

# **THE EFFECT OF TOUCH IN A COUNSELING SETTING USING THE COUNSELING EVALUATION INVENTORY (CEI)**

**PRISSANA ASSADATHORN**

84 Pages

December 1997

The purpose of this study of the Effect of Touch in a Counseling Setting is to investigate the difference between the subjects who have high and low anxiety with treatment by touch and those with high and low anxiety with no treatment touch. The other purpose was to compare between the subjects who have high anxiety with touch in the experimental group and high anxiety without touch in the control group. In this study, one hundred and twenty of the third year Thai national female students at Assumption University, were in the experimental and control group.

The results of analysis were :

1. There was a significant difference among the experimental group who received touch and the control group without touch on the client's counseling experience,  $F = 14.99$ ,  $P < .01$

The first hypothesis was rejected.

This finding showed that the subjects, who have high and low anxiety and received the touch in counseling seemed to be more positive in counseling climate, counselor comfort, and client satisfaction than those who did not.

This is similar to the study of Oleskar and Bulter (1972), Hubble,et al. (1981); Alagna,et al. (1979), Cabanial (1990), Bourengtheinthong (1989) found that those who received touch, perceived the situation as more positive than those who did not.

2. There was a significant difference between high anxiety subjects in both the experimental and control group on client's counseling experience.  $F=4.64$ ,  $P < .05$ .

The second hypothesis was rejected.

The findings show that the high anxiety subjects who received touch perceived positive in counseling experience than who were in the control group. It indicates that touch has an effect on the high anxiety in counseling. This is similar to the study of Roth, Suselma D. (1994), Gilbert, Kay Roberson (1992) who found that touch has an effect on high anxiety to reduce anxiety.