CHAPTER V

CONCLUSIONS

The present chapter will discuss the findings of the research, its implications, its strengths and limitations. The purpose of this research was to examine the impact of Cognitive Behavior Therapy on Anxiety, Depression and Coping Strategies in Adolescent Students. The sample consisted of 120 adolescent students (60 for experimental group and 60 for control group), belonging to the age group 14-17 years from six schools of Bengaluru Rural and Tumakuru districts, Karnataka. These adolescents had scored high on Beck’s Anxiety Inventory, Beck’s Depression Inventory and low scores on problem focused coping. They were randomly divided into Experimental and Control Groups, each group consisting of 60 subjects (30 Boys and 30 Girls). The experimental group underwent 12 sessions of CBT, each session being around 60-90 minutes. This intervention was spread over three months with a frequency of one session per week. After the intervention, post-tests were conducted for both experimental and control groups by administering the same questionnaires. The pre and post test scores were compared to assess the effectiveness of the CBT intervention.

The primary objective of this intervention study was to examine the Impact of Cognitive Behavior Therapy (CBT) on Anxiety, Depression and Coping Strategies in Adolescent Students. Additionally, we wanted to explore the correlation between Coping Strategies and Anxiety, and Coping Strategies and Depression.
The problem of adolescence is not an easy topic for research. It is often said that the adolescence is the wonderful time of life span. But this is just one side of the coin. For many adolescents, it is a problematic period as well. Because during this period of development many adolescents are facing lot of problems like lack of resources, lack of social and emotional support from others, neglected from their parents, teachers, peers and siblings. They also develop anxiety, depression and maladaptive coping strategies due to above problems. In the present study, an attempt was made to find out the impact of Cognitive Behavior Therapy on Anxiety, Depression and Coping Strategies in Adolescent Students. The study began with seven hypotheses, in which the first three hypotheses formulated focused on the impact of Cognitive behavior therapy in reducing symptoms of anxiety and depression, and enhancing problem focused coping in adolescent students. Another set of hypotheses were formulated focused on the direction and strength of relationship between the variables of the present study such as anxiety, depression and coping strategies in adolescent students.

The results indicated that:

1. Cognitive Behavior Therapy intervention approach was effective in reducing anxiety in adolescent students.

2. Cognitive Behavior Therapy intervention approach was effective in reducing depression in adolescent students.

3. Cognitive Behavior Therapy intervention approach was effective in enhancing problem focused coping strategy in adolescent students.

4. Significant correlation exists between coping strategies and anxiety, and coping strategies and depression in adolescent students.
5. Significant gender differences were found between male and female adolescent students in anxiety, depression and coping strategies. The results have shown that female adolescent students have shown high levels of anxiety and depression compared to male adolescent students. In coping strategies they use, problem focused coping was seen high in male adolescent students, and avoidant focused coping was seen high in female adolescent students.

6. Socio-economic statuses (SES) also influenced significantly on anxiety, depression and coping strategies in adolescent students. The results revealed that adolescent students from low socio economic status group were shown high levels of anxiety and depression compared to adolescent students of high and middle SES. The results also have shown that avoidant focused coping behavior shown by the low SES adolescent students was high compared to the adolescents of other SES groups.

7. Significant correlation exists between base line scores of anxiety, depression and coping strategies and the benefit of the intervention.

5.1. **Strengths of the study**

- This study is an intervention study which is very important for literature.
- The sample size is large hence the generalization is more valid within the population from which the sample has been chosen.
- Randomization of sample into Experimental and Control groups helps in better characterization of intervention effect and increased internal validity.
- Well standardized measures have been used for the assessment of variables taken for this study.
Methodology chosen for the study takes a multi-dimensional perspective by assessing Anxiety, Depression and Coping Strategies. It also assesses the correlation between severities of the problem and effect of CBT intervention.

5.2. Limitations of the study

The present study also has some of limitations. Such as,

- The main limitation in the present study was the length of the three questionnaires used before and after the intervention program as some of the subjects expressed that answering the questionnaires which took around a little more than one hour was a difficult job for them.

- Sometimes the ratings given by adolescents are inaccurate because some individuals overrate themselves, some underestimate themselves, and a few individuals accurately rate themselves.

- Basically for the present study, the selection of the sample was based on the willingness of the participants. It is possible that those who didn’t participate in the study may have benefitted differently to CBT.

- Sample was chosen on the basis of high scores hence generalization of the results may not be applicable to milder forms of severity.

- Pre-test and post-test measures were assessed using the same questionnaires. The knowledge of the items in the test (gained during the pre-test) might have affected the responses during the post test. This however, is probably not significant in our study since the duration between the pre-test and post-test was quite large: around more than three months.
5.3. Recommendations for Further Research:

- CBT intervention as a group therapy has been proved effective on adolescent issues. Adolescents spent a quality time in schools and they live in groups most of the time. Educators can think about including separate modules in their existing curriculum to address adolescent behavior and emotional issues.

- Heterogeneous sample can be taken for the intervention which helps in finding out whether the benefit of the intervention is due to some other factors.

- Further studies on the effectiveness of CBT on the variety of psychological conditions, with different cultural, regional and socio-economic groups could help to generalize the findings of the present study.