

CARRINGTON, GARY EUGENE, Ph.D., May 2004

COUNSELING AND  
HUMAN DEVELOPMENT  
SERVICES

PREDICTORS OF AFRICAN AMERICAN MALE UTILIZATION OF INDIVIDUAL  
COUNSELING SERVICES (201 pp.)

Co-Director of Dissertation: Jason McGlothlin  
Donald L. Bubenzer

Literature revealed that African American men are less likely than any other population to use counseling services. The purpose of this study was to explore selected variables that may be predictive of the readiness for African American males to seek individual counseling. The five variables examined included gender role conflict, stigma, locus of control, racial identity awareness, and social support resources.

These variables were measured using the Gender Role Conflict Scale (GRCS-I), Stigma Scale for Receiving Psychological Help (SSRPH), Adult Nowicki-Strickland Internal-External Scale (ANS-IE), Racial Identity Attitude Scale (RIAS-B), and the Network Orientation Scale (NOS). African American male readiness for counseling was measured by the Attitude Toward Seeking Professional Psychological Help (ATSPPH) Scale. This study used a Stepwise Multiple Regression Analysis to explain the influence of the significant predictor variables in relation to the criterion variable.

The sample consisted of 212 African American male college students and local community members. The instruments were presented to subjects in the form of a 6 section survey consisting of 181 questions. The order of presentation of instruments was RIAS-B, SSRPH, NOS, ATSPPH, ANS-IE, and GRCS-I. Demographic information was

also gathered. Using a Stepwise Multiple Regression Analysis 5 predictor variables were found to be significant: (a) success, power, competition related to gender role conflict; (b) network orientation; (c) stigma; (d) powerlessness-helplessness related to locus of control; and (e) the preencounter stage of racial identity awareness. Implications of these finding are discussed.