

Abstract

This study of the effect of Group Rational Emotive Behavior Therapy (REBT) on increasing self-acceptance of abused children participating in Group REBT would make changes in their personality and increase their self-acceptance level. The study was a quasi-experimental research with pretest-posttest control group design.

The sample was abused children between the age of 12-15 years who were at Udonthani Home for Girls. Seventeen subjects were divided into two groups, eight in the treatment group and nine in the control group. Participants of each group volunteered and had moderate to low levels on the Self-Acceptance Scale. The treatment group participated in a four-week Group REBT program consisting of eight sessions 90-120 minutes each with the researcher performing as the group leader.

Instruments used in this study were:

1. The Group REBT program as constructed by the researcher.
2. Unconditional Self-Acceptance Questionnaire (USAQ) of Chamberlain as adapted by the researcher.
3. Behavior record of children was constructed by the researcher and recorded by officer of Udonthani Home for Girls.

The statistical Wilcoxon Sign-Rank Test and Mann-Whitney-Test were conducted to determine significant differences in mean scores between two groups at pretest and posttest and at four-week follow-up.

The result revealed that, comparing the two groups at posttest, the treatment group that participated in Group REBT had statistically significant higher mean scores than the control group at 0.05 level. Also the analysis of the treatment group at pre-test and posttest revealed statistically significant increases in mean scores at .05 level. The analysis of the treatment group at posttest and four-week follow-up were not found to be significantly different. The control group did not have a statistically significant increase in mean score between the pretest, posttest and four-week follow-up.

In conclusion, the study indicated that the Group REBT program focused on disputing irrational beliefs along with the process of therapeutic change applying the cognitive-emotive-behavior techniques achieved satisfactory results in changing personality and increasing self-acceptance levels. Thus, the program can be used or adapted to promote self-acceptance for those who need psychological help.