

Effect of Cognitive Reframing Therapy to Improve Self-Esteem among Blue Collar Workes with Hopelessness

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ABSTRACT

Self-esteem refers to an individual's perception or subjective appraisal of one own self-worth, one feeling of self-respect and self-confidence, and the extent to which the individual holds a positive or negative view about self. Cognitive reframing – It is a technique used to shift your mindset so you are able to look at the situation, person, or relationship from a slightly different perspective. it can sometimes be helpful to have a therapist's assistance, particularly if you are caught in a negative thought pattern. So, when the technique is used in a therapeutic setting and practiced with the help of a therapist known as cognitive restructuring. The term cognitive restructuring has been used to describe the schematic change mechanism articulated in CT. It refers to a structured, collaborative therapeutic approach in which distressed individuals are taught how to identify, evaluate, and modify the faulty thoughts, evaluations, and beliefs that are considered responsible for their psychological disturbance Cognitive reframing can help with stress, addiction, anxiety, chronic pain depression, eating disorder, insomnia, pain disorders, post traumatic stress disorder, social anxiety disorder .

Key Words- Hopelessness, cognitive reframing therapy, self -esteem, blue collar workers.

INTRODUCTION

A psychiatric disorder or a mental disorder is a clinically significant psychological or behavioral syndrome that causes significant distress, disability, or loss of freedom and which is not a socially or expected response to a stressful life event, that conflicts between the society and the individual are not considered a psychiatric disorder. A psychiatry disorder should be a manifestation of behavioral psychological, and biological dysfunction in that person(textbook of psychiatry - Niraj Ahuja) Cognitive restructuring is the core therapeutic ingredient of cognitive therapy that was first introduced to the psychotherapy community by A.T.Beck and colleagues. His cognitive therapy (CT) has made a substantial contribution to current evidence-based cognitive behavioral therapy (CBT) for a variety of psychiatric disorders, most notably depression, anxietypersonality disorders, and more recently psychosis

Aim

To determine the effects of cognitive reframing therapy improve self-esteem among blue-collar workers with hopelessness

Objectives

- To find out the persons who have low self-esteem among blue-collar workers
- To find out the effect of conventional occupational therapy in the control group
- To find out the effect of cognitive reframing therapy in the experimental group.
- To compare the effect of conventional occupational therapy and cognitive reframing therapy between the control and experimental group

Research Hypothesis

There is a significant Improvement in self-esteem by using cognitive reframing therapy

METHODOLOGY RESEARCH DESIGN

Quasi-experimental type

Sampling technique -Convenient sampling method

Sample size

Totally 30 subjects were taken in the study and divided into two groups the control group and the experimental group.

Sample setting

The research was conducted in Saveetha health science block Thandalam

Selection Criteria

Inclusion Criteria

- People between the age 22- 55 age
- Both male and female
- People with a depression score of above 9 on the Beck hopelessness scale
- People who speak and understand Tamil

Exclusion Criteria:

- People below the age of 22 years and above 55 years
- A person with cognitive impairment

Tools Used

1. Beck hopelessness scale (Hopelessness)
2. Rosenberg self-esteem scale

Duration

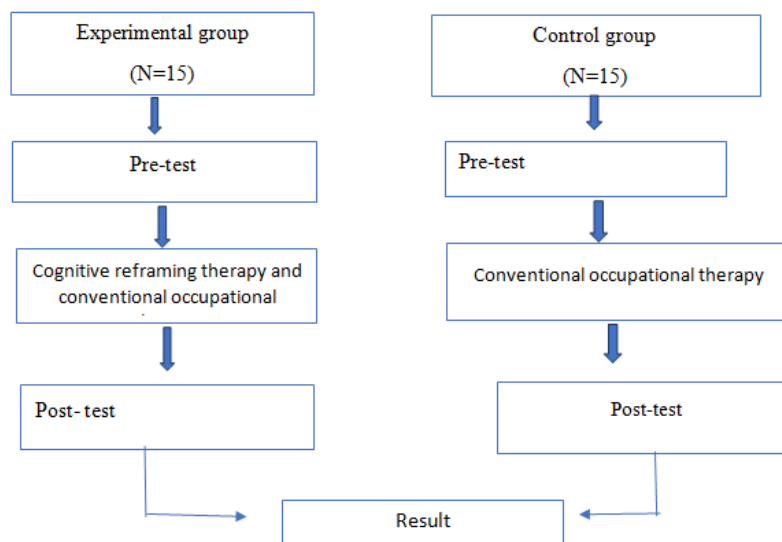
Three months and two sessions per week for forty-five mins to one hour

Procedure

A total of thirty (30) patients were selected according to the inclusion criteria. The subject's Hopelessness level was measured using the Beck hopelessness scale and the level of self-esteem was measured using the Rosenberg self-esteem scale. The samples were divided equally, fifteen (15) samples in the control group and fifteen (15) samples in the experimental group. The intervention is given to the sample that has moderate hopelessness and low self-esteem. The pretest and post-test were collected from both control and experimental groups. The experimental group receives Cognitive reframing therapy intervention whereas control group does not receive Cognitive reframing therapy intervention.

Intervention Protocol:

Each session is started up with a brief introduction about the activity to be done, followed up with a warm-up session and the session activity, and winded up the session with feedback.



DATA ANALYSIS AND RESULTS

Table 1: Statistical analysis of pre- test and post- test in the control group

	Mean	N	Z value	p value
Cntr_Pre	13.1333	15	-3.487	0.000*
Cntr_Post	15.7333	15		

*Significant at 5% alpha level

Since the p-value of 0.00 is lesser than 0.05, an alternate hypothesis is accepted. Hence, there is a statistically significant difference between pre-test and post-test scores in the Control Group of the scale. This suggests that the intervention received by the control group had significant improvement.

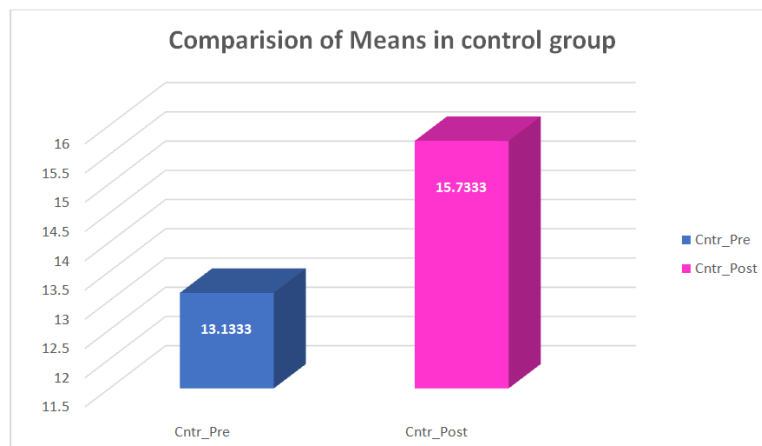


Figure 1

Table 2: Statistical analysis of pre- test and post- test in experimental group

	Mean	N	Z value	p value
Expt_Pre	12.7333	15	-3.451	0.001*
Expt_Post	18.9333	15		

* Significant at 5% alpha level

In the Experimental group, since the p value of 0.001 is less than 0.05, an alternate hypothesis is accepted. Hence, there is a statistically significant difference in the Experimental Group between pre-test and post-test scores on the scale. This suggests that the intervention received by the experimental group had significant improvement.

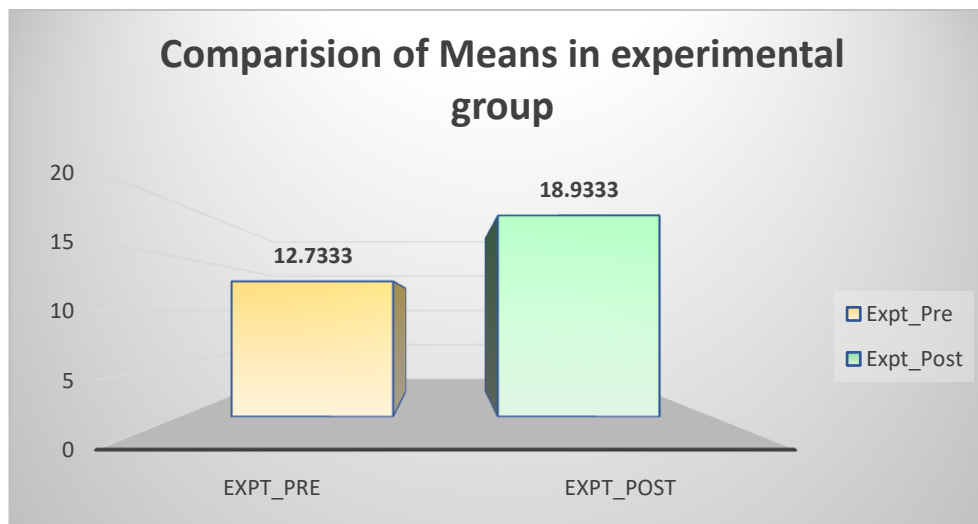


Figure 2

Table4.3 Statistical analysis between the post- test scores of the control and experimental group

	Mean	N	Z value	p value
Cntr_Post	15.7333	15	-4.52111	0.000*
Expt_Post	18.9333	15		

*Significant at 5% alpha level

Since the p-value of 0.000 is lesser than 0.05, an alternate hypothesis is accepted. Hence, there is a statistically significant difference in post-test scores between the Experimental and Control groups of the scale. This suggests that the intervention received by the experimental group had more improvement when compared to the control group.

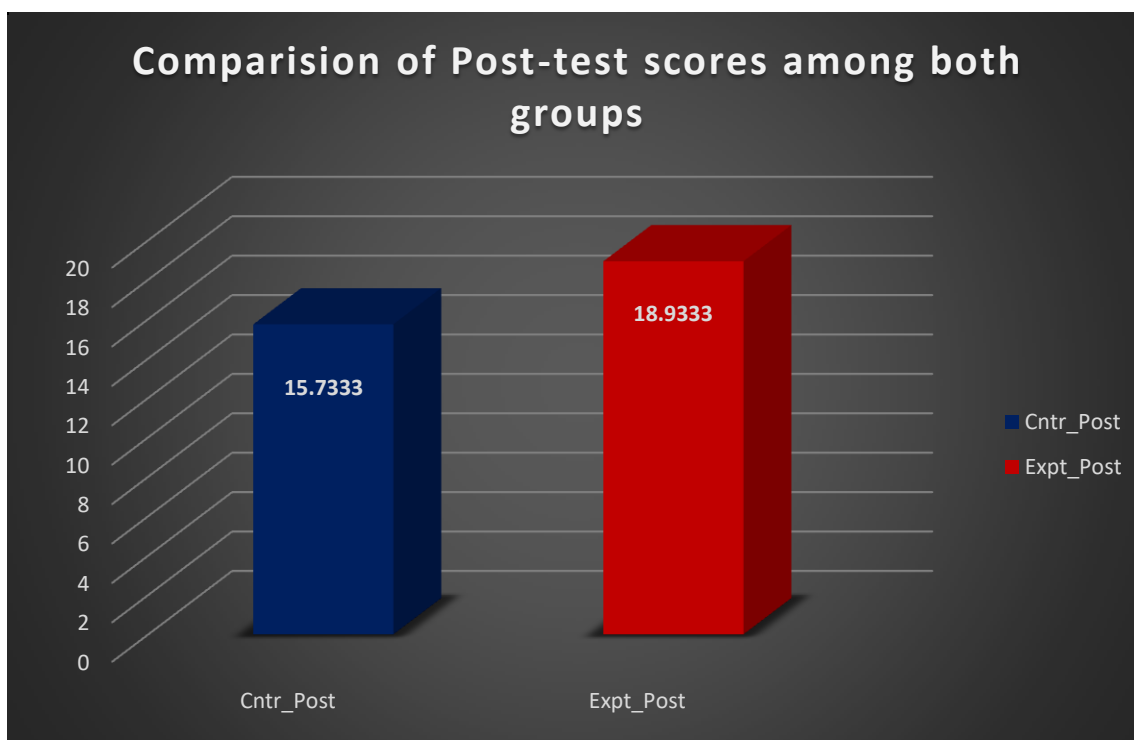


Figure 3

DISCUSSION

The study aims to determine the effect of cognitive reframing therapy to improve self-esteem in blue-collar workers **Table 1 and Figure 1** Showed the statistical analysis of the pre-test and post-test of Rosenberg self-esteem scale in control group. Since the p-value of 0.00 is lesser than 0.05, an alternate hypothesis is accepted. Hence, there is a statistically significant difference between pre-test and post-test scores in the Control Group of the scale. This suggests that the intervention received by the control group had significant improvement. Similar results were obtained in a study done by **R.8 Jamileh Kiani, Ali Pakizeh, Afshin Ostovar, Soudabeh Namazi 2011**. The study aimed at the Effectiveness of cognitive behavioral group therapy adolescents.

Table 2 and Figure 2 Showed that the statistical analysis of the pre-test and post-test of Rosenberg self-esteem scale in experimental group. since the p value of 0.001 is less than 0.05, an alternate hypothesis is accepted. Hence, there is a statistically significant difference in the Experimental Group between pre-test and post-test scores on the scale. This suggests that the intervention received by the experimental group had significant improvement. Similar results were obtained in a study **R.10 alialavi, baharesharifi, and gholamresadhebozorgi 2013**. The purpose of this study is to evaluate the effectiveness of cognitive behavioral therapy in decreasing suicidal ideation and hopelessness of adolescents with previous suicidal attempts.

Table 3 and Figure 3 Showed the statistical analysis of post-test of Rosenberg self-esteem scale in control and experimental group. Since the p-value of 0.000 is lesser than 0.05, an alternate hypothesis is accepted. Hence, there is a statistically significant difference in post-test scores between the Experimental and Control groups of the scale. This suggests that the intervention received by the experimental group had more improvement when compared to the control group. Similar results were obtained in a study **R.12Barbara Frimpong Manso, Godwin Awabil2017**. The study aimed at the Efficacy of combined therapy of cognitive restructuring and study skills counseling on test anxiety among senior high school students in Ghana.

The result shows that there was a significant improvement in the experimental group than the control group after receiving Cognitive reframing therapy.

This study proves the effect of cognitive reframing therapy on blue-collar workers thereby increasing their self-esteem.

CONCLUSION

The statistical result showed that there was a high statistically significant difference between the post test score of the control and experimental group. Hence This study proves the effect of cognitive reframing therapy on blue-collar workers thereby increasing their self-esteem. Other studies also shows that this kind of therapy is effective in treating blue collar workers with low self -esteem.

Limitations:

1. Study was done on small sample size.
2. The duration of the study was shorter.

Recommendations:

- 1 This study can be done with larger sample size.
- 2 This study can be carried out for a longer duration.
- 3 This study can be done for other mental conditions including anxiety, depression, insomnia, obsessive compulsive disorder, post-traumatic stress disorder, and substance use disorder, etc.

Ethical Clearance: Approval from the institutional ethics committee was obtained before the study.

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