The present study was initiated by the investigators' interest in the behaviour of children, particularly the modification of their behaviour in a desirable direction. Altruism is a prosocial behaviour which is declining day by day in the so called modern society. Like every other behaviour, altruistic behaviour is also an acquired behaviour. Since it is an acquired or learned behaviour, efforts can be made to increase this pro-social behaviour through techniques of behaviour modification. Some literature is available to show the efficacy of behavioural techniques in the modification of altruism. Modelling technique has been used for the purpose but according to the investigator, the affect of modelling remains incomplete unless an effort is made to influence or change the cognitions of people whose altruistic behaviour is to be increased. This sounds logical because there are two main aspects of altruistic behaviour: emotional and cognitive. Hence, in the present study it is hypothesized that modelling in combination with cognitive restructuring will be more effective and long lasting in increasing altruistic behaviour among humans.

Chapter I (Introduction) deals with a brief introduction to the concept of altruism: its nature and definition including controversies, and factors affecting altruistic behaviour. A brief introduction to the techniques of modelling and cognitive restructuring is also included. Finally, justification for the present research has also been given.
Chapter II (Related literature) deals with a brief report of the relevant literature available on altruism and its modification through behaviour modification techniques. On the basis of the review of relevant literature the need for inclusion of cognitive restructuring technique in the intervention programmes to enhance altruistic behaviour has been emphasized.

Chapter III (Methodology) is devoted to a scientific description of the research methodology followed in the present research. Hypothesis, sample, design, tools and procedure, all have been carefully explained.

Chapter IV deals with scoring, statistical analysis, data and interpretation of results. Finally chapter V deals with discussion of the results of the present research. Reference is also made to some relevant research studies to explain the results.

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