

# Effects of the Enneagram Group Counseling Program on Self-Consciousness and Communication Competence in Nursing Students

Mi-Ryon Lee

Dept. of Nursing, Tongmyong University  
428, Sinseon-ro, Nam-gu, Busan, KOREA  
[mrlee1365@naver.com](mailto:mrlee1365@naver.com)

**Abstract.** This research was conducted to investigate the effects of enneagram group counseling program on the self-consciousness and communication competence of nursing students. The research used nonequivalent control group pre-test and posttest as a research design, and it was conducted from June 23<sup>rd</sup> to July 11<sup>th</sup> in 2014 on 20 students in the nursing department of T university in B. The collected data was analyzed by frequency, percentage, Chi-square test, and t-test using SPSS 15.0 program, and the result was as follows: the self-consciousness scores and communication competence scores of nursing students who participated in enneagram group counseling program appeared to be significantly higher than those of nursing students who did not. To conclude, it was confirmed that enneagram group counseling program was an effective program for improving nursing students' the self-consciousness and communication competence.

**Keywords:** Nursing students, Enneagram, Self-consciousness, Communication competence

## 1 Introduction

University students experience various relationships with peer groups and others in a new university environment. As the range of their interpersonal relationships increases rapidly in this period, they form meaningful relationships with important others and go through the process of becoming adults. Therefore, the ability to form effective interpersonal relationships is very important in this period [1].

Especially, nursing students are required to have not only highly-advanced professional knowledge and highly-skilled nursing skill but also a strong interpersonal skill, in order for them to develop close relationships with diverse people when adapting to the clinical environment. Above anything else, it is indispensable for them to have an interpersonal skill as they meet various people in nursing practice field before graduation, and such interpersonal relationships have an important influence on their clinical adaptation after they graduate. Furthermore, for nursing students to build good interpersonal relationships in society and form desirable support relationships with nursing

clients, proper awareness of themselves and communication competence are very important [2].

Enneagram is a longitudinal tool that helps an individual to understand his or her own personality through an integrated view of entire character from infancy to adulthood, and can be used as a useful tool for developing an in-depth potential according to one's personality type [3].

Thus, as a basic research on nursing students' interpersonal relationships, this research aims to examine if enneagram group counseling program has effects on self-consciousness and communication competence of nursing students when applied.

## **2 Research Method**

### **2.1 Data collection**

The subjects of this research were 20 fourth-year university students of T University in B-city. Among them, 10 students taking 'Therapeutic Communication' summer class were assigned in the experimental group and 10 others were randomly selected from fourth-year students of the nursing department in the same university. Research data was collected from June 23<sup>rd</sup> to July 11<sup>th</sup> in 2014. During data collection, research subjects were explained the purpose and method of research, were guaranteed to maintain the confidentiality of their privacy and anonymity, and were informed that they could stop participating in the program at any time they wanted, followed by their written consent for ethical considerations.

### **2.2 Enneagram group counseling program**

The enneagram group counseling program used in this research was composed by the researcher based on enneagram-related literature [4, 5, and 6] and data from enneagram education research institutes in Korea. The main contents of group counseling program included self-observation, self-exploration, self-understanding, self-change, understanding of others, and self-growth. The program used self-reflection journal, education, group activities, presentation, and discussion; it was carried out 2 or 3 times a week and 120 minutes per session for a total of 8 sessions.

### 3 Research Result

#### 3.1 Homogeneity Test of General Characteristics of Nursing students

**Table 1.** Homogeneity Test of General Characteristics

Characteristics	Categories	Experimental group (n=10)	Control group (n=10)	$\chi^2$	p
		n(%)	n(%)		
Religion	Yes	2(20.0)	6(60.0)	3.33	.068
	No	8(80.0)	4(40.0)		
Satisfaction to major	Satisfied	3(30.0)	6(60.0)	1.82	.178
	Moderate	7(70.0)	4(40.0)		
	Unsatisfied	0(-)	0(-)		
Academic achievement	Upper	1(10.0)	3(30.0)	1.29	.524
	Middle	6(60.0)	5(50.0)		
	Lower	3(30.0)	2(20.0)		
Experience of leader	Many	1(10.0)	2(20.0)	.94	.624
	Moderate	4(40.0)	5(50.0)		
	Little	5(50.0)	3(30.0)		

#### 3.2 Homogeneity Test of Dependent Variables

**Table 2.** Homogeneity Test of Dependent Variables

Variables	Experimental group (n=10)	Control group (n=10)	t	p
	M(SD)	M(SD)		
Self-awareness	34.50(3.81)	36.00(3.56)	-2.53	.343
Communication competence	50.40(4.30)	54.60(3.03)	-.91	.830

### 3.3 Effects of the Enneagram Group Counseling Program

**Table 3.** Effects of the Enneagram Group Counseling Program

Variables	Groups	Pre-test	Post-test	Difference	t	p
		M(SD)	M(SD)	M(SD)		
Self-awareness	Exp.	34.50(3.81)	41.20(2.10)	6.70(3.86)	4.88	.000
	Cont.	36.00(3.56)	36.20(2.90)	0.20(1.69)		
Communication competence	Exp.	50.40(4.30)	67.10(2.51)	16.70(3.62)	11.10	.000
	Cont.	54.60(3.03)	57.50(3.63)	2.90(1.99)		

## 4 Conclusions

This research is a quasi-experimental research based on nonequivalent control group pre-post design conducted on 20 fourth-year students in the nursing department of T University in B-city in order to determine whether enneagram group counseling program has effects on the self-consciousness and communication competence of nursing students. The research period was from June 23<sup>rd</sup> to July 11<sup>th</sup>, 2014. Each session of the enneagram group counseling was 120 minutes long, and it was carried out 2 or 3 times week in 8 sessions for a total of 3 weeks. A pre-test was performed before the enneagram group counseling program, and post-test was performed at the end of the program in session 8 for experimental group and 3 weeks after the post-test for control group.

The collected data was analyzed using SPSS/WIN 15.0 program through frequency, percentage, Chi-square test, and t-test. The result demonstrated that the self-consciousness scores and communication competence scores of experimental group that participated in the enneagram group counseling program were significantly higher than those of the control group who did not participate in the program. Therefore, it was confirmed that enneagram group counseling program was an effective and helpful program for improving the self-consciousness and communication competence of nursing students.

The necessity of qualitative research is proposed for the future, in order to complement the limitations of quantitative research for measuring the effects of enneagram, and develop an interrupted time-series design for identifying the continuous effects of enneagram group counseling program

## References

1. Noller, P. & Callan, V. J.: "Adolescents' perceptions of the nature of their communication with parents," *Journal of Youth Adolescence*, Vol. 19, No. 4, pp. 349-362 (1990)
2. Thomas, R.: *Health communication*. New York: Springer(2006)
3. Roxanne, H. M.: *Deep coaching using the Enneagram*. Enneagram press(2007)
4. Ju, H. M.: *The wisdom of the Enneagram*. Seoul: Hanmunhwa(2000)
5. Youn, Y. S.: *Enneagram assessment*. Asan: Korean Enneagram Education Center(2003)
6. Youn, Y. S., Kim, B. H., Im, H. T., Hwang, I. R., Lee, J. H., Jeong, G. O., et al.: *Enneagram*. Seoul: Hakjisa(2003) Lee, Y.S, Son, Y.: "A Study on the Smart Virtual Machine for Smart Devices," *Information-an International Interdisciplinary Journal*, International Information Institute, Vol.16, No.2, pp.1465-1472 (2013)