







Research paper

Effectiveness of Group Counseling Based on Solution-Oriented Approach on Adjustment and Mental Health of Juvenile Delinquents

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Abstract

This study aimed to evaluate the effectiveness of solution-based treatment on adjustment and mental health of juvenile delinquents in Tehran. The research method was quasi-experimental with a pretest-posttest design with a control group. The sample size consisted of 24 juvenile delinquents (14-18 years old) who were selected by convenience sampling method and according to the inclusion criteria in Tehran. Mental health, adjustment, and delinquency attitude questionnaires were used to collect data. Data were analyzed using multivariate analysis of covariance. The results showed that solution-oriented treatment significantly affects delinquent adolescents' adjustment and mental health. Present study results can be used theoretically and practically by counselors, psychologists, and relevant organizations.

Keywords: Solution-focused therapy, Mental health, Adaptation, Juvenile delinquents

Introduction

Adolescence is one of the most critical stages of human development. The pressure of instincts, needs, and desire to follow the values of adolescence and acceptance and absorption in peer groups group pressures of desire to express oneself is the foundation of independent living. Psychologically, the group of criminals is one of the many groups of social maladaptation. This means that some people can subject themselves to the rules and prohibitions accepted by that community or group within a community or even a group, while others do not (Hoseinian et al., 2019). Deficiencies in education, spirituality, training and misrepresentations with peers are important constructs about adolescents' tendency to delinquency (Javid, et al., 2019). Because the rehabilitation of personality structure and individual and social behaviors of delinquent youth and access to scientific and professional solutions to study the problems of adolescents is always the first and foremost priority in education and treatment programs. Juvenile delinquency is considered one of the most critical social issues threatening society, and it is necessary to study and intervene (Mayorga-Sierra, et al., 2020). Several interventions are related to juvenile delinquents; one of

these interventions is solution-oriented treatment. Solution-oriented therapy is an approach that is based on problem-solving rather than problem-solving. Due to the lack of research related to psychological interventions such as group training based on the solution-oriented approach and its role in adaptation and mental health in delinquent adolescents, the present study seeks to answer whether group training based on a solution-oriented approach is practical on adaptation and mental health of delinquent adolescents?

Method

The present study was a quasi-experimental and clinical trial with a pretest-posttest design with a control group. The study's statistical population consisted of all juvenile delinquent boys aged 14-18 years (high school) of Tehran Correctional Center in 2018-19. The participants were selected and randomly assigned to two experimental groups (n=12) and a control (n=12). In this research, the following tools have been used: **Attitude to Delinquent Behavior Questionnaire (Screening tool):** Fazli(2010) prepared this questionnaire to measure attitudes toward delinquent behaviors for adolescents aged 15 to 18 years. The minimum score in this questionnaire is 0, and the maximum score is 112. Also, Cronbach's alpha subscale of positive and negative attitudes toward delinquent behaviors was 0.71 and 0.77. Cronbach's alpha of this questionnaire was calculated to be 0.79 in the present study.

Goldberg General Health Questionnaire (GHQ-28): This questionnaire was developed by Goldberg and Hillier (1979) using factor analysis. The maximum score of the subject with this scoring method will be 94. Cronbach's alpha of this questionnaire was calculated to be 0.78 in the present study.

Social Adjustment Questionnaire: This questionnaire was compiled by Mazaheri et al. (2006). It is scored in such a way that for the yes and no options, the scores are 0, 1. In the present study, Cronbach's alpha of this questionnaire was calculated to be 0.82 for the total compatibility score.

Results

Inquiry analysis was used to evaluate the homogeneity of the control group and the experimental groups in terms of adaptability variables in the pre-test stage. The results showed no significant difference in adaptation ($P = 0.66$, $F = 0.41$ (F_1 and 1)) between the groups regarding differences in the initial level and the basis of comparison in the pre-test stage. It indicates the homogeneity of the control and experimental groups in terms of compatibility variables in the pre-test stage.

Table 1. Pre-test and post-test scores of mental health components by group

Subscales	Group	Mean of Pre-test	Standard Deviation	Mean of Post-test	Standard Deviation
Depression	Control Group	5.50	2.93	6.08	2.42
	Solution-Oriented Approach group	5.75	2.41	7.58	1.83
Anxiety	Control Group	5.16	1.99	5.25	1.71

Social	Solution-Oriented Approach group	5.41	2.23	7.83	1.58
	Control Group	6.50	2.19	6.83	2.03
Physical	Solution-Oriented Approach group	6.66	2.14	8.83	1.58
	Control Group	6.75	2.30	6.54	1.44
	Solution-Oriented Approach group	6.50	2.25	8.66	1.43

The results of analysis of covariance by examining the effect of the group in each of the subscales by controlling the impact of the pretest as a co-question factor on the post-test indicated that the scores of mental health subscales of the experimental groups after participating in the solution-oriented treatment compared to the control group had a statistically significant improvement in the subscales of depression, social health anxiety, and physical health.

Table 2. Multivariate analysis of covariance analysis to compare groups in mental health subscales

Source of Changes	Subscales	df	F	Sig.	Eta-squared
Group	Depression	1-22	22.36	0.001	0.39
	Anxiety	1-22	33.05	0.001	0.61
	Social	1-22	26.38	0.001	0.53
	Physical	1-22	35	0.001	0.66

Discussion and Conclusion

The present study results showed that solution-oriented treatment has a significant effect on delinquent adolescents' adaptation and mental health. This finding was consistent with the results of Javid, et al. (2019). It can be said that people who participated in sessions were able to seek more valuable and practical solutions and seek to increase their capabilities to properly control tensions and select appropriate solutions to their problems and become more consistent. The present study's findings can be used to develop appropriate educational and treatment programs for use in correctional centers and other care centers for juvenile delinquents.

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Conflicts of interest

Authors found no conflict of interests.



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