

**EFFECTIVENESS OF GROUP REBT IN REDUCING IRRATIONAL
BELIEFS IN TWO GROUPS OF IRANIAN FEMALE
ADOLESCENTS LIVING IN KUALA LUMPUR**

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SYNOPSIS

The main purpose of this research is to study the effectiveness of group REBT in reducing irrational beliefs in two groups of Iranian female adolescents living in Kuala Lumpur. A number of 40 Iranian female adolescents participated in the study. The participants were assigned to two experimental and two control groups randomly. This study used the pre-test and post-test, by using Jones' Irrational Beliefs Test (Jones, 1969). Therapeutic sessions were held in 5 consecutive weeks, with two sessions a week. Each session lasted 90 minutes. The data were analyzed through the following statistical measures: (1) Gain Score Analysis (GSA); (2) Independent *t*-test; and (3) Paired *t*-test. The following conclusions are drawn from the study: First, the study indicates that comparing the experimental group and the control group of 12-14 year old adolescents, group REBT significantly reduced the following irrational beliefs in the experimental group: Approval from Others, Self Expectation, Emotional Control, Reaction to Frustration, Helplessness about Changing, Avoiding Problems, Concern about Future Problems, Relying on Others, Blaming, and Perfectionism.

Second, the study indicates that group REBT has significantly reduced irrational beliefs in the experimental group of 12-14 year old adolescents. Third, the study indicates that group REBT has significantly reduced irrational beliefs in the experimental group of 18-20 year old adolescents.

Fourth, the study indicates that comparing the experimental group and the control group of 18-20 year old adolescents, group REBT significantly reduced the

following irrational beliefs in the experimental group: Approval from Others, Concern about Future Problems, Emotional Control, Reaction to Frustration, Blaming, Self Expectation, Helplessness about Changing, Avoiding Problems, Perfectionism, and Relying on Others.

Fifth, the study indicates that the treatment has been effective more in the 12-14 year old group. In conclusion, group REBT has been effective in reducing irrational beliefs in Iranian female adolescents living in Kuala Lumpur. Based on the findings of this study, it is suggested that educational settings provide group counseling, especially for younger adolescents living abroad. Moreover, it is suggested that cognitive-behavior programming be integrated as a part of classroom curriculum.

KEBERKESANAN REBT KELOMPOK DALAM MENGURANGKAN
KEPERCAYAAN TIDAK RASIONAL DALAM KALANGAN
DUA KELOMPOK REMAJA PEREMPUAN IRAN
YANG MENETAP DI KUALA LUMPUR

SINOPSIS

Tujuan utama kajian ini adalah untuk menilai keberkesanan REBT Kelompok dalam mengurangkan Kepercayaan dalam dua kumpulan remaja perempuan Iran yang menetap di Kuala Lumpur. Sejumlah 40 remaja perempuan Iran menyertai kajian ini. Peserta diagihkan kepada dua kumpulan eksperimental dan dua kumpulan kawalan secara rawak. Kajian ini melibatkan ujian pra dan ujian pasca menggunakan Jones' Irrational Beliefs Test (Jones, 1969). Sesi terapi diadakan dalam 5 minggu berturut-turut, dengan dua sesi seminggu. Setiap sesi berlangsung selama 90 minit. Data dianalisis dengan menggunakan langkah-langkah statistik berikut: (1) Gain Score Analysis (GSA); (2) Independent *t*-test; dan (3) Paired *t*-test. Rumusan kajian ini adalah seperti berikut: Pertama, kajian menunjukkan bahawa setelah membandingkan kumpulan eksperimen dan kumpulan kawalan remaja berusia 12-14 tahun, REBT mengurangkan secara signifikan keyakinan tidak rasional berikut dalam kumpulan eksperimen: Penghargaan Orang Lain, Harapan Diri, Pengawasan Emosi, Reaksi Terhadap Kehampaan, Rasa Ketidakberdayaan Terhadap Perubahan, Menjauhi Masalah, Keresahan Terhadap Masalah Masa Hadapan, Bergantung kepada orang lain, Menyalahkan, dan Perfeksionisme. Kedua, kajian menunjukkan REBT telah mengurangkan secara signifikan keyakinan tidak rasional dalam remaja perempuan berumur 12-14 tahun dalam kumpulan eksperimen. Ketiga, kajian menunjukkan REBT telah mengurangkan secara signifikan keyakinan tidak rasional dalam kumpulan eksperimen remaja perempuan berusia 18-20 tahun. Keempat, kajian

menunjukkan bahawa membandingkan kumpulan kawalan dan kumpulan eksperimen remaja berusia 18-20 tahun, REBT secara signifikan mengurangkan keyakinan tidak rasional berikut dalam kumpulan eksperimen: Penghargaan Orang Lain, Keresahan tentang masalah masa depan, Pengawasan emosi, Menyalahkan, Reaksi terhadap kehampaan, Harapan Diri, Rasa ketidakberdayaan terhadap perubahan, Menjauhi masalah, Perfeksionisme, dan Bergantung kepada orang lain. Kelima, kajian menunjukkan bahawa rawatan didapati lebih berkesan bagi kumpulan remaja 12-14 tahun. Sebagai kesimpulan, REBT telah terbukti berkesan dalam mengurangkan keyakinan tidak rasional dalam remaja perempuan Iran yang tinggal di Kuala Lumpur. Berasaskan dapatan kajian ini, disyorkan bahawa seting pembelajaran menyediakan khidmat kaunseling kelompok terutamanya untuk remaja muda yang menetap di luar negara. Tambahan pula, disyorkan bahawa *cognitive-behavior programming* diintegrasikan sebagai sebahagian kurikulum bilik darjah.

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