Introduction
The aim of this study was to improve the level of self-disclosure on university students who participated in the basketball class using the educational method of structured group encounter. Self-disclosure, a process by which we let ourselves be known to others, were an important skill across a diverse range of therapeutic approaches used in educational counseling. Prior study reported that university students who participated in the four days outdoor adventure program that organized from the structured group encounter enhanced the level of self-disclosure (Shimizu, 2003).

Methods
149 university students (65 male, 84 female, M=19.20, SD=1.57) completed the Adequate Self-disclosure Scale (Moriwaki et al, 2002) on April 17 in 2006 (pre-test) and July 14 in 2006 (post-test). This scale was composed of three factors (Self-disclosure about Conversational Atmosphere: SCA, Self-disclosure about Interpersonal Reliability: SIR, Self-disclosure about Appropriate Environment: SAE). The subjects who participated in the basketball class using the educational method of structured group encounter were in experimental group (n=30, 21 male, 9 female, M=19.47, SD=1.87). On the other hand, the subjects who did not participate in the basketball class were in the control group (n=119, 44 male, 75 female, M=19.13, SD=1.49). The analysis was conducted by repeated two way ANOVA 2 groups (experimental vs. control) × 2times(pre−testvs.post−test)and posthoc tests.

Results
The results showed that the main effects of time of SIR and SAE are statistically significant (p<.05). Experimental group had significantly increased scores of SIR and SAE from pre-test to post-test (p<.10). In addition, control group had significantly higher score in SIR than experimental group at the pre-test (p<.01). Similarly, control group had significantly higher score in SIR than experimental group at the post-test (p<.05).

Discussion
The results indicate the basketball class using the educational method of structured group encounter effective in improving self-disclosure of students. It is anticipated that the educational method of structured group encounter has a potential to increase interpersonal conflict by increasing opportunities to talk each other. However, SIR has less difference between experiment group and control group at the post-test. Therefore, the level of self-disclosure of experimental group has a potential to increase by extending intervention. Further research is required control group that is basketball class without the educational method of structured group encounter.

Reference

Keywords: Mental Health, Physical Education and Pedagogics