

## Abstract

The Effect behavioral cognitive counseling program to achieve the aims of research the current and is hypothesis:-

- 1- There is no statistically significant differences at the level(0.05) in self-control according to test's variables(pre-test and post-test) for experimental group.
- 2- There is no statistically significant differences at the level(0.05) in self-control according to test's variables(pre-test and post-test) for control group.
- 3- There is no statistically significant differences at the level(0.05) in self-control according to the group variable(experimental and control) in post-test.

To achieve the aims of research ,the researcher constructs an instrument which consists of (33) items, then(3) items have been excluded according to the jury member's recommendations. Thus the final form of the instrument was(30) items distributet on three aspects viz,(self-control, self-effectiveness, and self- enhancement) are measured using a three-point likert-type scale anchored by 1= Never, Sometimes =2,and Always=3.

The higher degree refers to self-control increased, while the degree which less than theoretical mean refers to self-control decreased for students at secondary stages .Face validity

,construct validity, test and re test reliability and Alpha-Cronbach is proved.

The program has been carried out according to Pandora's theory for social learning (modeling and role playing). (20) pupils are randomly distributed to the students into two group(experimental and control),10 students for each group .Suitable statistical methods are used such as; mean ,standard deviation and ,weighted percentage for each item of the questionnaire .The program sessions includes (13),twice session for per week.

To find out the impact of guidance program, the researcher states the experirmental design through selecting(20) students.

Also different statistical methods are used viz, pearson correlation coefficient formula, t-test for two independent samples, t-test for pair samples ,factorial analysis ,variance analysis ,weighted mean and weighted percentage.

Results reveal the following:

- 1-** There is no statistically significant differences at the level(0.05) in self-control according to test's variables (pre-test and post-test)for experimental group.
- 2-** There is statistically significant differences at the level(0.05) in self-control according to test's variables(pre-test and post-test) for control group.
- 3-** There is statistically significant differences at the level(0.05)in self-control)in post-test in favor of experimental group.

**Finally, the researcher states a number of recommendations ,which are;**

- 1-** The necessity of a great attention developing self-control for students at secondary stage through family nurture ,and good treatment in home and school and allow them to grow up in a proper way out of problems.
- 2-** The utilization of educational guides from guidance program which are designed by the researcher in developing self-control for students at secondary stage.