

AN APPLICATION OF HUMAN SYSTEMS THERAPY FOR UPGRADING PUPILS AT SCHOOL. A CONTROLLED STUDY

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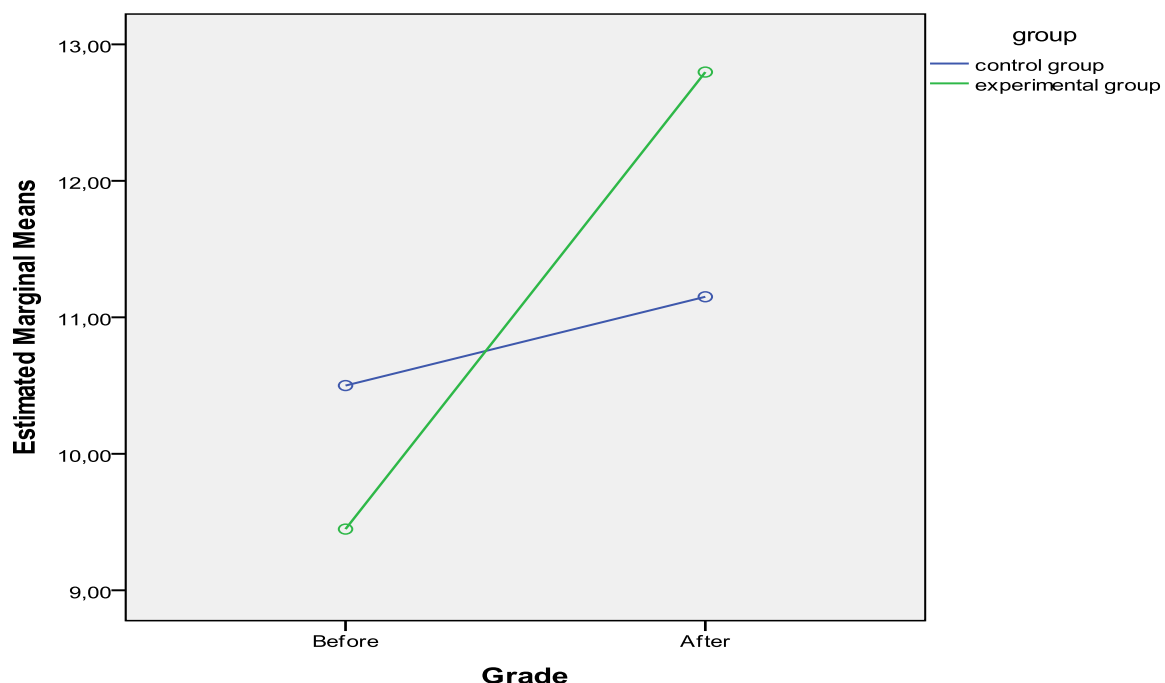
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Aim: The aim of this work is to discuss the effectiveness of Human Systems Therapy (HST) on pupils' upgrading.

Methods: HST is based on General Systems Principles and applies the same principles and techniques at all types of human systems. Human Systems Therapy has been developed gradually over the last 30 years through a circular process comprising of theoretical and practical developments (e.g. new techniques) testing through applications and through controlled studies. Here, to demonstrate the way of the students upgrading the intervention was on the students, the class, their families and the school as a whole. Sample: The group of pupils was comprised of 46 pupils (30 for the experimental and 16 for the control group), aged 16 years old from a General Lyceum of Iraklion. The intervention lasted one school year, e.g. from September to May, (5 hours per week).

Results: The Two-Way ANOVA analysis showed a significant levels increase in grade in the experimental (mean increase 3.35, $p < 0.001$) and not in the control group (mean change -0.62, $p = 0.488$), see Figure.



Conclusions: Human Systems Therapy has the advantages of parallel intervention at many human systems levels, on the basis of general systems principles and using the same techniques at all human systems levels. This offers an interaction of the results of intervention at different levels and human systems, and resulted to better results so far in reducing hashish use. Human Systems Therapy at schools is offered a considerable upgrading of students, for first time in the literature, according to our knowledge.