

Evaluation of Effectiveness of Group Counselling Program Based on Eclectic Approach to Reduce the Social Anxiety of Candidate Teachers “Qualitative Data Analysis”

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ABSTRACT The aim of this research is to investigate the effectiveness of the “Group Counselling Program to Reduce the Social Anxiety” developed with the aim of reducing the level of social anxiety of candidate teachers in the final year of university. Quasi experimental design with Pretest-Post Test and Control Group was used in the research. 28 voluntary students studying in the Departments of Guidance and Psychological Counselling and Early Childhood Education were the sample of the research. “Social anxiety” measurements formed by “social avoidance, being criticized and individual worthlessness” points before and after the implementation of the program, have been compared by using t-test and it has been determined that the social anxiety decreased significantly in favour of the experimental group.