

## THE EFFECT OF PSYCHO-TRAINING PROGRAM ON ALTRUISM LEVELS OF UNIVERSITY STUDENTS

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### Abstract

The purpose of this study is to increase altruism levels of the university students through a group psycho-training program designed to enhance altruism. In this research, pre-test post-test control group design was used. Within the scope of this study, Altruism Scale (London & Bower, 1968) was applied to the freshman students attending Guidance and Psychological Counseling department at Fatih University during 2014-2015 academic year. The students with low altruism levels and willing to participate in the study was randomly assigned to the experimental and control groups as 12 students for the experimental group and 12 students for the control group. A psycho-training program based on positive psychology was applied to the experimental group in 8 sessions to increase their altruism levels. For the analysis of the data, Mann-Whitney-U test was used for intra-group comparison; and Wilcoxon test was used for inter-group comparison. According to the results of the analysis, a significant difference was found between pre-test and post-test scores of the students in experimental group. Moreover, a significant difference was found between altruism post-test scores of the experimental and control groups. The findings of the study were interpreted within the scope of previous literature and research on altruism.

**Key Words:** Altruism, psycho-training program, university students.