ABSTRACT

The present study was designed to investigate the impact of Rational Emotive Behavior Therapy (REBT) on self-esteem, aggression and depression among adolescent students. It was hypothesized that Rational Emotive Behavior Therapy (REBT) does not influence self-esteem, aggression and depression among adolescent students. It was also hypothesized that there is no significant interaction between gender and treatment with respect to self-esteem, aggression and depression and there is no significant interaction between age and treatment with respect to self-esteem, aggression and depression among adolescent students. Moreover it was hypothesized that there is no significant relationship between self-esteem and aggression, self-esteem and depression and aggression and depression.

Procedure and Method: The final sample for study included 120 adolescent students (60 boys and 60 girls). Subjects were selected randomly based on inclusion and exclusion criteria from a large pool of students (N=478). All the subjects meeting exclusion and inclusion criteria were assessed using appropriate scales for assessing self-esteem (Rosenberg, 1965), Aggression (Mathur and Bhatnagar, 2004), and Beck’s Depression Inventory-BDI- (1961). Out of 478 subjects, the 120 students were considered for the study who met the cut off score criteria of research study (Cut off score criteria based on research tools for selecting subjects for intervention on self-esteem was the score of below 15 (15 to 0); for aggression was 205 and above and for depression was 18 and above (18 to 63). From 120 subjects who met research criteria were randomly assigned to experimental and control group (each group 30 subjects). The experimental group subjects received 7 sessions Rational Emotive Behaviour Therapy (REBT) interventions and the control group received no intervention. The delayed posttest was conducted after a period of two weeks after the last session of each group. Once again all the questionnaires were administered to participants of both the experimental and the control groups to respond.

Results and Conclusions: Repeated measure ANOVA showed that there was a significant increase in self-esteem, decrease in aggression and depression in posttest in the experimental group. A two-way analysis of variance (ANOVA) revealed that Rational Emotive Behaviour
Therapy (REBT) was equally effective in enhancing self-esteem, decreasing aggression and decreasing depression for both male and female adolescent students. Further, there was a significant negative correlation between self-esteem and aggression with a large effect size, there was a significant negative correlation between self-esteem and depression with a large effect size and there was a significant positive correlation between aggression and depression with a small effect size.

Findings indicated that Rational Emotive Behavior Therapy (REBT) intervention technique has made a positive impact in enhancing self-esteem, and alleviate aggression and depression among adolescent students.

**Keywords:** Rational Emotive Behavior Therapy, Self-Esteem, Aggression, Depression, Adolescent Students.