

## Impact of REBT on Depression among Middle-Aged Working Women

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### ABSTRACT

The main of the study was to assess the impact of Rational Emotive Behaviour Therapy (REBT) on depression among middle-aged working women. The final sample included 40 middle age working women (age group of 35 years to 55 years). The subject was selected purposive based. The Beck Depression Inventory (BDI) used for the present study. The experimental group subjects received eight sessions of REBT intervention and taught the basics tenets of REBT, and the control group received no intervention. 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 and positive impact of REBT in decreasing depression among middle-aged working women.

**Keywords:** Basic tenet of REBT, Depression, working women.

**Rational emotive behaviour therapy** is constructed on the concept that our emotion and behaviour stem from our cognitive process and our belief systems. Albert Ellis founded rational emotive behaviour therapy in (REBT) in 1955. His influence in the field of psychology was remarkable. He was ranked the second most influential psychotherapist behind Carl Rogers but ahead of Sigmund Freud. The profound contribution of his work published in most American Counselling Journals in 1957. Therapy encompassed a wide range of psychological, emotional disorders. Its principle of change in beliefs benefits to all age groups. From Stoic views, "People are disturbed not by things but by their view of things." Ellis claimed that as a human, we are biologically predisposed to think irrationally. Our thoughts, feelings and behaviour are the interdependent psychological process. REBT helps clients to think more rationally about themselves, other people and the world. Therapy and therapist helps us to solve emotional riddles of our life.

**Depression:** Depression is typically characterized by loss of interest in pleasurable activities, low mood level, low self-esteem, monotonous thoughts, a person do his day to day work like only pass the buck and twiddling the thumb, the person had spoiled social relations and diminished occupational functionality at the workplace. The high-risk level of suicidal thought patterns in most of the depressive person. According to WHO in India, depression is

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major pervasive, rampant psychological disorder and need to more psychiatric in doctors, Counsellor, and Psychosocial worker to tackle this problem.

**Middle age :** Middle age is the period of age beyond young adulthood, but before the onset of old age (Erickson). In India, middle-aged working women responsibilities are endless. They were hardly balancing unpaid salary of domestic works and paid at the workplace. They are exhausted to fulfil the expectation of all. In this age, there are arising of many physical problems like weight gain(due to hormonal changes), fragile bones, body weakness, Sugar, B.P etc. Women are faces many emotional and psychological issues like depression, loss of agility, Irritation, loss of hopelessness etc.

**Significance of study:** This study may provide quantitative data on an impact of Rational Emotive Behaviour on the depression of middle-aged working women.

### REVIEW OF LITERATURE

- 1) Flanagan and Henry(2010) investigated that effect of anger management treatment and REBT on working women result from shows alleviating anger as well as depression and enhancing the social skill.
- 2) David, Lupu(2008) investigated the impact of 14 weeks session of REBT on non-psychotic major depressive disorder used Hamilton Rating Scale and Beck Depression Inventory for Depression. The result indicated the effect of REBT reduced depression level
- 3) Das Divya, in her research, shows the work-life balance of women professional. Factor analysis was performed on the survey, and it was found that two factors, namely psychological and cognitive factor, are imbalances among women workers.

**Statement of Problem:** Impact of Rational Emotive Behaviour Therapy on depression among middle-aged working women.

### METHODOLOGY

**Methodology:** For This research paper following methodology process as follow

**Objective:** To find the impact of Rational Emotive Behaviour Therapy (REBT) on depression among middle-aged working women

**Hypothesis:** Rational Emotive Behaviour Therapy sessions and intervention help to alleviate the level of depression among middle-aged working women.

**Sample:** Sample for the present research paper were selected 35 to 55 middle-aged working women from Deolie Area Beed bypass Aurangabad. For the current research using a purposive sampling technique. The final sample for the study included 40 middle-aged working women. The experimental group was taught basic tenet of REBT session of REBT and Control group did not receive any intervention.

#### Variables

**Independent variable:** 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 characteristic attitudes and symptoms of

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depression. Each question has a set of at least four probable answer selections, ranging in strength. After the test is counted, a value of 0 to 3 is allocated for each answer and then the total score is compared 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 middle-aged working women. The control group also had 20 women. The experimental group received eight sessions of REBT (One session after every two days of 45 to 60 minutes.at evening), and the control group received no session and intervention of REBT. The dependent variable was measured before and after the intervention.

**Rational Emotive Behaviour Therapy (REBT) Intervention Programme:** REBT places this central idea or philosophy into an ABC framework where the event is represented by the letter A (activating event or adversity), the beliefs are allocated 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 (B), and thus, they are in control of how they respond to adversity because they can have autonomy over their beliefs. In REBT rational beliefs are defined as beliefs that 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). General Irrational Beliefs: 1) Demandingness: Demandingness in REBT is the primary irrational belief. It is positively related to a vast array of dysfunctional emotional and behavioural outcomes. 2) Awfulizing: Awfulizing in REBT is a secondary irrational belief and has been positively associated with a submissive interpersonal style 3)Low frustration tolerance (LFT): Low frustration tolerance is a secondary irrational belief. It is positively related to the aggressive expression of anger.4) Depreciation is a secondary irrational belief. It has elucidated positive associations with defensiveness to negative feedback.

Irrational thoughts can spoil your emotional life.

1)I need love and approval from those significant to me, and I must avoid disapproval from any source.2). To feel happy and be worthwhile I must achieve, succeed at whatever I do, and make no mistakes. 3). People should always do the right thing. When they behave obnoxiously, unfairly or selfishly, they must be blamed and punished.4). Things must be the way I want them to be; otherwise, life will be intolerable. 5). Things which are outside my control cause my unhappiness, so there is little I can do to feel any better. In intervention session of REBT taught them different coping skill strategies to overcome depression.

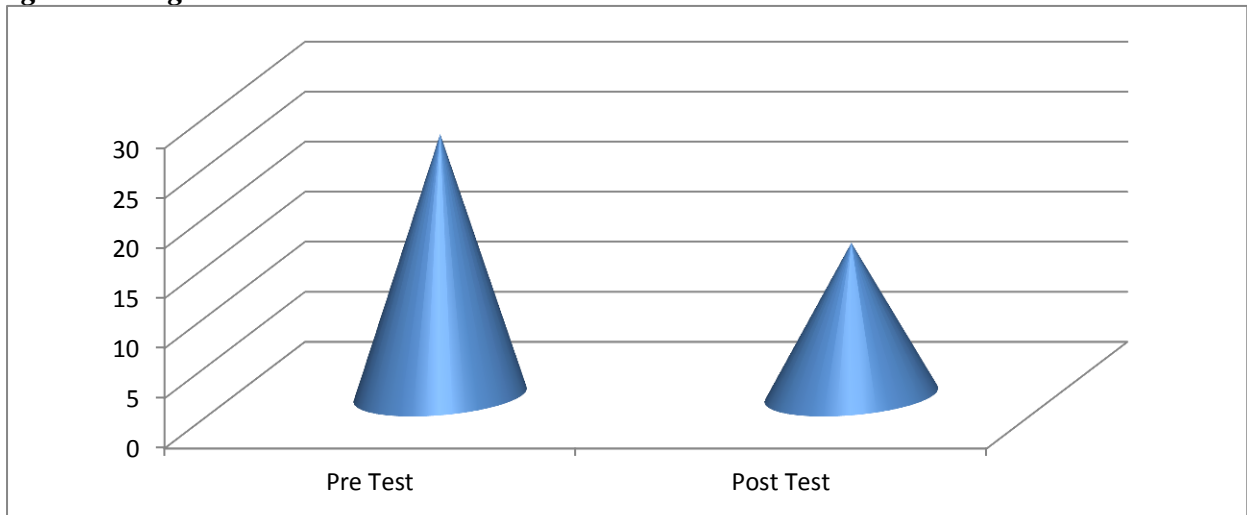
**Post Assessment:** The delayed post-test was conducted after two weeks after the last session of the group. Once again, all the questionnaires were administered to the participant of both the experimental and control group to respond.

**RESULT AND DISCUSSION**

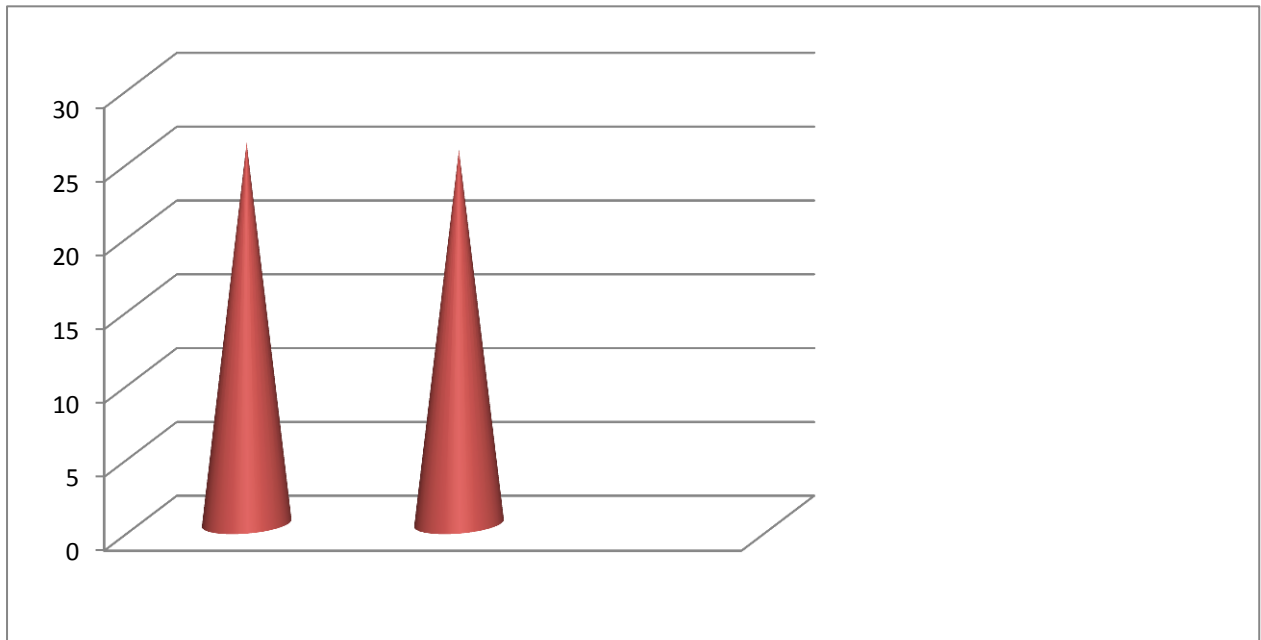
In the present study to analyse the data, statistical methods such as Mean, SD and 't' test to compare pre-post scores between experimental and control group. Mean and SD score of pre-post test for experimental and control group on depression.

Groups	Times	N	Depression		
			Mean	SD	T value
Experimental	Pre test	20	26.12	4.55	9.10
	Post test		15.25	2.82	
Control	Pre test	20	25.80	4.52	0.39
	Post test		25.30	4.33	

*Fig.No1 Bar diagram showing Mean values for depression for experimental group Middle aged working women.*



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



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Above data mean and SD scores of pre and post treatment for the experimental and control groups on depression. It indicated that there was a change (reduction) pre test and post test treatment in depression. For experimental group depression pre test mean score was 26.12 and S.D is 4.54 where as post test mean score is 15.25 and SD was 15.25 mean is 2.82 decreased in post treatment of REBT session. For the control group depression pre test and post test not major changes in Mean and SD Score. Hypothesis is tested and verified.

### *Limitation and suggestions of the present research*

Some limitation inhere in this study are 1) The population was limited areas restricted to Aurangabad district only. It can spread into other areas also. 2) The sample of the study was small. 3) No Awareness about Our Emotional, psychological problem. 4) Not focus on REBT for alleviating and soothing our emotional issues.5) Area of living, i.e. urban and rural focuses, are different.6) Need for more expertise in REBT psychologist or counsellor.

## **CONCLUSION**

It interprets that positively impact of REBT on the depression of middle-aged women. After the arising globalization, drastically changes the role of women from the kitchen to the office. So she takes care of her emotionality and finds the way of her problems. Everyone is not directly going to the hospital for psychological aid. So REBT and its application in day to day life boost our self to tackle all our disturbing Emotional, behavioural thoughts pattern.

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### ***Conflict of Interest***

The author declared no conflict of interests.

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