

# A STUDY TO ASSESS THE EFFECTIVENESS OF RATIONAL EMOTIVE BEHAVIOUR THERAPY ON LEVEL OF DEPRESSION AMONG DEPRESSIVE PATIENTS ADMITTED IN RAMA HOSPITAL & RESEARCH CENTRE, KANPUR.

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## ABSTRACT

Emotions control our thinking, behavior and actions. Many people were never taught how to express their emotions, this leads to Depression. This study aims to assess the effectiveness of Rational Emotive Behavior Therapy on level of depression. Quantitative research approach, Pre experimental one group pretest posttest design was utilized. By using Non probability convenience sampling technique 60 samples were selected and the samples who met the inclusion criteria, with the help of Beck depression inventory pretest & posttest level of depression were assessed. The results of the study with regard to effectiveness of rational emotive behavior therapy reveals that the pretest mean is 20.01 and standard deviation is 1.18, whereas posttest mean is 11.76 and standard deviation is 0.63. The calculated value of z- test is 58.92 and tabulated value is 1.96. The study concludes that rational emotive behavior therapy is an effective psychotherapeutic approach in reducing the level of depression among depressive patients.

## I. INTRODUCTION

Emotions control our thinking, behavior and actions. Many people were never taught how to express their emotions, this leads to Depression. Depression is the common cold of mental disorders and it is a common emotion felt during life transitions associated with long duration of episodes, high rates of chronicity, relapse and recurrence. Rational emotive behavior therapy effectively deals with depressive thinking and preventing depression from coming back.

**Key words:** Depression, Rational Emotive Behavior Therapy

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## II.NEED FOR THE STUDY

As the part of treatment there are various cognitive methods are available for arresting depression. Among that the Rational emotive behavior therapy method would seem to be the comprehensive approach for defeating negative thoughts and this method can be beneficially directed towards addressing both irrationalities in depressive thinking but also conditions that commonly coexist with depression.

## III.PROBLEM STATEMENT

A study to assess the effectiveness of Rational Emotive Behavior Therapy on Level of Depression among Depressive Patients admitted In Rama Hospital & Research Centre, Kanpur.

## IV.OBJECTIVES:

- To determine the level of depression among depressive patients.
- To assess the effectiveness of rational emotive behavior therapy on level of depression among depressive patients.
- To find the association between the effectiveness of rational emotive behavior therapy on level of depression among depressive patients with their selected socio demographic variables.

## V.METHODOLOGY

### RESEARCH APPROACH:

Quantitative research approach was utilized to assess the effectiveness of Rational emotive behavior therapy on level of depression among depressive patients.

### RESEARCH DESIGN:

Pre experimental one group pretest posttest design is selected by the investigator to conduct the study.

### SETTING OF THE STUDY:

The study was conducted in Rama hospital& Research Centre in Kanpur.

### POPULATION:

In this study the population is the adults between ages of 20-40years admitted in psychiatry ward.

### SAMPLE:

Sample consists of depressive patients between the age of 20-40 years, diagnosed with depression admitted in Rama hospital & Research Centre, and who fulfils the inclusion criteria.

### SAMPLING TECHNIQUE:

The sampling technique adopted for this study was Non probability convenience sampling technique

### SAMPLE SIZE:

The sample size of study was 60 depressive patients.

### CRITERIA FOR SAMPLE COLLECTION:

#### Inclusion criteria:

#### Depressive patients

- With mild to moderate level of depression
- Between 20-40 years of age.
- Who can read and write Hindi or English.
- Both genders.

#### Exclusion criteria:

#### Depressive patients

- With severe depression.
- With bipolar disorders
- Who are not willing to participate.

### VARIABLES OF THE STUDY:

**Independent variable:** Rational emotive behavior therapy.

**Dependent variable:** Level of Depression.

### DISCRPTION OF THE TOOL:

**The tool divided in to three parts:**

Part: 1-deals with socio demographic variables.

Part: II- Beck depression inventory.

## SCORE INTERPRETATION

Category	Score
Normal	0-9
Mild depression	10-18
Moderate depression	19-29
Severe depression	30-63

Part: III- Rational emotive behavior therapy.

**VI. DATA COLLECTION PROCEDURE:**

The data collection procedure was done for a period of 4 weeks. After obtaining formal permission from the Ethical committee, Medical superintendent, Nursing superintendent, Head of the department of psychiatry data collection was started. Depressive patients who fulfilled the inclusion criteria were included in the study after obtaining informed consent the confidentiality of shared information was

assured. Then the level of depression was measured by using Beck depression inventory, the mild and moderate level of 60 patients with depression were selected Rational emotive behavior therapy was given for 4 weeks, first 2 weeks 4 sessions in each week then next 2 weeks 2 sessions in each week, each session was conducted for 50 minutes and total 12 sessions to decrease in irrationalities in thinking process. On 30<sup>th</sup> day post test was conducted.

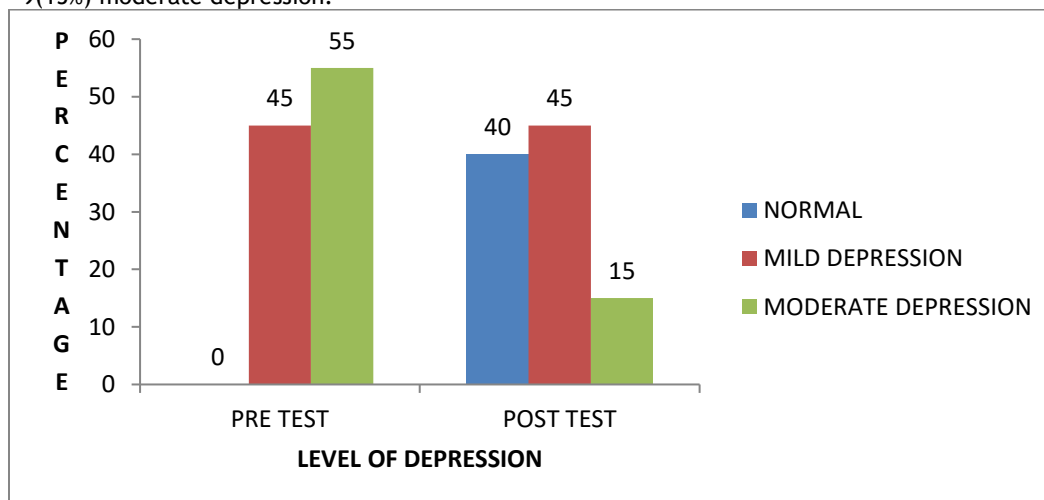
**VII. RESULTS**

**SECTION-I**

**TABLE1: Effectiveness of Rational emotive behavior therapy on level of depression among depressive patients. (N = 60)**

S.no	Level of Depression	Pre test		Post test	
		Frequency (n)	Percentage (%)	Frequency (n)	Percentage (%)
1.	Normal	-	-	24	40
2.	Mild	27	45	27	45
3.	Moderate	33	55	9	15

**Table 1** Reveals the effectiveness of Rational emotive behavior therapy on level of depression among depressive patients. In pretest 27(45%) patients had mild depression and 33 (55%) patients had moderate depression. In posttest 24(40%) are normal, 27(45%) had mild depression and 9(15%) moderate depression.



**Fig 1** Percentage distribution of effectiveness of Rational emotive behavior therapy on level of depression among depressive patients.

**VIII.MAJOR FINDINGS OF THE STUDY:**

Among the 60 samples in regard to the age, 18(30%) belong to 36-40 yrs, 32 (53.4%) are females, 21 (35%) are unemployed, 22 (36.6%) earn 4,000-6500, 28(46.6%) live in rural area, 36 (60%) have habit of watching T.V, 33(55%) live in nuclear family, 32(53.4%) have other disorders, 58(96.6%) are suffering with

depression from 1 year. With regard to effectiveness of rational emotive behavior therapy reveals that the pretest mean is 20.01 and standard deviation is 1.18, whereas posttest mean is 11.76 and standard deviation is 0.63. The calculated value of z- test is 58.92 and tabulated value is 1.96. Since the calculated value is more than the table value

the null hypothesis (H0) is rejected and research hypothesis (H1) is accepted.

#### IX. CONCLUSION

The study concludes that rational emotive behavior therapy is an effective psychotherapeutic approach in reducing the level of depression among depressive patients. It can be practiced easily as it is less time consuming and cost effective.

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