

P04- GROUP COUNSELING FOR REDUCING THE ANXIETY IN PARENTS OF CHILDREN WITH AUTISM

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ABSTRACT

This research is conducted through quasi - experimental research methodology. The purpose is to study the anxiety of parents of children with autism and to compare pre-and post the results of group counseling. The target groups in this research are parents of children with autism from the Autistic Research Center and Khon Kaen Autism Parents Association. The representative sample populations are the parents of children with autism from Autistic Research Center and Khon Kaen Autism Parents Association who answered the anxiety questionnaires and volunteers conducted the group counseling. The total sampled population is 20 people divided into two groups, a control group and a sample group. The assessment instruments used in this research are the State-Trait Anxiety Inventory (STAI) from Steilberger's questionnaires and the program of group counseling, the Wilcoxon Matched Pairs Signed- Ranks Test and The Mann – Whitney U Test. The research results showed that 1. the Parents of Children with Autism reduced their anxiety level after participating in Group Counseling. The research findings found that they retained the specified hypothesis. Since the parents of Children with Autism had statistically lower level of anxiety after participating in Group Counseling at .05 significant level. It showed that the Group Counseling provided the opportunity for group members to express their feeling as well as problems to the persons who listened to them and supported them. So, the samples felt that they were not alone when they faced with problem, and were clear in their mind as well as aware of solution in solving various problems and self-understanding appropriately. They could solved their problem by themselves being supported from their group, and learn from other groups of members, and help the group members to be firm and solve the problem with conscious. 2. the parents of children with Autism participating in Group Counseling, had decreased score than the parents of children with Autism without participating in Group Counseling, the research findings found that it retained specified hypothesis since the parents children

with Autism participating in Group Counseling had statistically decreased anxiety in higher level than parents of children with Autism without participating in Group Counseling, at .05 significant level. It showed that the parents of children with Autism participating in Group Counseling were able to solve problem as well as make decision by themselves. They had prestige, dignity, and wish to be progressed for being perfect human beings as well as ready for living in society efficiently.

Keywords: anxiety, group counseling, autistic parents