

The Effectiveness of a Selective Counseling Program in Reducing Aggressive Behavior among Fourth-Grade Students in Muscat Governorate

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Abstract:

The present study aimed to examine the effectiveness of a Selective counseling program in reducing aggressive behavior among fourth-grade students in Muscat Governorate and to evaluate the sustainability of its effects during a follow-up period. The study sample consisted of 24 students aged between 9 and 10 years who demonstrated observable and measurable manifestations of aggressive behavior. Participants were randomly assigned to two equivalent groups: an experimental group (n = 12) and a control group (n = 12). The instruments used included the Aggressive Behavior Scale, an observation checklist, and the counseling program developed by the researchers.

Findings revealed statistically significant differences in aggressive behavior between the pre-test and post-test mean scores of the experimental group, favoring the post-test results. Furthermore, significant differences were found between the experimental and control groups in the post-test scores in favor of the experimental group. However, no statistically significant differences were observed between the post-test and follow-up measurements for the experimental group, indicating the persistence of the program's positive effects on aggressive behavior over time.

In light of these results, the study presents a set of recommendations and practical implications aimed at reducing aggressive behavior among students.

Keywords: *counseling program, aggressive behavior*

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