CHAPTER – VII

SUMMARY AND CONCLUSIONS
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This chapter comprises a brief summary of results and discussion as well as conclusions presented along with the limitations of the study and suggestions for further research.

7.1 Summary of the Results
7.2 Summary of the Discussion
7.3 Conclusion
7.4 Limitations of the Study
7.5 Scope for Further Research

Research is a diligent and thorough inquiry as well as investigation into a subject. It is aimed at improving the conditions of the mankind. With the same aim, the present research tried to focus light on some aspects of young college women. But still there are some unanswerable questions as the real research is an open ended process that typically produces more questions than answers.

The main objective of the study was to understand adjustment and dysfunctional attitudes of young college women as well as to study the effect of REBT group counselling programme on improvement of low adjustment and functional attitude amongst them. Young college women have to adjust themselves to deep internal crisis and also to the problems that arise from collegiate environment. The research was planned with the view that an effective programme of counselling would help them to reduce their adjustment problems and dysfunctional attitudes.

An important reason for selecting REBT in group counselling programme was its emphasis on comprehensive and eclectic approach where the counsellors have the latitude to develop their own personal style and are able to exercise creativity. As long as they stay within the framework of REBT, counsellors have the freedom to bring themselves into their counselling process in many inventive ways. Secondly, REBT has been subjected to extensive research studies. This makes the theoretical and empirical foundations of REBT very sound. With this background, an attempt was
made to apply REBT on young college women to alleviate low adjustment and dysfunctional attitudes.

The summary and conclusion brings forth the success or failure in achieving the objectives of the research.

7.1 Summary of the Results

1. PRE AND POST COMPARISONS WITHIN THE COUNSELLED GROUP

Hypothesis 1(a): Personal Adjustment

- The findings of the study supported the effectiveness of REBT group counselling programme in improvement of all the factors of personal adjustment of young college women in the counselled group except for the factor of withdrawal symptoms. It was found to be significantly less effective in reducing withdrawal symptoms of the counselled group.

Hypothesis 1(b): Social Adjustment

- The results of the study supported the effectiveness of REBT group counselling programme in improvement of some of the factors of social adjustment in the counselled group, namely: family relations, college relations and total social adjustment of young college women. It did not support the effectiveness of REBT in improvement of social standard, social skills, anti social tendencies and community relations of the counselled group. Results revealed a partial support to the effectiveness of REBT in improvement of social adjustment.

Hypothesis 1(c): Total Adjustment

- The findings totally supported the effectiveness of REBT in improvement of total adjustment in the counselled group.

Hypothesis 2: Dysfunctional Attitudes

- The results confirmed the effect of REBT on improvement of functional attitudes in the counselled group, except for the attitudes of entitlement and
omnipotence. REBT was found to be significantly less effective in improvement of functional attitudes of entitlement and omnipotence of the counselled group.

2. PRE AND POST COMPARISONS WITHIN THE NON COUNSELLED GROUP

Hypothesis 3(a): Personal Adjustment

- The study supported the hypothesis since the non counselled group had not shown significant change in all the factors of personal adjustment except for the factor of personal worth in the post assessment as compared to the pre assessment. This group did not receive counselling programme between pre and post assessment. Results did not support the factor of personal worth since it showed significant change in the post assessment as compared to the pre assessment.

Hypothesis 3(b): Social Adjustment

- The factors of social adjustment were found to be non significant in the post assessment of non counselled group as compared to the pre assessment. It supported the hypothesis totally as the non counselled group had not shown significant change in any of the factors of social adjustment in the post assessment as compared to pre assessment. This was expected since this group did not receive counselling programme between pre and post assessment.

Hypothesis 3(c): Total Adjustment

- The findings totally proved the hypothesis since the factor of total adjustment had not shown a significant change in the post assessment of non counselled group as compared to the pre assessment. Results were in the expected direction since this group did not receive counselling programme between pre and post assessment.

Hypothesis 4: Dysfunctional Attitudes

- Results were in complete agreement with the hypothesis since non counselled group had not shown any significant change in any of the factor of
dysfunctional attitude in the post assessment of non counselled group as compared to pre assessment. This was expected since this group did not receive counselling programme between pre and post assessment.

3. PRE AND POST COMPARISONS BETWEEN NON COUNSELLED AND COUNSELLED GROUP

*Hypothesis 5(a): Personal Adjustment*

- Findings supported the hypothesis by showing similar trends of non counselled and counselled groups in all factors of personal adjustment except for the factors of personal worth and withdrawal symptoms in the pre assessment. Both the groups did not receive REBT counselling programme before the pre assessment. It did not support the factors of personal worth and withdrawal symptoms since these two factors showed significant difference in the pre assessment of non counselled and counselled groups.

*Hypothesis 6(a): Personal Adjustment*

- Results of the ‘t’ test supported the effectiveness of REBT in improvement of all the factors of personal adjustment except for the factors of personal worth and withdrawal symptoms in the post assessment of counselled group in comparison with the non counselled group.

- Results of the Univariate analysis of variance supported the effectiveness of REBT counselling programme in improvement of all the factors of personal adjustment except for the factor of withdrawal symptoms of the counselled group.

- Both the above tests indicated significant difference in the factors of personal adjustment namely: self reliance, personal worth, personal freedom, feeling of belongingness, nervous symptoms and total personal adjustment in the post assessment of counselled group in comparison with the non counselled group. Both the tests did not support the effectiveness of REBT in reduction of withdrawal symptoms.
Hypothesis 5(b): Social Adjustment

- Findings totally **supported** the hypothesis by showing similar trends of non counselled and counselled groups in all factors of social adjustment in the pre assessment. This was expected since both the groups did not receive REBT counselling programme before the pre assessment.

Hypothesis 6(b): Social Adjustment

- Results of ‘t’ test and Univariate analysis of variance **supported** the effectiveness of REBT in improvement of all the factors of social adjustment except for the factors of social standard, social skills and anti social tendencies in the post assessment of counselled group in comparison with the non counselled group. Results thus revealed a **partial support** to the effectiveness of REBT counselling programme in improvement of social adjustment.

Hypothesis 5(c): Total Adjustment

- Findings totally **supported** the hypothesis by showing similar trends of non counselled and counselled groups in the factor of total adjustment in the pre assessment. It was expected since both the groups did not receive REBT counselling programme before the pre assessment.

Hypothesis 6(c): Total Adjustment

- Results of the ‘t’ test and Univariate analysis of variance **supported** the effectiveness of REBT counselling programme in improvement of the factor of total adjustment in the post assessment of counselled group in comparison with the non counselled group. This was expected since counselled group had received REBT counselling programme between pre and post assessment while non counselled group did not receive it.

Hypothesis 7: Dysfunctional Attitude

- This study **did not support** the hypothesis since non counselled and counselled groups differed significantly in all the factors of dysfunctional attitude in the pre assessment. This was an unexpected result since both the
groups did not receive REBT counselling programme before the pre assessment.

Hypothesis 8: Dysfunctional Attitude

- Results of the ‘t’ test and Univariate analysis of variance totally supported the effectiveness of REBT counselling programme in improvement of all the factors of functional attitude in the post assessment of counselled group in comparison with the non counselled group.

This was expected since counselled group had received REBT counselling programme between pre and post assessment while non counselled group did not receive it.

4. CORRELATIONS AMONG VARIOUS FACTORS OF ADJUSTMENT AND DYSFUNCTIONAL ATTITUDE

Hypothesis 9(a)

- The results of correlation among various factors of personal, social, total adjustment and dysfunctional attitude in the pre assessment provided a partial support to the hypothesis since all the factors of adjustment and dysfunctional attitude did not show significant correlation among themselves. The factors of belongingness, withdrawal symptoms, social standard, social skills, anti social tendencies and family relations did not show significant correlation with the factors of dysfunctional attitude. All other factors of dysfunctional attitude and adjustment except for the above factors revealed a significant correlation among themselves.

Hypothesis 9(b)

- In the post assessment, results of correlation among various factors of personal, social, total adjustment and dysfunctional attitude revealed a different picture since more number of factors were showing significant correlation as compared to the pre assessment. All the factors of dysfunctional attitude and adjustment showed significant correlation among themselves except for the factors of personal worth, withdrawal symptoms, social
standard, social skills and anti social tendencies. Results provided a partial support to the hypothesis since all the factors of adjustment and dysfunctional attitude did not show significant correlation among themselves.

5. COMPARISON OF WOMEN AND CO-EDUCATIONAL COLLEGES

Hypothesis 10(a): Personal Adjustment

- Results did not support the hypothesis since women from women’s and co-educational colleges did not show significant difference in any factor of personal adjustment.

Hypothesis 10(b): Social Adjustment

- Results not only showed disagreement with the hypothesis but also revealed an opposite picture of it as women from women’s colleges showed significantly high score in the factors like social standard and community relations in comparison with women from co-educational colleges. In the remaining factors of social adjustment, no significant difference was found between these two groups.

Hypothesis 10(c): Total Adjustment

- Results did not support the hypothesis since women from women’s and co-educational colleges did not show significant difference in the factor of total adjustment.

Hypothesis 11: Dysfunctional Attitudes

- Results did not support the hypothesis since women from women’s and co-educational colleges did not show significant difference in any factor of dysfunctional attitude.

6. EFFECT OF RELIGION AND FAMILY INCOME ON ADJUSTMENT AND DYSFUNCTIONAL ATTITUDE

Hypothesis 12: Personal, Social, Total Adjustment and Dysfunctional Attitude
• Findings of the study revealed that religion did not have a significant effect on any factor of personal adjustment, social adjustment, total adjustment and dysfunctional attitude. It supported the hypothesis.

**Hypothesis 13: Personal, Social, Total Adjustment and Dysfunctional Attitude**

• Results showed that the family income did not have a significant effect on any factor of personal adjustment, total adjustment and dysfunctional attitude. It did not support the factors such as community relations and total social adjustment since family income revealed a significant difference in the scores of the above two factors. Results showed a partial support to the effectiveness of family income in social adjustment.

7.2 **Summary of the Discussion**

(a) **Quantitative Discussion**

Quantitative discussion emphasized the analysis of statistical findings and empirical generalizations.

**Hypotheses 1 and 2**

• While comparing pre and post assessment of counselled group, an effectiveness of REBT group counselling programme in most of the factors of adjustment and dysfunctional attitude was well supported by other experimental findings. REBT was found to be less effective in improvement of some of the factors due to multiple reasons which have been discussed from REBT’s standpoint.

**Hypotheses 3 and 4**

• While comparing pre and post assessment of non counselled group, lack of improvement in the majority of the factors of adjustment and dysfunctional attitude in the post assessment was discussed in the context of the research findings revealed by Indian and foreign researchers. Low adjustment and dysfunctional attitude were attributed to non availability of counselling
services. Young adults’s need for counselling was stressed by many researchers.

**Hypotheses 5 to 8**

- In the pre assessment, no significant difference was found between non counselled and counselled groups in the factors of adjustment and the difference in dysfunctional attitude was discussed considering very nature of irrational beliefs. The variation in irrational beliefs was interpreted as the main contributory reason for the result.

  In the post assessment, an improvement in majority of the factors of adjustment and dysfunctional attitude in counselled group in comparison with non counselled group, was discussed by considering results of investigations where REBT group showed superiority over the control group on various factors. Failure of REBT in improvement of some of the factors was discussed in the light of specific characteristics of the counselled group.

**Hypotheses 9**

- Significant correlation of various factors of adjustment and dysfunctional attitude in the pre and post assessment was interpreted as an evidence to support variety of REBT outcome studies which revealed the association of irrational beliefs and psychological disturbance.

**Hypotheses 10 and 11**

- Discussion of findings of comparison between women and co-educational colleges in the factors of adjustment and dysfunctional attitude demonstrated the rejection of hypotheses with reference to the recent research as well as findings and opinions of scholars.

**Hypotheses 12 and 13**

- The non significance of religion and family income in the factors of adjustment and dysfunctional attitude was well supported by research investigations. Significance of family income in the factors of social
adjustment emphasized the need to study these variables with segregation of other influencing factors.

(b) Qualitative Discussion

Qualitative discussion emphasized ‘focus group discussion method’. Researcher adopted naturalistic approach for group observations and used notes for data collection as well as the method of analytic induction for interpretation.

Hypotheses 1 and 2

- The findings of the counselled group were discussed with reference to the information revealed by group interaction and discussion during the sessions. Problems reported by the participants, techniques presented by the researcher and research’s minute observations were explored in detail.

Hypotheses 3 and 4

- The findings of the non counselled group were validated by researcher’s conclusions about non counselled group. Few of the irrational beliefs were discussed in this context.

Hypotheses 5 and 8

- In the pre assessment comparison of non counselled group and counselled group, researcher focused the discussion on some of the observations of the counselled group. In post assessment comparison, researcher stressed the specific personality variables of the counselled group as well as the revelation of the core elements of counselling.

Hypotheses 10 and 11

- Results were discussed with the help of researcher’s observations and investigations of the counselled group.

Holistic Qualitative Discussion

In holistic qualitative discussion, some of the factors were discussed in the context of the whole counselling programme. It presented following important results:
• Researcher adopted active-directive forceful and easy-going style of interaction at different times in the counselling sessions.

• A variety of problems ranged from physical symptoms to coping difficulties were presented by the participants during the counselling sessions.

• Researcher had to face innumerable difficulties while organizing counselling sessions. During counselling sessions, researcher found that some of the participants were resistant. She also had unusual encounters with some of the participants. There were three drop out cases.

• Some of the researcher’s observations helped her in dealing with the participants efficiently.

• The feedback received from the participants write up, feedback sheets and general comments was very much encouraging for the researcher. Some of the individual comments, though stated negatively, helped the researcher in knowing the strengths and weaknesses of REBT group counselling programme. Evaluation of the feedback revealed that REBT counselling programme fostered the counselling gains to a large extent.

7.3 Conclusion

On the basis of results and discussion of the findings, it was found that the purpose of the study was achieved to a large extent. The results supported the theoretical base of the study and confirmed the effectiveness of REBT group counselling programme in improvement of various factors of adjustment and dysfunctional attitude. As compared to social adjustment, REBT counselling was found to be more effective in improvement of personal adjustment, total adjustment and dysfunctional attitude. Significant correlations among various factors of adjustment and dysfunctional attitude revealed that women having low adjustment were likely to show dysfunctional attitudes.

The factors such as type of the college, religion and family income indicated a non significant role in the factors of adjustment and dysfunctional attitude.

Quantitative and qualitative analysis of the REBT group counselling programme had enriched the researcher by contributing immensely to the greater understanding of the counselling process.
7.4 Limitations of the Study

This study was aimed at identifying and improving adjustment and functional attitudes of young college women with REBT. In spite of taking precautions and genuine efforts of implementation, there still remained some limitations which the researcher could not overcome. Some of the limitations were due to administrative difficulties and some were due to external factors that were not strictly under the control of the researcher. Following were some of the limitations of the study.

- **Equivalence:** Though categorization of counselled and non counselled group was done randomly, it was difficult to maintain equivalence of both the groups on all factors.

- **Intervening Factors:** REBT counselling was provided to counselled group for the period of four months. During this period, non counselled group was not provided any counselling programme. But it was very difficult for the researcher to control non counselled group from exposing to any intervening factor during that period.

- **Follow Up:** One of the advantage of REBT is, it fosters the process of change in the participants without becoming excessively dependent on a counsellor. After REBT counselling programme, participants were expected to carry on their own self improvement without the direct intervention of a counsellor. In order to measure this process of change, follow-up study could have been beneficial. However, it was not covered in the purview of this research.

- **Length of the Sessions:** Researcher had planned six structured REBT counselling sessions and two pre and two post sessions as well. Though it was advisable to conduct eight to ten sessions for group counselling and the present counselling programme met the criterion, researcher felt that more number of sessions could have helped her to handle deep rooted problems of the participants more effectively.

- **Drop Out:** In spite of providing most helpful and encouraging environment, three college women (one for genuine reason) dropped out from the sessions. This was also beyond the control of the researcher.
7.5 **Scope for Further Research**

This study had contributed to a greater understanding of the adjustment and functional attitudes of young college women and also of the role of REBT counselling programme to bring about improvement in them. The objectives achieved were visible in the results. In addition to these findings, the hallmark of a good research is also to suggest more hypotheses that can be tested in the future work. This study has thrown new possibilities to be explored further. Therefore, based on the present findings, suggestions for future are given which are as follows:

- Further study can extend the applications of REBT to different age groups of population such as children, adolescent, elderly samples.
- The study can be carried out with reference to gender. So the effectiveness of REBT can be measured in men compared to women.
- Further study of REBT counselling can be focused on specific problems such as anxiety, depression or hostility.
- Effectiveness of REBT counselling also can be measured by comparing it with other therapies of counselling.
- Comparisons can be studied by providing REBT counselling in individual setting as well as in group setting.
- The study of REBT counselling can have inclusion of follow up study as well as to have more number of sessions.
- More number of demographic variables such as type of family, birth order can be studied in order to see its effects on individual’s behaviour.

Today young college women are seeking their place in modern world. They are living in a world characterized by rising aspirations, rapid changes in technology, high education, awareness and changing face of society. However, there is a growing sense of despair and restlessness among the educated women in our country. Women who are beset with such problems are not able to function effectively in any sphere of activity. Young college women, not only as an important section of the community but also as the future hope of society, who embark on career selection and settling down in life, need assistance because they as a group face many crisis in their lives compared to men. Rational Emotive Behaviour Therapy advocates efficient
counselling assistance which will help them in dealing with present problems and will teach them to tackle future problems effectively. This study will be worth the efforts if more and more number of people seek counselling assistance and benefit from it.