



THE EFFECT OF GESTALT-BASED GROUP PRACTICE ON UNIVERSITY STUDENTS' CONTACT STYLES AND AWARENESS LEVELS

Asuman Güner Öztürk
Marmara University
İstanbul- TURKEY
asumanguner@gmail.com

Assoc. Prof. Dr. Müge Yukay Yüksel
Marmara University
Atatürk Education Faculty
İstanbul- TURKEY
muge.yuksel@marmara.edu.tr

Abstract

This study aims to investigate whether the contact styles and awareness levels of university students enrolled at the Education Faculty increase as a result of the "Gestalt Personal Development Group Program" developed by the researchers. In this study, the randomized pretest-posttest control group experiment design was used. Four groups (Experiment I, Control I, Experiment II and Control II) were formed. 48 students took part in the group practices. "Mindful Attention Awareness Scale", "Gestalt Contact Styles Questionnaire-Revised" and the "Personal Information Form" were used to obtain data. The data were analyzed by applying the Mann-Whitney U and Wilcoxon Matched-Pairs Signed Ranks Test. The difference between the pretest-posttest scores of Experiment I and Experiment II groups were found statistically significant. On the other hand, the Control Group I and Control Group II pre-posttest scores were not found statistically significant. As a result, it can be suggested that the Gestalt Personal Development Group Program was an effective program in developing students' awareness and contact styles.

Keywords: Gestalt, Group, Awareness, Contact Styles.