
Abstract

Changes resulting from same-gender peer counseling: Similarities of ego state among university students

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This study examined the change of ego state after same-gender peer counseling of university students from the point of view of a similar ego state between counselor–client pairs. Twenty-four pairs (12 male pairs and 12 female pairs) practiced same-gender peer counseling 15 times. Ego strength (Nagao, 2007), self-acceptance (Sawazaki, 1993), and self-efficacy scales (Narita et al., 1995) were administered before and after each peer counseling session. The results were fourfold. First, the same-gender peer counseling increased the ego strength of the male students, and strengthened the self-acceptance of the female students. However, no change was observed in the self-efficacy scales. Second, mutual correlations of ego state among the three scales' scores were shown to be lower after peer counseling. Third, changes to ego strength and self-acceptance occurred during the fourth, seventh, and fifteenth sessions. Fourth, counselor–client pairs with similar ego states showed greater improvement in client ego states than other combination groups after peer counseling.

Keywords: same-gender peer counseling, change of ego state, similarity of ego state, university students
