _ 35), and after selection, the counseling program was applied to the experimental group, then a follow up test was administered to the same group.

The study concluded the following:

- There were statistically significant differences in the scores of the experimental group on the Marital Adjustment Scale before and after applying the counseling program in favor of the post-test.
- There were no statistically significant differences in the scores of the control group on the pre-test and post-test.
- There were statistically significant differences between the scores of the experimental group and those of the control group on the Marital Adjustment Scale, after applying the counseling program, in favor of the experimental group.
- There were no statistically significant differences in the scores of the experimental group on the Marital Adjustment Scale after applying the counseling program and in the follow-up comparison.

Key Recommendations:

1. It is necessary to make the teachers of primary, intermediate, and secondary schools in the Eastern Province aware of the importance of