ABSTRACT

The present study is aimed at investigating the Management of stress, depression, self-esteem and general health among literate unemployed. The first objective of the study was to assess the same among literate unemployed males. Second objective of the study was to assess the effectiveness of Rational Emotive Behavior Therapy (REBT) on the level of Stress, Depression, Dysfunctional Attitude, Self-esteem and General health among literate unemployed males.

The sample for this study included 30 literate unemployed male aged between 20 and 40 years. Subjects were selected randomly based on inclusion and exclusion criteria from a large pool of unemployed (N=435). Subjects were assessed using Stressful Life Events Questionnaire, Beck depression inventory, Dysfunctional Attitude Scale, Self-Esteem Scale and general health questionnaire (GHQ-28). Out of 435, 41 subjects met the cut off score criteria of research study (high stress, high depression, high dysfunctional attitude, low self-esteem and low general health). 30 subjects who were high in stress, depression, dysfunctional attitude and low in self-esteem, general health were selected and assigned randomly into experimental (N=15) and control group (N=15). Study included only males for the purpose of maintaining homogeneity of the group. Subjects in the experimental group received 27 sessions individual REBT including self-observation, relaxation, cognitive restructuring, anger management and assertive training. Result showed that subjects in experimental group showed significant decrease in stress, depression and dysfunctional attitude and enhanced self-esteem, general health from pre to post-treatment. Control group did not show any change from pre to post-treatment sessions.

Conclusion: Findings of the present study indicate that REBT is a useful technique to manage stress, depression, dysfunctional attitude, self-esteem and general health among literate unemployed males.

Key words: Stress, Depression, Self-esteem, Dysfunctional Attitude, General health, REBT, Unemployed.