ABSTRACT

Effect of Rational Emotive Behaviour Therapy (REBT) on young college women was studied in the present research with reference to their adjustment and attitude. An attempt was made to find out the effect of REBT based group counselling programme on various factors of personal and social adjustment along with dysfunctional attitudes.

REBT is considered to be the effective and successful counselling therapy for young people as it is educative in nature. Its goal is to help people by teaching them positive mental health concepts. It tries to modify the core irrational beliefs which are related to various adjustment and attitude problems faced by young people. Unless young people are taught to change these irrational beliefs by changing their thoughts, efforts at prevention or remediation of their problems will be superficial. Therefore, a central goal of REBT is to help people alter these thoughts.

Previous research indicated that young women with low adjustment and dysfunctional attitudes usually have deep seated and long standing irrational beliefs that they often require counselling. The present research has emerged from this need and aimed to provide REBT counselling to young college women who exhibited low adjustment and dysfunctional attitudes, with the hope and belief that REBT would help them in reduction of these tendencies.

The present research was conducted in four phases and in all, 400 women tested for this research. Pilot study was carried out in phase (I). In phase (II) with the help of the results of pilot study, researcher had made essential changes in proposal for further research. Main study was conducted in phase (III). Post administration was undertaken in phase (IV) which helped the researcher to judge the final outcome.

REBT group counselling programme was conducted in six structured, plus two pre and two post assessment sessions for selected 50 women from phase (III). They were referred to as ‘counselled group’ whereas another group of 50 women was not provided counselling and referred to as ‘non counselled group’. All these women showed low adjustment and dysfunctional attitudes. They were administered
California Test of Personality and Dysfunctional Attitude Scale in the pre and post assessment sessions. Results were analysed with the help of descriptive as well as inferential statistics. Quantitative and qualitative analysis was done to see the effectiveness of REBT group counselling programme in young college women.

Following hypotheses of the study were analysed:

- Women from counselled group would show significant improvement in adjustment and functional attitude in the post assessment as compared to pre assessment and women from non counselled group would not show significant change in low adjustment and dysfunctional attitude in the post assessment as compared to pre assessment.

- Women from non counselled and counselled group would not show significant difference in adjustment and attitude in the pre assessment but women from counselled group would show significant improvement in the above measures in the post assessment as compared to women from non counselled group.

- Adjustment factors and dysfunctional attitude factors would show significant correlation with each other in the pre and post assessment.

- Women from women’s colleges would show significantly low adjustment and dysfunctional attitudes as compared to women from co-educational colleges and finally it was proposed that variables of religion and family income would not show significant difference in the adjustment and dysfunctional attitude.

The results supported the effectiveness of REBT group counselling programme in the counselled group in improvement of all the factors of adjustment except for withdrawal symptoms, social standard, social skills, anti social tendencies and community relations. It also supported its effectiveness in improvement of all the factors of functional attitude except for entitlement and omnipotence.

Further, the results indicated that the non counselled group had not shown significant change in all the factors of adjustment and attitude, except for the factor of personal worth, in the post assessment as compared to pre assessment.
Moreover, the results showed that non counselled and counselled groups showed significant differences in personal worth, withdrawal symptoms and all factors of dysfunctional attitude but revealed no significant differences in adjustment in the pre assessment. Results supported the effectiveness of REBT in improvement of most of the factors of adjustment and dysfunctional attitude in the post assessment of counselled group in comparison with non counselled group. Findings did not support the effectiveness of REBT in withdrawal symptoms, social standard, social skills and anti social tendencies.

The correlation among various factors of adjustment and dysfunctional attitude in the pre and post assessment revealed partial support to hypotheses since out of total twenty-three factors of adjustment and dysfunctional attitude, seventeen factors in the pre-assessment and eighteen factors in the post assessment revealed significant correlation among themselves. Six and five factors of the adjustment in the pre and post assessment respectively, did not show significant correlation with the factors of dysfunctional attitude.

Results did not support the hypotheses since women from women’s colleges did not show significant difference in adjustment and dysfunctional attitude in comparison with women from co-educational colleges. Contrary to the hypothesis, women from women’s college showed significantly high score in the factors of social standard and community relations.

The religion did not have a significant effect on adjustment and dysfunctional attitude while family income also did not show significant effect on adjustment and dysfunctional attitude except for the factors of community relations and total social adjustment.

The above mentioned results were well supported by several of research investigations as well as researcher’s experiences and observations of counselled and non counselled groups.

The purpose of the study was achieved to a large extent. The results confirmed the effectiveness of REBT group counselling programme in improvement of various factors of adjustment and dysfunctional attitude. As compared to social adjustment,
REBT group counselling programme was found to be more effective in improvement of personal adjustment, total adjustment and dysfunctional attitude. It was also revealed from results that women having low adjustment were likely to show dysfunctional attitude and the type of college, religion and family income played a non significant role in adjustment and attitude.

In conclusion, REBT proved to be an efficient counselling tool to assist young college women in reducing low adjustment and dysfunctional attitude.