

## **Kesan latihan strategi kaunseling adaptasi motivational interviewing (AMI) terhadap kaunselor pelatih.**

### **Abstract**

Abstrak Kajian Motivational Interviewing secara berterusan telah menunjukkan hasil yang positif dalam pelbagai seting dan populasi tetapi tidak banyak kajian yang memfokuskan kepada latihan kaunselor dalam konteks budaya berbeza. Kajian eksperimen-kuasi ini bertujuan untuk melihat kesan latihan strategi kaunseling Adaptasi Motivational Interviewing dibina ke atas kaunselor pelatih. Instrumen kajian yang digunakan adalah Counseling Response Questionnaires, Confidence and Knowledge Scale dan Motivational Interviewing Treatment Integrity. Seramai 112 kaunselor pelatih terlibat dibahagikan kepada kumpulan rawatan dan kumpulan kawalan. Dapatan kajian secara keseluruhan menunjukkan wujudnya perbezaan yang signifikan kesan latihan (respon empati, keyakinan melaksanakan kaunseling dan Kemahiran (Motivational Interviewing) antara kumpulan rawatan dan kumpulan kawalan. Bagaimanapun, strategi latihan ini gagal meningkatkan penguasaan kemahiran subjek kepada tahap kecekapan kecuali bagi kemahiran respon refleksi-kompleks. Kajian ini menyumbang kepada perkembangan AMI dalam konteks pelbagai budaya serta mengutarakan model latihan strategi AMI di Malaysia. Kata Kunci Adaptasi · Motivational Interviewing · Latihan · Kesan · Latihan · Kemahiran · Kaunselor Pelatih

Abstract Studies on Motivational Interviewing have continuously yielded positive results in various settings and populations, but not many studies have focused on counselor's training in different cultural contexts. The aim of this quasi-experimental study is to identify the effects of counseling strategy training Adaptation Motivational Interviewing on counselor trainees. Instruments used were Counseling Response Questionnaire, Confidence and Knowledge Scale and Motivational Interviewing Treatment Integrity. Around 112 counselor trainees were involved in this study and they were divided into treatment and control groups. Overall results showed that there were significant differences in effects of training (empathy response, confidence and Motivational Interviewing skills) between the treatment group and the control group.

However, this training strategy failed to improve the skills of the subject to the level of proficiency, except for the complex-reflection response. This study contributes towards the development of Motivational Interviewing theory in cross-cultural contexts and promotes a model of AMI strategy training in Malaysia.