

## Research Articles

# Effects of Logotherapy Group Counseling Program on Self-control of Young Delinquents with Substance Abuse

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### Abstract

This research aimed to compare self-control levels of young delinquents with substance abuse after receiving Logotherapy Counseling Group. The subjects were 18 to 25 years old delinquents with substance abuse at Southern Region Children and Juvenile Training Centers. Forty-eight youth were in controlled group and forty-eight youth were in experimental group by selective purposive sampling. Most of them are specific cases in which the youth who has been prosecuted for substance abuse at the Youth Training Center of Songkhla and Satun Provinces. The instruments that were used were Logotherapy Counseling Group Program developed by the researcher based on Frankl's concepts and Self-Control Assessment Form translated and compiled by Insewok. Reliability with Cronbach's alpha coefficient was 0.85. T-test and ANOVA with repeated measure was used to analyze the data for the differences in the means of the control and experimental groups' self-control levels before and after the experiment. The results showed that the experimental group had significantly higher self-control levels than before the experiment and the control group. The experimental group's self-control levels before and after the experiment and greater than in the follow-up, period were significantly different ( $p < .01$ ). In particular, the self-control levels before the experiment were significantly different from those measured after the experiment and in the follow-up period. Logotherapy Counseling Group appeared to be a promising method for enhancing self-control wellness juvenile delinquents with drug use. The youth that have participated in the Logotherapy counseling group resulted in higher levels of self-control than before the test.

**Keywords:** logotherapy counseling group; self-control; substance abuse; young delinquents

## Introduction

Youths with problem-solving ability resulted from high self-control level will have lower tendency to use addictive substances.<sup>1,2</sup> The results showed that good self-control in terms of behavior, in particular planfulness, and emotion impulsiveness, together with parental support, learning competence, and intention to solve problems can help prevent teenagers from using substances. On the other hand, low self-control in terms of emotion, especially anger and sadness, coupled with conflicts between youths and parents, negative events in life and having friends with substance abuse was statically significant in influencing the youths to use substances.<sup>2</sup> Meaning in life is people's perception of things that make them exist and encourage them to live their stable life and to persevere when confronting obstacles or crisis in life. Meaning in life connects people to their environment, making them do activities in their life with determination through relationships with surrounding people and through healthy attitudes towards life in order to get their life through.<sup>3-5</sup> Logotherapy Counseling Group is one form of psychological consultation with emphasis on the search for goals and meanings in life. Those who are committed to the search for goals and meaning in life have the following characteristics: interested and enthusiastic about the search for one's self and appropriate meanings for their own life, having high level of quest for success, adventure-seeking, eager to fill the emptiness in life with activities that lead to the achievement of aims in life as well as self-devotion in achieving their life goals.<sup>6</sup> Substance abuse is one phenomenon signifying their attempts to fill the emptiness, to reduce the feeling of being unworthy, life dissatisfaction or unhappiness in order to be able to continue with their life.<sup>7,8</sup> Young delinquents often have low self-control behaviors. Always do something without thinking before, with risk, and there is always risk in behavior. Those

who lack self-control impulse behavior behave unconsciously, such as using drugs, drink plenty of alcohol, impulsiveness, and emotionally sensitive so there is likely that high crime.<sup>9-11</sup> The self-controlled enhancement using Logotherapy Counseling Group in supporting and preventing youths from turning back to substance abuse when facing the situation that affects their feelings, resulting in their inability to find their way out and, to live their life normally and happily. Humans cannot determine their existence as fixed. But to create a way of life for themselves and seek to make life meaningful as well as creating awareness of themselves. Logotherapy Counseling Group is the psychological consultation aimed at self-awareness, and there are alternatives, including the goals of life. As a result, they can make decisions and make independent choices which lead to living completely.<sup>12</sup>

Logotherapy Group Counseling Program can create a sense of self-awareness which benefit one's way of life such as creating the ability to choose the most appropriate choices that will not harm or affect oneself and the others as well. This led to motivation and changes in daily life because there are this sense of firmness in the patients' reflective understanding of the obstacles which resulted in them being able to solve those problems and use these past experiences to cope with problems in the future.<sup>13</sup> For instance, in the case of substantial abuses, the convicted youths were able to control themselves not to get attached to all those addictive substances which lead to a better living condition.<sup>2</sup> The previous therapy is lack of continuity and allow the youth to have self-control levels that did not allow them to repeat the same offense. The Meaning of Life Therapy is unique in promoting youth to be aware of themselves that will help them to have clear guidelines for a good and appropriate lifestyle.

## Objective

To investigate the effects Logotherapy Counseling Group on self-control level of young delinquents with substance abuse.

## Research Design

### Research hypothesis

1. After the experiment, the experimental group will have higher self-control level than before the experiment.

2. After the experiment, the experimental group will have higher self-control level than the control group.

3. The experimental group's self-control levels in the pre-test, post-test and follow-up tests will be different.

4. The control group's self-control levels in the pre-test, post-test and follow-up tests will not be different.

## Methods

Subjects: 96 young delinquents with substance abuse aged 18-25 in the Southern Region Children and Juvenile Training Centers: 48 each in the controlled and experimental groups. The participating youths were selected according to the

following criteria by purposive sampling. The total population of 125 sample size was calculated by Taro Yamane.

Inclusions criteria required that the subjects had to be (1) 18-25 years old young delinquents guilty with substance abuse, (2) young delinquents to be detained in the Southern Region Juvenile Training Centers for at least 3 months (from the day of voluntary research joining), (3) voluntary to join the study.

Exclusion criteria included being treated for psychological disorders, having depression, having the tendency for suicide or being identified by psychologists and social workers as being under psychological treatment for depression or self-destruction.

### Data Collection Instruments

1. Logotherapy group counseling program designed by the researcher based on Frankl<sup>3</sup>, emphasizing the awareness of one's own characteristics, self-made choice in conducting one's life, awareness of values and meaning in life and living a happy life without having to rely on substance abuse, Participants in each group (8-12) and the group should be 8 sessions.<sup>14</sup>

**Table 1** Details of each sessions

Sessions	Topics	Purposes
1.	Orientation and getting to know oneself	To build relationship and rapport, promoting the knowing of self and the group members' characteristics
2.	Survey of perception of wellbeing deficiency	To survey the perception of wellbeing deficiency and its effects
3.	Model of my wellbeing	To survey the perception of value and meaning of life in terms of wellbeing
4.	My family and friends	To survey the perception of meaning and value of life in terms of wellbeing (con.)
5.	A letter to significant people in my life	To make cleared life's aims and meaning in terms of wellbeing
6.	Magic box	To make cleared life's aims and meaning in terms of wellbeing (con.)
7.	Good health, good social life, happy life	To develop goals and choice in promoting wellbeing
8.	Post training and "Giving and receiving"	To maintain one's quest, support each other and disperse groups

2. Self-Control Assessment Form adapted from Insewok<sup>15</sup> which was developed from Rosenbaum's Self Control Schedule (SCS)<sup>15</sup> was a rating scale to be responded by the subjects. The permission to use it was given by the developer and the language was adapted to suit the social and cultural contexts of the south and the young delinquents. There are 4 levels of score from self-reporting responses. Level 1 means that does not match me at all (not 100% exact), level 2 means less direct matches for me (less than 50% exact), level 3 means very direct to me (more than 50% upright) and level 4 means that matches me the most (100% exact). The adapted rating scale was piloted for reliability with 60 young delinquents who had similar characteristics to the subjects' using Cronbach's alpha-coefficient. The result was .85.

### **Ethical Considerations**

This study passed the ethics review committee for research involving human research subjects, Health Science Group, Chulalongkorn University (Ref. no: COA 033/2013, 6 February 2013). The researcher explained the data concerning the research procedures to the sample group and explained that all data would be kept confidential, with the presentation restricted to an aggregate perspective only. The samples had the right to end participation in the study at any time, and the samples signed consent forms once they had agreed to participate.

### **Data Collection**

Young delinquents live in two Juvenile Training Center Region 8 and Region 9 at least for 4 months. For those in the experimental group, the data were collected, categorized, and Logotherapy Counseling Group applied to the experimental group which was divided into 6 groups of 8-10 samples. Each group spent a 2 to 3 hours session each week, for 8 consecutive weeks, on the experiment. The data collection spanned over one year (October 1,

2013-October 30, 2014). The subjects' self-control levels were assessed on week 1 (before attending the first session-pre-test) on week 8 (after attending session 8<sup>th</sup> or post-test) and on week 12 (one-month after-follow-up). The control group, the youth who participated in the research project were specified according to the selection criteria at least 4 months. In the training center; programs or activities each day consist of the main activities such as stand in row for national anthem and notify related news. After that, the youth will rotate to participate in activities such as professional training, ordinary subjects or activities that promote and adjust other appropriate behavior according to the offenses of the case that organized by staffs, teachers and psychologists at the training center.

### **Data Analysis**

**Conceptual framework:** This quasi-experimental research data was analyzed with repeated measures one-way ANOVA, including pre-test, post-test and follow-up tests on experimental and controlled groups by selective purposive was aimed to study the results of Logotherapy Counseling Group on self-control level of young delinquents with substance abuse in Southern Region Juvenile Training Centers.

1. Demographic data were calculated: frequency, percentage, mean, SD Initial agreements of statistics used such as skewness and peaked were tested to check for normal distributions.

2. The experimental and control groups' self-control levels before and after the experiment were compared using Dependent Sample t-test.

3. One-way repeated measure (ANOVA) was used to compare the differences among the subjects' self-control levels measured at the three phases in order to check the mean differences between the group receiving Logotherapy Counseling Group treatment and that receiving the usual treatment from the centers using SPSS for Windows.

## Results

The results of the analysis of the experimental and control groups' general information and self-control levels were as follows:

1. Ninety-six young delinquents with substance abuse at Surat Thani Juvenile Training Center (Region 8) and Songkhla Juvenile Training Center (Region 9) participating in the research were divided into experimental and control group of 48 each. Most of the subjects in the experimental group were males (79.17%) with the average age of 19.06 years. (mean = 19.06, SD = 1.02) 58.33% were Muslims and 41.67% were Buddhists. 37.50% were in higher primary schools and 33.33% were in lower secondary schools. 81.25% lived with their parents.

The substances used most were amphetamine and Kratom (31.25%) and 25.00% used more than one type of substances. The frequency of use was mostly 2-3 times a week (41.67%). For the control group, 89.00% were males with the average age of 19.21 years. (mean = 19.21, SD = 0.99). Most were Buddhists (64.58%) while 35.42% were Muslims. Most (43.75%) were in higher primary schools, followed by those in lower secondary schools (35.42%). 75.00% lived with their parents. The substances used most was amphetamine (37.50%) and 31.25% used more than one type of substances. The frequency of use was mostly 2-3 times a week (52.08%).

**Table 2** Demographic data of the sample (N = 96)

characteristics	Experiments (n = 48)		Control (n = 48)	
	amount	(%)	amount	(%)
Gender				
male	38	79.17	43	89.59
female	10	20.83	5	10.41
Age M (± SD)		19.06 (1.02)		19.21 (0.99)
Religion				
Buddhist	20	41.67	31	64.58
Islam	28	58.33	17	35.42
Education				
lower primary school (1-4)	5	10.42	6	12.50
higher primary school (5-6)	18	37.50	21	43.75
lower secondary schools (1-3)	16	33.33	17	35.42
higher secondary schools (4-6)	5	10.42	4	8.33
vocational certificate)	4	8.33	-	-
Lived with				
their parents	39	81.25	36	75.00
grandparents	6	12.50	8	16.66
wife/husband	3	6.25	4	8.34
The Substances used				
amphetamine	15	31.25	18	37.50
ecstasy	4	8.33	5	10.42
ice	2	4.17	2	4.17
Kratom	15	31.25	8	16.66
other	12	25.00	15	31.25

**Table 2** (Continued)

characteristics	Experiments (n = 48)		Control (n = 48)	
	amount	(%)	amount	(%)
The Frequency of use				
Less than 1 time a week	5	10.42	10	20.83
2-3 times a week	20	41.67	25	52.08
4-5 times a week	11	22.91	7	14.58
Always	12	25.00	6	12.59

The comparison of the means of the experimental group's self-control levels before and after the experiment showed that the subjects receiving Logotherapy Counseling Group had significantly higher level of self-control after the experiment (mean = 48.73, SD = 5.63) than before

the experiment (mean = 29.42, SD = 7.82) at .01 ( $t = 5.78$ ,  $p < .01$ ). After the treatment, the experimental group's self-control level (Mean = 48.73, SD = 5.63) was significantly higher than that of the control group (mean = 29.94, SD = 8.47) at .01 ( $t = 6.83$ ,  $p < .01$ ).

**Table 3** Comparison of the control and experimental groups' means of self-control levels before and after the experiment

N	Before the experiment			After the experiment		
	Mean	SD	t	Mean	SD	t
Experimental group	48	29.42	7.82	48.73	5.63	5.78**
Control group	48	30.14	6.57	29.94	8.47	6.83**

\*\*  $p < .01$

2. Before using ANOVA to analyze the means of self-control levels of both subject groups before and after the experiment and in the follow-up period, initial agreements of matrix variance of both groups-matrix identity-were tested using Mauchly's test of sphericity and the results showed that the subject groups did not comply with the initial agreements ( $p = 0.00$ ). Hence, the degree of freedom had to be adjusted using

Greenhouse Geisser, Huynh-Feldt or Lower-bound in the testing.

The ANOVA analysis showed that the value of F-test which was used to examine the experimental group's self-control levels in the pre- and post-experiment and follow up period were significantly different at .05 as shown in Table 4 and 5.

**Table 4** Results of ANOVA analysis of self-control levels at the three measurements

Effect/statistic		Value	F	Hypothesis df	Error df	p
Exp.	Pillai's Trace	.613	46.020	2.000	87.000	.000
	Wilks' Lambda	.387	46.020	2.000	87.000	.000
	Hotelling's Trace	1.587	46.020	2.000	87.000	.000
	Roy's Largest Root	1.587	46.020	2.000	87.000	.000
Cont.	Pillai's Trace	.182	6.436	2.000	87.000	.001
	Wilks' Lambda	.818	6.436	2.000	87.000	.001
	Hotelling's Trace	.222	6.436	2.000	87.000	.001
	Roy's Largest Root	.222	6.436	2.000	87.000	.001

Notes: Exp. Mauchly's test of sphericity  $W = .664$ , Approx. Chi-Square = 35.978, df = 4, p = .000

Cont. Mauchly's test of sphericity  $W = .475$ , Approx. Chi-Square = 65.336, df = 4, p = .000

**Table 5** Results of ANOVA analysis of self-control levels at the three measurements (con.)  
Within-Subjects Effects

Effects		Type III Sum of Squares	Df	Mean Square	F	p
Exp.	Sphericity Assumed	36096.856	2	12032.285	63.561	.000
	Greenhouse-Geisser	36096.856	2.500	14440.047	63.561	.000
	Huynh-Feldt	36096.856	2.578	14003.008	63.561	.000
	Lower-bound	36096.856	1.000	36096.856	63.561	.000
Cont.	Sphericity Assumed	54.689	2	18.230	4.339	.005
	Greenhouse-Geisser	54.689	2.075	26.352	4.339	.013
	Huynh-Feldt	54.689	2.126	25.727	4.339	.013
	Lower-bound	54.689	1.000	54.689	4.339	.040

After the F-test, the experimental group's levels of self-control from the three measurements were compared using ANOVA. It was found that the self-control level before the experiment was

significantly different from those after the experiment and in the followed-up period (.05) whereas those after the experiment and in the followed-up period were non-significant. Results are shown in Table 6.

**Table 6** Results of ANOVA analysis of self-control levels from the three measurements

		Mean differences I-J	Self-control 1	Self-control 2	Self-control 3	F	p
Experimental group	Self-control 1	-				74.114	.000
	Self-control 2	17.489	-				
	Self-control 3	27.811	8.322	-			
Control group	Self-control 1	-					
	Self-control 2	.400	-			3.402	.068
	Self-control 3	.011	-.411				

## Discussion

The comparison of self-control levels of young delinquents with substance abuse treated with Logotherapy Counseling Group before and after joining the treatment showed that the youths had significantly higher levels of self-control than before the experiment (.05). The process of Logotherapy Counseling Group in life encourage Young delinquents to have complete and independent for way of life. They have responsibility for making decisions. This occurs throughout the counseling process from the 1<sup>st</sup> to 8<sup>th</sup>.<sup>14</sup> This indicated that Logotherapy Counseling Group helped them to become aware of themselves and more confident in problem-solving and searching for solutions in their life without having to rely on substance use. Through the development process, the meaning is the decision to find the meaning of life is possible. Youth are determined, find alternatives and solve the problem appropriately and creatively. They have more role in finding their meanings and actions towards a meaningful life. It is linked to possible alternatives in life to the choices and to the development of meaning in life to growth through his own experience, finally discovering new meanings. They could monitor themselves and were aware of what would happen to them and their family if they led their life in the wrong direction. They were also aware of self-efficacy, skills in problem-solving and self-monitoring, and they were able to overcome obstacles and find solutions. When they knew and were aware of their competence, they were able to act properly so as not to create negative impacts. They could judge the right from the wrong and this made them motivated, emotionally balanced and healthy as well as being inspired to achieve goals in doing things that were most valuable to their life.<sup>14,16,17</sup> As such, people who are aware of their efficacy and have high level of self-control are determined, have good solutions

to problems, motivation and goals in leading their life to prosperity. This, in turn, will result in the decrease in stress and distress and higher ability to look at problems as challenges rather than something to avoid.<sup>18</sup> Hence, the awareness of self-worthiness, having a definite way in leading their life, ability to monitor oneself to behave appropriately without harmful results are positively related to having a meaningful life and will eventually make their life better.<sup>19</sup> Apart from this, joining Logotherapy Counseling Group enabled them to understand and became skillful in setting their way of life, be aware of and be responsible for their behavior and hence, could monitor themselves to become responsible for their own deeds and be more confident. The goals of Logotherapy Counseling Group is to encourage the youths to grow with directions to develop themselves in order achieve the aims set, especially with social skills and harmonious relationship with the surrounded people and environment in the atmosphere that lends itself for awareness and movement towards self-set targets.<sup>20,21</sup> If young delinquents has no goal in life, they can't control behaviors by themselves. This will help them to be able to control themselves, solve problems and make the right decision that is specific and appropriate for them. They can eventually understand and control their own behavior, and also understand and accept problems more.

After joining the Logotherapy Group Counseling Program, it can be seen that the youth's ability to control themselves increase and there is also the increasement in the flexibility of behavioral adaptation to new environment appropriately; moreover, they are able to confidently solve problems or reduce stress by using psychology principle.<sup>22</sup> These qualities are all included in the element of Logotherapy Group Counseling Program such as living with responsibility, freedom of decision to enhance oneself, and creating clear life's goals.

## Conclusion

The findings indicated that Logotherapy Counseling Group could help young delinquents with substance abuse to choose how to lead their life valuably and meaningfully. They become more determined and optimistic, constructively aware of themselves, and accept their self-efficacy and their true ability. When people see their true self, they will feel that they are valuable and eventually have good relationship with the surrounding factors by relating them to the good life meaning dimension. The discovery of meaning in life is related to the relationship with self and surrounding people, making people aware of their own worthiness or importance to other people. This further encourages them to continue doing more good deeds.

## Participation in article writing

The author has conducted all the process of the study and this manuscript.

## Conflict of interest

None

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