

ABSTRACTS

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THE ROLE OF ARTISTIC PERCEPTION IN IMPROVING SELF-ESTEEM IN ADOLESCENTS

Self-esteem can act as a protective factor against negative life circumstances is correlated with positive life outcomes, graduating high school and healthier bodies. Low levels of self-esteem are associated with dropping out of school, drug use and violent. Turkish adolescents suffer from lower levels of self-esteem than their peers and face a unique set of challenges related to culture that is different than the challenges of their white counterparts. This article describes the creation, implementation and evaluation of a program intended to improve self-esteem in Turkish adolescents. It details a pilot group in which various aspects of self-esteem (body image, autonomy, confidence, positive friendships) were addressed. This was accomplished by using the stimulus of film clips (Banker Bilo and Zugurt Aga) to depict the theme of four week. Participants were seven self-identified Turkish adolescents from Rize City Turkey who were between ages 15 and 18 years. Pre- and postgroup self-esteem levels were assessed using the Coopersmith Self-Esteem Inventory as well as weekly outcome measures.

Because of the small sample size of the group, it was difficult to establish a statistically significant change in self-esteem. However, despite the small sample size, four of the seven participants improved reported levels of self-esteem while two remained relatively unchanged and one decreased. Overall, participants rated the group highly and the film clips as very useful. Participants in this pilot group program agreed overall that the group was enjoyable for them. Participant responses and scores indicated that using film clips in this group therapy session was well received and effective in terms of facilitating discussion on weekly themes related to self-esteem.