

Foreword and Editorial

Asia-pacific Journal of Psychology and Counseling (APJPC)

We are very happy to publish this issue of an Asia-pacific Journal of Psychology and Counseling by Global Vision Press.

This issue contains 4 articles. Achieving such a high quality of papers would have been impossible without the huge work that was undertaken by the Editorial Board members and External Reviewers. We take this opportunity to thank them for their great support and cooperation.

In the research paper “Research on the Counseling Experience of Sexual Minority Youths”, the purpose of this study was to examine the experiences that counselors in Korea have experienced during counseling sexual minorities. In-depth interview was selected as the method of research, and it was analyzed based on consensual qualitative research (CQR). The selected participants were composed of eight sexual minority youths who have experienced counseling. As a result, eight domains were obtained. A total of 31 categories were created. Finally, the results of this study were discussed.

In the paper “The Influence of Awareness of Food Therapy on Psychological Well-Being, Purpose of Life, and Depression of Adolescents with School Maladjustment Issues”, the purpose of this study is to understand the effect of awareness of food therapy on the psychological well-being, purpose of life, and depression of adolescents with school maladjustment issues. The study was conducted on 135 adolescents who visited three leading institutions for school maladaptation in Ulsan Metropolitan City. Frequency analysis, reliability analysis, and correlation analysis were performed using the analysis method SPSS program, and multiple regression analysis was performed to investigate causal relation between the variables. The study found that the perception of food therapy among the maladjusted adolescents has positive effect on psychological well-being; the higher the awareness of food therapy was, the higher the level of psychological well-being was. Second, the perception of food therapy among the maladjusted adolescents in schools is found to have a positive influence on purpose of life; the higher the awareness of food therapy was, the higher the purpose of life was. Third, the perception of food therapy among the maladjusted adolescents was found to have a negative effect on depression; the higher the perception of food therapy was, the less the negative attitude was. This study is believed to become the basis of the food therapy education programs for the promotion of positive psychology among maladjusted adolescents in school.

In the research paper “The Effect of Middle-Aged Women’s Ego Resilience on Family Adaptability”, the purpose of this study is to investigate the difference and the relationship between the ego resilience of middle-aged women and family adaptability. The subjects of the study were 133 middle-aged women from OO City. The SPSS program was used for analysis, including frequency analysis, reliability analysis, correlation analysis and t-test, and multiple regression analysis was conducted on the causality between the variables. The results of the study are as follows: first, in the difference of ego resilience according to the general characteristics of middle-aged women, no difference in mean was found at a level of statistical significance between the groups for age and marital status. Second, in the general

characteristics of middle-aged women, family adaptability according to marital status had a difference in mean at a level of statistical significance. Third, interpersonal relations, curiosity, optimism, which are sub-factors of ego resilience for middle-aged women, were found to have a meaningful effect on family adaptability, but the sub-factors vitality and emotional regulation did not have any meaningful effect. This study seeks to provide foundational data for the development of programs to improve the ego resilience of middle-aged women.

In the paper entitled “The Effect of Early career Counseling Psychologists’ Self-Efficacy on Job Involvement”, the purpose of this study is to investigate the difference and the relationship between the self-efficacy of early career counseling psychologists and their job involvement. The subjects of the study were 148 early career counseling psychologists in Seoul Metropolitan City. The SPSS program was used for analysis, including frequency analysis, reliability analysis, correlation analysis, t-test and one-way ANOVA, and multiple regression analysis was conducted on the causality between the variables. The results of the study are as follows: first, upon analyzing the difference in self-efficacy according to the general characteristics of early career counseling psychologists, there was a significant difference in mean between the groups for self-efficacy according to age and monthly income. Second, for self-efficacy according to the general characteristics of early career counseling psychologists, there was a significant difference in mean between the groups according to monthly income. Third, self-efficacy perceived by early career counseling psychologists was found to have a positive effect on job involvement. This study seeks to provide foundational data for the development of practical measures to improve job involvement of early career counseling psychologists

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