

The Efficacy of a Group Counseling Program in Reducing Burn-Out level and Stress level Among a Sample of Diploma Students at Sultan Qaboos University.

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Abstract: This study aimed at developing a group counseling program based on rational–emotive behavior therapy (REBT), and investigating the effectiveness of this program in reducing burn-out level & stress level among a sample of diploma students at Sultan Qaboos University on second semester 2015.

The sample of the study consisted of (20 male & female) students. Which has selected based on high level of stress & burnout. It was randomly divided into two groups: experimental groups & control group, each consisted of (10) students. Participants in the experimental group attended counseling program that was held 2 sessions per week for 4 consecutive weeks, whereas participants in the control group received no treatment.

The results showed significant differences in Burn-out Level scale & stress scale in favor of the experimental group compared to the control group ($\alpha \leq 0.05$). These differences were also maintained through the follow-up test.

The study concluded that the group counseling program based on Rational – Emotive Approach was effective in reducing burnout & stress of teacher's diploma students at Sultan Qaboos University.

Key Words: Burn-out Level, Strees, Group Counseling Program, Rational-Emotive Behavior Therapy & Diploma University Students.