

# THE EFFECTIVENESS OF GESTALT GROUP PLAY THERAPY ON IMPROVEMENT OF BEHAVIOURAL PROBLEMS IN PRESCHOOL CHILDREN

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## Abstract

The main purpose of this research was to determine the effect of gestalt group play therapy on improvement of behavioural problems in preschool children. In this research of quasi experimental, 20 children were selected as an accessible sample and randomly divided into control and experimental groups. The experimental group received the control group which did not receive any intervention. Preschool children behavioural problems questionnaire were administered to all subjects as the pre- and post- test. The results showed the difference between mean post- test scores of behavioural problems in the experimental group. The mean scores of the experimental group was less than that of control group. The gestalt group play therapy could be applied alongside other therapy methods as an effective method on improvement of behavioural problems in preschool children.

**Keywords:** Play Therapy, behavioural problems, Gestalt Play Therapy, Preschool Children.