

Effect of P-PST Program for Reinforcing Positives

Sung-Joo Park¹, Kee-Duck Jang^{*2}

¹Professor, Counseling Psychology, Gimcheon University, Korea, 214, Daehak-ro, Gimcheon-si, Gyeongsangbuk-do, 39528, Korea

^{*2}Professor, Early Childhood Education, Gimcheon University, Korea, 214, Daehak-ro, Gimcheon-si, Gyeongsangbuk-do, 39528, Korea

loadpsj@gimcheon.ac.kr¹, 20160016@gimcheon.ac.kr^{*2}

Abstract

Background/Objectives: This study uses a problem-solving counseling program based on problem-solving counseling, which is one of the important theories of positive psychology, to promote adult's positive thinking, positive emotion, positive attitude, and so on. It is meaningful to help solve various stresses and problems.

Methods/Statistical analysis: Explain the purpose of this study for adults in G city from March 1 to 29, 2019, and select 20 volunteers, each week for 10 experimental groups and 10 control groups. The program was run on Saturday for eight weeks. The pre-test was conducted before the start of the program and the post-test after the post-test after the program was terminated. In order to verify the effect of the PST program for strengthening positiveness, covariate analysis was conducted using the pre-scores of positive thinking test, negative thinking test, positive emotion test and negative emotion test as covariates.

Findings: As a result, it was found that the experimental group to which the PST program was applied had a statistically significant effect than the control group. In other words, it was proved that the experimental group treated with the PPST program was effective in improving positive thinking and positive emotions and reducing negative thinking and negative emotions.

Improvements/Applications: The PPST program has been effective in reinforcing affirmations and can be used in a variety of programs. It is also effective in lowering individual's negative viewpoints and raising positive aspects, which will be used to enhance life satisfaction and happiness.

Keywords: Problem Solving Therapy, Positive-PST Program, Positive Thinking, Negative Thinking, Positive Emotion, Negative Emotion.

1. INTRODUCTION

Beginning in the 1900s, counseling psychology has continued to evolve to treat human problems with a variety of theories and approaches. Since the late 2000s, counseling psychology has seen an important shift. Previously, if the focus has been on the client's problem and focused on the negative part for therapeutic intervention, recently, the client's problem can be assisted through positive aspects such as human strength and happiness from a positive

perspective. Efforts have been made to intervene in preventive measures. Throughout this point of view, Seligman and Csikszentmihalyi are defined as "science that studies positive and subjective experiences, positive personal characteristics and positive institutional devices of individuals to improve the quality of life and prevent disease" [1]. Recent research has suggested positive counseling and treatment techniques to help Seligman become happier with healthy people without psychological problems[2][3]. Of course, therapeutic intervention programs with various positive psychology are being made in Korea, and they show that such programs are effective[4][5][6][7].

However, the emphasis on the need for positive intervention, proactive counseling and treatment techniques, and various research results from 1970 to the present have been representative theories of positive psychology.

D'Zurilla, to help people effectively solve various problems facing in real lives since the 1970s, suggested problem-solving counseling theory. It is the process where counselor helps patient solve problems, and its aim is to improve problem-solving capacity by helping the patients recognize their own problems, and learn the process they can be solved. He viewed that, through such processes, one can improve one's capacity to solve all the problems facing in daily lives such as personal problems (cognition, emotion, behavior, and health), problems related with human relationship (couple, family), community problems (crime and public service). Through many experiments, he proved their effects [8].

Therefore, this study uses a problem-solving counseling program based on problem-solving counseling, which is one of the important theories of positive psychology, to promote adult's positive thinking, positive emotion, positive attitude, and so on. It is meaningful to help solve various stresses and problems. To this end, group counseling programs developed on the basis of problem solving counseling theory are conducted to verify the effects on positive thinking and positive emotions of adults.

2. STUDY METHODS

2.1. Subject of study

Explain the purpose of this study for adults in G city from March 1 to 29, 2019, and select 20 volunteers, each week for 10 experimental groups and 10 control groups. The program was run on Saturday for eight weeks. The pre-test was conducted before the start of the program and the post-test after the program was terminated. The experimental group program was performed to the control group (10 students), by which the counseling ethics was compensated.

2.2. Research design

In this study, pre-post tests were performed on experimental and control groups.

2.3. Data analysis

To analyze test results, the independent t-test and nonparametric statistical analysis (Wilcoxon Matched-Pairs Signed-Ranks Test) were conducted by means of SPSS 19.0 program. And in order to verify the effect of the PST program for strengthening positiveness, Ancova was conducted using the pre-scores of positive thinking test, negative thinking test, positive emotion test and negative emotion test as covariates.

2.4 PPST Program

This program was created referring to the problem-solving short-term counseling program developed by Sung-joo Park[9], as shown in Table 1.

Table 1: PPST(Positive Problem-Solving Therapy) Program

Structure	Theme per session	Program contents
Initial stage	1 O.T & Self introduction	Introduction of the program and of the group members - Deciding nicknames of group members, and organizing the group, etc.
	2 Understand the concept and necessity of understanding and affirming PST theory	Understanding the need and concept of affirmation along with understanding the contents of problem solving counseling theory
	3 Understanding stress in everyday life	Understand a variety of stress problems caused by negative views
	4 Transforming the negative outlook into a positive outlook	Negative view change, change view
Middle stage	5 Redefine your problem by changing your perspective	Understanding the causes and consequences of one's negative point of view, redefining the problem of shifting one's point of view
	6 Find alternatives for problem-solving and Evaluation of execution results and fixation	Explore alternatives to shift your perspective (such as profit and loss statements). Disturbance navigation and Evaluation of Alternatives to run
	7 Execution evaluation and overall evaluation	A final assessment of the implementation and a holistic assessment of the problem-solving process (change perspective to reinforce positiveness)
Final stage	8 Summary and Positive feedback	Overall assessment of the program and sharing feedback among group members (Re-education and encouragement of perspective change to strengthen positiveness)

2.5 Measurement tools

2.5.1. Scale of Positive thinking

Positive Automatic Questionnaire (ATQ-P) is a measure developed by Ingram and Wisnicki (1988) to evaluate positive self-relevant statements of individuals and was revised and validated by Yang Jae-won et al [10]. The ATQ-P is a five-point scale that assesses how those thoughts have emerged over the past week on the positive thinking questions presented, and consists of a total of 30 questions. In this study, the reliability (Cronbach's α) is .91.

2.5.2. Scale of Negative thinking

The Negative Thinking Scale is a measure of how much negative thoughts are felt in daily life. It was developed by Hollon and Kendall (1980) and revised by Kwon Seok-man and Yoon Ho-kyun (1994). And was revised and validated by Yang Jae-won et al [10]. Negative Thinking Scale is a five-point scale that assesses how those thoughts have

emerged over the past week on the negative thinking questions presented, and consists of a total of 30 questions. In this study, the reliability (Cronbach's α) is .90.

2.5.3. Scale of Positive and Negative Emotion

The scale developed by Watson, Clark, and Tellegen (1988) was used by Lee Hyun-hee, Kim Eun-jung, and Lee Min-kyu [11]. There are a total of 20 questions of positive emotion and negative emotion, each of which is supposed to be checked on a five-point scale from zero to four points to four in this study, the reliability (Cronbach's α) is .87.

3. STUDY RESULT

3.1 Research Participant

Nine men and 11 women participated in a total of 20 participants, including 10 experimental groups and 10 control groups. The mean age was 27.2 years for the experimental group and 29.1 years for the control group, as shown in Table 2.

Table 2: Basic Data

Sortation	Experimental Groups	Control Groups
Male	4	5
Female	6	5
Total	10	10
Average age	27.2	29.1

3.2 Intergroup mean and standard deviation

In order to verify the effectiveness of the PST program for reinforcing positiveness, we calculated positive thinking test, negative thinking test, pre-test of positive and negative emotions, post-test and standard deviation. The experimental group scored higher in the positive thinking than the control group and the score lower in the negative thinking. In positive sentiment, the experimental group scored higher than the control group, and the negative score appeared to be lower. The results are shown in Table 3.

Table 3: Intergroup mean and standard deviation

		Experimental Group		Control Group	
		Pre-test M(SD)	Post-test M(SD)	Pre-test M(SD)	Post-test M(SD)
Thinking	Positive Thinking	79.24 (18.78)	109.28 (22.28)	77.24 (15.61)	78.01 (20.78)
	Negative Thinking	56.48 (14.31)	51.36 (14.01)	55.79 (13.79)	56.71 (15.36)
Emotion	Positive Emotion	20.28 (5.79)	29.98 (5.23)	21.01 (5.09)	23.01 (4.64)

Negative	22.98	17.51	23.46	25.24
Emotion	(5.86)	(4.56)	(6.87)	(5.92)

3.2 ANCOVA of the covariates of test scores

In order to verify the effect of the PST program for strengthening positiveness, Ancova was conducted using the pre-scores of positive thinking test, negative thinking test, positive emotion test and negative emotion test as covariates. The experimental group was found to have a significant effect on the positive and negative thoughts than the control group. It was found that the PPST program improved positive thinking and reduced negative thinking. In addition, the experimental group was found to have a significant effect on the positive and negative emotions than the control group. It was found that the PPST program improved positive sentiment and reduced negative sentiment. The results are shown in Table 4.

Table 4: ANCOVA of the covariates of test scores

	Source	SS	df	MS	F	
Thinking	Positive Thinking	Covariate	897.51	1	897.51	24.98***
		Group	5637.83	1	5637.83	17.24***
		Error	1293.26	20	34.87	
	Negative Thinking	Covariate	450.24	1	357.21	8.98*
		Group	1152.65	1	842.01	7.89*
		Error	719.47	20	27.98	
Emotion	Positive Emotion	Covariate	98.65	1	98.65	5.68**
		Group	258.18	1	258.18	8.91**
		Error	769.87	22	37.54	
	Negative Emotion	Covariate	485.21	1	485.21	11.12*
		Group	1269.54	1	1269.54	28.68***
		Error	1303.85	22	43.87	

4. CONCLUSION

This study uses a Positive problem-solving counseling program based on problem-solving counseling, which is one of the important theories of positive psychology, to promote adult's positive thinking, positive emotion, positive attitude, and so on. It is meaningful to help solve various stresses and problems. To this end, group counseling programs developed on the basis of problem solving counseling theory are conducted to verify the effects on positive thinking and positive emotions of adults.

In order to verify the effectiveness of the PPST program for reinforcing positiveness, we calculated positive thinking test, negative thinking test, pre-test of positive and negative emotions, post-test and standard deviation. Results the

average of positive thinking and positive emotions was raised, while negative thinking and negative emotions were lowered.

This shows the PPST program's significant results in enhancing positive thinking and positive emotion in experimental groups and reducing negative and negative feelings. Therefore, PPST programs can be seen as very effective in enhancing adult's positivity.

In order to verify the effect of the PPST program for strengthening positiveness, ANCOVA was conducted with the positive scores of positive thinking test, negative thinking test, positive score and positive emotion test as covariates. As a result, it was found that the experimental group to which the PPST program was applied had a statistically significant effect than the control group. In other words, it was proved that the experimental group treated with the PPST program was effective in improving positive thinking and positive emotions and reducing negative thinking and negative emotions.

Based on the above, the significance of this study is as follows.

First, this study can contribute to reducing the negative thoughts and negative emotions of adults and helping them to live with positive thoughts and emotions. Recently, adults are experiencing negative, impulsive, depression and anxiety due to social stress and various problems. While there are many programs that help adults, there are not many programs that reinforce positive thoughts and feelings about life. Recently, more and more people are experiencing depression and stress in society. The hallmark of depression is loss of hope and lethargy in life, which can be very effective in positively changing the negative thoughts and emotions they are experiencing.

In addition, this study can be very effective in positively changing negative thoughts and negative emotions related to stress. Therefore, this study shows that the program is very effective in positively changing the thinking and feelings of adults.

Second, the PPST program proves the effectiveness of positive psychology based on problem solving counseling theory. Positive psychology has recently become socially conscious and many scholars have come forward with theoretical concepts.

However, there are very few papers to verify the effectiveness of the program in the field of actual counseling. Therefore, in this study, PPST program using problem solving counseling theory based on positive psychology can be used as a data for verifying the effect of positive psychology.

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