THE EFFECTIVENESS OF REALITY GROUP COUNSELING PROGRAM IN IMPROVING SOCIAL SKILLS AND REDUCING INTERNET ADDICTION BEHAVIOR AMONG THE ADOLESCENT

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ABSTRACT _ *The study aimed at investigating the efficacy of reality group counseling program in Improve social skills and reducing internet addiction behavior among, a sample of addicted adolescent to Internet their ages (14-18 years) The sample of the study was purposively divided into two groups (15) students of experimental, (15) students of control. The experimental group was subjected to the counseling program which consisted of (14) sessions. With an average two session a week each session lasted (60-90) minutes, while the control group wasn't subjected to any program. To achieve the purpose of this study; the social skills and Internet addiction scales were used as pre and post test. The results of ANCOVA indicated significant differences between the experimental group and the control group, in improvement social skills, and significant decrease in internet addiction. The researcher conducted follow up test on the experimental group, and the results showed a statistically significant between the post tests follow differences in favor of the two tools on the follow study. The study ended by some recommendation such as offer individual counseling session to increase the social skills.*

KEYWORDS: *Reality Group Counseling Program. Internet Addiction, Social Skills, Adolescent*