

Efficacy of Teaching Basic Principles of REBT on Depression among Middle Aged Men

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Abstract:

The primary aim of the study was to assess the efficacy of Rational Emotive Behaviour Therapy (REBT) on depression among middle-aged men. The final sample included 40 middle-age men (age group of 33 years to 53 years). The selection of the subject was on purposive based. The Beck Depression Inventory (BDI) used for this study. The experimental group subjects received ten teaching sessions of basic principles of REBT including ABC model of emotional regulation, Causes of Psychological Disturbances, find Difference between rational and irrational thoughts etc. and the control group received no teaching of REBT. Pre-test and post-test administered on an experimental and control group. A proposed statistical procedure is Descriptive statistics, i.e. Mean, S.D will be computed and 't' test. Conclusive results show that efficacy teaching principles of REBT are helpful in soothing and decreasing depression among middle-aged men.

Keywords: Teaching of Basic Principles of REBT, Psychological Disturbance, Emotional Regulation, Depression, Middle-Aged Men.

Introduction:

Albert Ellis established Rational Emotive Therapy in 1955. His impression in the field of brain science is exceptional and astounding. He was recorded as the second most persuasive psychotherapist on the planet review by API. Discerning Emotive Behavior treatment manage our everyday feelings and conduct turn out from the psychological procedure and our conviction

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frameworks. This hypothesis secured a wide scope of psychological, emotional issue. From Stoic perspectives, "Individuals are upset not by things yet by their perspective on things." Ellis demands that as a human, we are organically inclined to think unreasonably. Our contemplations, sentiments and conduct are related. Its legitimately or in a roundabout way psychologically influence emphatically just as adversely to our life. REBT causes customers to ponder themselves, others and the world. Treatment and advisor help us to explain emotional bunches of our life. Model of ABC clarifies the "A" represent Activating occasions implies occasions that occur before, present or possibly in future, B represents our perspectives, conclusions and conviction about that specific occasions. Also, C represents results of the occasions. "B" normally fills in as a basic middle person among "An" and "C". In straightforward words, "An" is the not after-effects of "C "however our perspectives, considerations, for example "B" results outline astounding or antagonistic results. Depression: Depression commonly originates from the loss of enthusiasm for pleasurable exercises. Unending rumination trigger to depression. Reckless conduct, dull considerations, an individual do his everyday work like just shift responsibility elsewhere and fidgeting the thumb, delays of basic assignments. The individual had ruined socially dynamic relations and lessened usefulness at the work environment. The high-hazard level of self-destructive idea designs in a large portion of the burdensome individual. As indicated by WHO in India, depression is a significant inescapable, uncontrolled psychological issue. Need to a progressively mental specialist, Counselor, and Psychosocial laborer to deliberately deal with and handle this incensed issue

Middle age: Middle age is the time of age past youthful adulthood, however before the beginning of mature age (Erickson). In India, middle-aged men are unlimited duties. They were not really adjusting family obligations and working environment. They are depleted to satisfy the desire for all. In this age, there are emerging of numerous physical issues like weight gain(due to hormonal changes), delicate bones, body shortcoming, strains, Sugar, B.P, money related issues and so forth. Because of absence of demonstrating demeanor of despondency, men are faces numerous emotional and psychological issues like indications of depression, loss of deftness, Irritation, loss of sadness and so forth.

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Significance of study: This study may provide quantitative data on the efficacy of teaching basics tenet of Rational Emotive Behaviour on the depression of middle-aged men.

Review of Literature:

1) Flanagan and Henry(2010) researched that impact of outrage management treatment and REBT on working women result from shows easing outrage just as depression and improving the social aptitude.

2) David, Lupu(2008) researched the impact of 14 weeks session of REBT on non-insane significant burdensome issue utilized Hamilton Rating Scale and the Beck Depression Inventory for Depression. The outcome showed the effect of REBT diminished depression level

3) Das Divya, in her exploration, shows the work-life parity of women professional. Factor investigation was performed on the review, and it was discovered that two components, to be specific psychological and subjective factor, are awkward nature among women laborers.

Statement of Problem: Efficacy teaching basic principles of Rational Emotive Behaviour Therapy like ABC model, Emotional regulation and nature of Psychological disturbance on depression among middle-aged men.

Methodology: For This research paper following methodology process as follow

Objective: To find the efficacy of teaching of basic principles of Rational Emotive Behaviour Therapy (REBT) on depression among middle-aged men

Hypothesis:

Teaching of basic knowledge of Rational Emotive Behaviour Therapy to the middle-aged men's group help to alleviate the level of depression among middle-aged men.

Sample:

Sample for the present research paper were selected 33 to 53 middle-aged men from Satara Area Beed bypass Aurangabad. For the current research using a purposive sampling technique. The final sample for the study included 40 middle-aged men. The experimental group was taught basic principles of REBT including emotional regulation, the ABC model of Albert Ellis, Causes

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of psychological disturbances. Control group did not receive any teaching concepts of REBT

Variables:

Independent Variable:

Teaching of Basics of Rational Emotive Behaviour Therapy.

Dependent Variable:

Depression.

Measurement tools:

Beck's Depression Inventory (BDI): The Beck Depression Inventory (BDI) is a 21 item self-report rating inventory that measures attitudes and symptoms of depression. Questions are a set of at least four probable answer selections, ranging in strength. After the test counted, a value of 0 to 3 allocated for each answer and then the total score is matched to a key to specify the depression's severity. Higher overall ratings indicate more severe depressive symptoms. Reliability: Internal consistency for the BDI ranges from .73 to .92 with a mean of .86 (Beck et al.,1961). Validity: Hamilton Psychiatric rating scale of depression (.73), The Zung self-reported depression scale(.76) and the MMPI depression scale(.76).

Design:

Quasi-experimental design(Multiple time series design)O1*O2

Procedure:

The selected subjects were randomly assigned to the experimental and control groups. The experimental group had 20 men. The control group also had 20 men. The experimental group received ten teaching session of basic principles of REBT (One teaching session after every two days of 45 to 60 minutes. at evening), and the control group received no teaching session of REBT. The dependent variable was measured before and after the teaching session.

The teaching of Basic Principles of Rational Emotive Behaviour Therapy (REBT) Programme:

1) ABC Model: In the ABC model, the event is represented by the letter A (activating event or adversity), the beliefs simplify the letter B, and finally, emotions and behaviour are expressed by C (consequences). It is not outside events (A) that cause their dysfunctional reactions (C), it is their irrational beliefs, thoughts (B), and thus, they are in control of how they respond to adversity because they can have autonomy over their ideas. In ABC model A*B*C are interdependent. One's action triggers another reaction. So A, B and C all are closely related, and none of them tends to exist without others.

2) Emotional regulation: Emotions tend to be results of our rational and irrational thoughts and beliefs, and we cannot eliminate all our bad emotions, but we can only regulate it. Its includes Rational ideas are flexible, non-extreme, and logical (i.e., consistent with reality), and in contrast, irrational beliefs are rigid, extreme, and illogical (i.e., inconsistent with reality).

3) Psychological disturbance lies the tendency of humans to make the absolutistic evaluation of the anticipated events in their lives. These evaluations are included in the form of absolute must, have, ought to absolute cognitions are at the core of the human Psychological emotional and behavioural disturbance. In the teaching programme taught to the middle-aged men, the role of must, ought to in our thinking patterns.

Its effect on our emotions, behaviour and beliefs, So need to find out first our Irrational Beliefs like

1) Demandingness: It helps to stem out our dysfunctional emotional and behavioural outcomes.

2) Awfulizing: Awfulizing irrational belief associated with a submissive interpersonal style

3) Low frustration tolerance (LFT): It is positively related to the aggressive expression of anger.

4) Depreciation: It is one more irrational belief. It has elucidated positive associations with defensiveness to negative feedback. Irrational thoughts can spoil our emotional life.

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Some stringent and harmful irrational thoughts in our understanding system

1) I need love and approval appreciation from those significant to me, and I must avoid disapproval from any source.

2) To feel happy and be worthwhile, I must achieve, succeed in every field.

3) People should always do the right thing. When they behave unfairly or selfishly, they must be blamed and punished.

4) The life situation must be the way I want them to be; otherwise, life will be intolerable. In teaching session of REBT taught them different coping skill strategies to overcome depression and soothing of its intensity

Post Assessment: The delayed post-test was conducted after the teaching of ten sessions after the last meeting of the group. Once again, all the questionnaires were administered to the participant of both the experimental and control group to respond.

Result and Discussion: In the present study to analyse the data, statistical methods such as Mean, SD and 't' test to compare pre-post scores between the experimental and control group. Mean and SD score of pre-post-test for the experimental and control group on depression.

Groups	Times	N	Depression		
			Mean	SD	T value
Experimental	Pre test	20	26.09	4.54	9.09
	Post test		15.22	2.87	
Control	Pre test	20	25.77	4.51	0.38
	Post test		25.27	4.32	

Fig.No1 Bar diagram showing Mean values for depression for experimental group Middle aged men

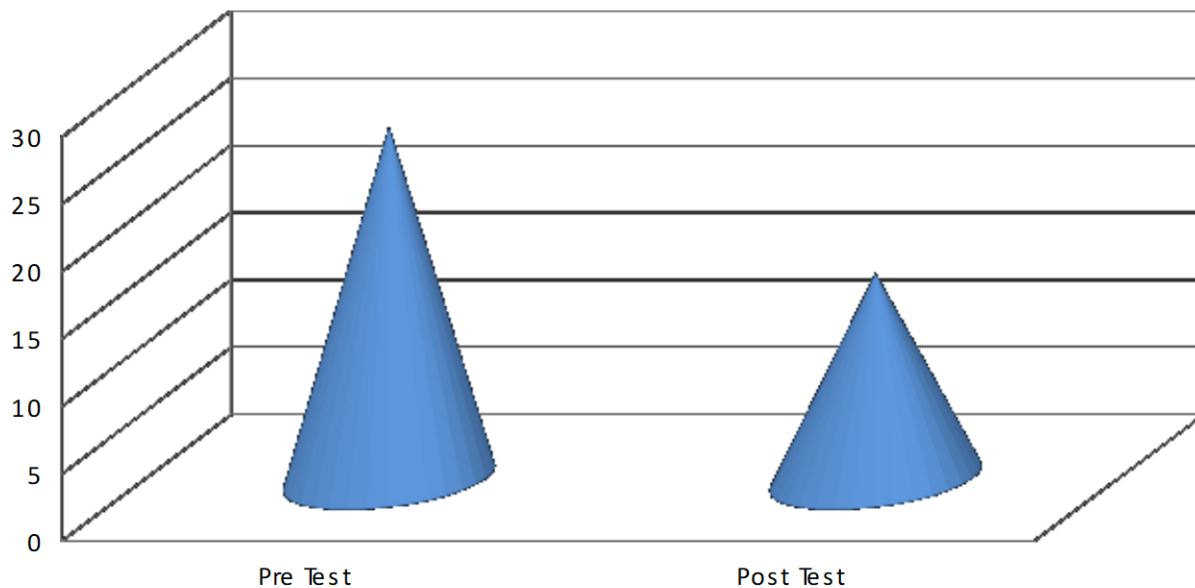
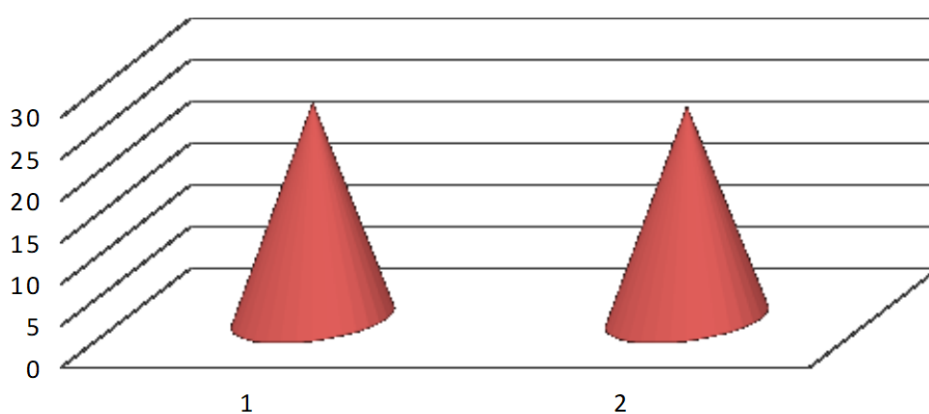
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Fig.No 2 Bar diagram showing Mean values for depression for control group of middle aged men



Above data mean and SD scores of pre and post-treatment for the experimental and control groups on depression. It indicated that there were a change (reduction) pre-test and post-test treatment in depression. For experimental group depression pre-test mean score was 26.09 and S.D is 4.53 whereas post-test mean score is 15.22 and SD mean it is 2.81 decreased in post-treatment of REBT session. For the control group depression, pre-test and post-test not significant changes in Mean and SD Score. The hypothesis is tested and verified.

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Limitation and suggestions of the present research: Some weakness here in this study are 1) The population was limited areas restricted to Aurangabad district only. It can spread into other regions where famine, lack of industries, a lacuna is implementation government policies. Problems in farming fields. Etc. Boost pervasiveness of depression 2) The sample of the study was small. 3) Significant illiteracy in the psychological problem. And therefore no awareness about emotions and it is regulation 4) Not focus on teaching basic principles of REBT from school level. Its promote to alleviating and soothing our emotional life problems. 5) Area of living, i.e. urban and rural focuses, are different. 6) Need for more expertise in teaching basic tenet of REBT psychologist or Counsellor.

Conclusion:

It interprets that efficacy of teaching basic principles of REBT on the depression of middle-aged men. In the new era of digitalisation and globalisation, our life drastically changes. The role of men is changed. So he takes care of his emotionality and finds the way of solving his problems. Everyone is not directly going to the hospital for psychological aid. So learning of some basic ideas of REBT is need of time. And its application in day to day life boost our self to tackle all our disturbing Emotional, behavioural thoughts pattern.

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