The Effects of the Rational Emotive Behavior Therapy with Individual Counseling on Self-Esteem of Broken Hearted Women

■ **Pongsri Kunarak**
■ **Surin Suthithatip**
■ **Sompong Panhoon**

Abstract: *This experimental research, aimed to study the effects of the Rational Emotive Behavior Therapy with individual counseling on self-esteem of broken hearted women. The participants were 12 broken hearted women with score of self-esteem up to 5 score. The sample was female undergraduate from 18-22 years old who had experience of heartbreak not over 2 months. They were randomly using random assignment into 2 group equally; the experimental and control group. The two instruments used in this research were self-esteem inventory and Rational Emotive Behavior Therapy (REBT) with individual counseling program. Self-Esteem Test was developed by Sorensen Self-Esteem Test (Soren, 2006) which the researcher translated into Thai version with reliability at .85. The data collection procedure was divided into 3 phases: pre-test, post-test and follow up and analyzed by using repeated-measure analysis of variance: one between-subject and within subject variable, including pair comparison through the Bonferroni procedure.*

The results of the study indicated that there was a statistically significant interaction at the .05 level between the treatment method and the phase of experiment. The experimental group score had self-esteem higher than the control group with a statistically significant interaction at .05 for both post-test and the follow up. But, results of scores on self-esteem in the past-test and the follow-up were not statistically significant difference.

Keywords: REBT individual counseling, self-esteem, broken hearted women

Introduction

Affection is a kind of emotion when had been being refused that would be disappointment, lose self-esteem (Sternberg, 1988) teenage affection has sexual propulsion as element thus they are petulant, flip and variable. When be faced with disappointment will interact seriously (Amnpruksa, 2012) such as sorrow, feeling like losing self-esteem, self-injuring. (Sumnneangsanor, 2013) Disappointment of teenagers may be normal but almost people who interact with self-injuring would often mentally ill or depress, if good supporting is providing advices to go through miserable situations.(Wongpilomsanti, 2008) To reduce self-esteem affects to personal thought, emotion and behavior, even if person is thinking rationally, could reduce behaviors and settle any negative emotions.(Ellis, 1997) Rational Emotive Behavior Therapy with individual counseling could support to be self-perception, self and others-acceptance by pattern of ABCDEF, whereas ABCDEF were abbreviation of Activating event, Belief, Consequence, Disputing, Effect, new Feeling. Notion from information of Burapha University Bachelor collegian's previous research "Experiences of broken hearted women" in semester 1st /B.E.2558, were 112 broken hearted women, found that 10 men collegians were 10.87% and 82 women collegians were 89.13% who used to under be broken heart

and in semester 2nd / B.E.2558,were 42 broken hearted people found that 16 men collegians were 42.11% and 22 women collegians were 57.89% who experienced in heart breaking affected them to be easily moody, dearly, sad, greatest to lose self-esteem for others. The under was resulting to raise strain, sleepless symptom, anorexia. With these, researchers concentrated in developing self-esteem in women with Rational Emotive Behavior Therapy with individual counseling because of theory as above was used for counseling and was efficiency.

Objectives of research

To study of the effects of the Rational Emotive Behavior Therapy with individual counseling on self-esteem of broken hearted women.

Hypothesis of Research

    1. There has been interaction between the methods and the duration of the experiment.

    2. Broken hearted women whom received Rational Emotive Behavior Therapy with individual counseling have scores of self-esteem higher than broken hearted of women whom received counseling as regular at the phase of post-test.

    3. Broken hearted women whom received Rational Emotive Behavior Therapy with individual counseling have scores of self-esteem higher than broken hearted of women whom received counseling as regular at the phase of follow-up.

    4. Broken hearted women whom received Rational Emotive Behavior Therapy with individual counseling would have post-test score of self-esteem higher than pre-test.

    5. Broken hearted women whom received Rational Emotive Behavior Therapy with individual counseling would have follow up score of self-esteem higher than pre-test.

Expected outcomes of research

    1. These research's results notified of the Rational Emotive Behavior Therapy with individual counseling could support to the recipients will be self-esteem, get perceptions to face affection disappointments, to be sensible in any deciding. Research's results are trails in treating broken hearted of women in order to support to be more self-esteem.

    2. These research's results are approaches to treat broken hearted women in order to support to be more self-esteem.

Scopes of research

This research is Experimental Research Design purposes for studying about individual counseling's results follows Rational Emotive Behavior Therapy with self-esteem under broken hearted women, by scopes of the research following as.

    1. Population and Sample

       1.1 Population were female bachelor collegians who are studying in Burapha University, age between 18-22 year-old, willing to participate total 240 people.

       1.2 Samples were female bachelor collegians who were 12 broken hearted women, willing to attend the research and willing to participate in counseling program, have been experienced in heart breaking with transgender not over 2 months before attending this studying program and got self-esteem testing scores up to 5 scores. Arranging Random

Assignment in order to separate to be 2 groups were experiment group and control group with 6 people for each group.

2. Variables of the research

2.1 Independent variables compose of the following

2.1.1 Counseling program with divided into 2 groups;

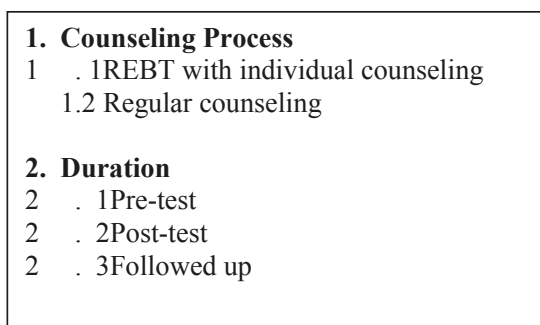2.1.1.1 Rational Emotive Behavior Therapy with individual counseling.

2.1.1.2 Regular counseling.

2.1.2 Duration of counseling were divided into 3 phases; pre-test, post-test and follow up.

2.2 Dependent Variable is self-esteem

Conceptual Framework

Independent variable

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1. Counseling Process
1   . 1REBT with individual counseling
    1.2 Regular counseling

2. Duration
2   . 1Pre-test
2   . 2Post-test
2   . 3Followed up
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Dependent variable

Self-esteem

Fig 1 Conceptual Framework

Methodology

B. Research instruments and data gathering

1. Disappoint experienced survey in affection which was made by researchers and was checked for proper by advisors.

2. Self-esteem test which was translated into Thai version and developed by researchers, via the original is from Sorensen Self-Esteem Test 50 English versions. (Sorensen, 2006) as the test is form of negative questions of their attitudes, aspects, emotions. Testing criteria calculate as 1 score for 1 answered item, There was Index of Item Objective Congruence (IOC) from 0.67 – 1.00 and reliability was 0.85.

3. Rational Emotive Behavior Therapy with individual counseling which was checked by 3 experts and then had tried out with 3 sessions (session 1, 3, 4) of sample groups who were not target groups, developed and improve before launching in this research with setting experiment group to receive counseling 2 times a week 45-60 minutes each time, had continued 6 weeks, totally experimental testing 12 times.

4. Dates and Time duration in conducting the research.

A. Procedures for conducting the research

5. Pre-test phase, researchers had kept data by themselves in order to choose sample groups by choosing female collegians who were wanted and got self-esteem testing scores

up to 5 scores from 50 scores together with be willing to participate the research totally 12 people and in this time, there was pre-test scores.

　　6. At the experimental phase, researchers provided Rational Emotive Behavioral Therapy with individual counseling with 12 times, 6 weeks, 2 times per week and 45-60 minutes a time, this for control groups who had received regular counseling.

　　7. Post-test phase, when finished the counseling program, the experimental group and control group had completed the self-esteem test, these scores was post-test scores.

　　8. The followed up phase, after had finished testing for 2 weeks, researchers provided them to complete the self –esteem test both 2 sample groups, these scores was follow up scores.

Results of research

Table 1 Average scores and standard deviation of self-esteem test of pre-test phase, post-test phase and follow up phase under REBT with individual counseling in experimental group and control group in regular counseling.

	Experimental group				Control group		
Number	Pre-test	Post-test	Follow-up	Number	Pre-test	Post-test	Follow-up
1	36	40	36	1	34	33	30
2	25	39	33	2	39	37	31
3	36	47	45	3	40	36	30
4	42	40	39	4	29	22	19
5	33	35	33	5	27	24	20
6	32	42	40	6	37	27	24
Total	204	243	226	Total	206	179	154
	34.00	40.50	37.67		34.33	29.83	25.67
S D	5.62	3.94	4.63	*S D*	5.35	6.37	5.39

　　From table 1 The Rational Emotive Behavior Therapy with individual counseling in experimental group had self-esteem average scores in Pre-test phase, Post-test phase and the followed up phase is 34.00, 40.50 and 37.67, respectively. For the control group in regular counseling had self-esteem average scores in Pre-test phase, Post-test phase and the followed up phase is 34.33, 29.83 and 25.67, respectively.

Table 2 Variation analyzed results of self-esteem scores between the treatment method and the phase of experiment.

Source of Variation	*df*	SS	MS	F	p
Between Subject	11	1205.417			
Group (G)	1	521.361	531.361	7.622*	.020
Ss w/in Groups	10	684.056	68.406		
Within Subjects	13.845	503.334			
Time	1.154	81.500	70.641	4.800*	.046
T X G	1.154	252.056	218.473	14.846*	.002
T X G w/in Groups	11.537	169.778	14.716		
Total	24.845	1708.751			

p < .05

From table 2 it was found that there was a statistically significant interaction at .05 level between the method and the duration of experiment. (*T x G*); show that the method together with the duration of experiment influence self-esteem scores. In addition, found that at the different times effect to self-esteem average scores were difference with a statistical significance at the .05 level and different treatment method effect to self-esteem average scores were difference with a statistical significance at the .05 level.
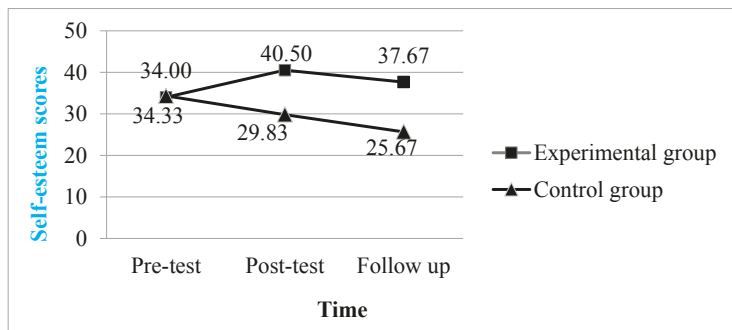

Fig 2 Interaction between the treatment method and the duration of the experiment in pre-test phase, post-test phase and follow up phase of broken hearted of women's self-esteem.

Form Fig 2 found that in pre-test phase, broken hearted of women experimental group and broken hearted of women control group got no statistically significant difference of self-esteem scores but in the post-test phase and followed up phase had changed self-esteem scores of experimental group with self-esteem average scores higher than control group. These show that treatment method and duration of experiment had influenced self-esteem mutually thus this made average self-esteem scores of broken hearted of women in experimental group and control group be different.

Table 3 Results of portion tests of treatment method in pre-test phase, post-test phase and follow up phase between experimental group and control group.

Source of Variation	df	SS	MS	F	P
Pre-test					
Between Groups	1	.083	.083	.003	.960
Within Groups	10	320.833	32.083		
Post-test					
Between Groups	1	341.333	341.333	12.176*	.006
Within Groups	10	280.333	28.033		
Follow up					
Between Groups	1	432.000	432.000	17.098*	.002
Within Groups	10	252.667	25.267		

*p<0.05

Table 3 found that in pre-test phase, experimental group and control group got average self –esteem scores were not difference with a statistical significance at the .05 level, but post-test phase and followed up phase, experimental group and control group got average self-esteem scores were difference with a statistical significance at the .05 level

Table 4 Results of portion tests of treatment method in experimental group.

Source of variation	df	SS	MS	F	P
Between subject	1	25387.556	25387.556	549.250*	.000
Time	1.114	108.111	97.082		
Error	5.568	131.222	23.567		
Total	7.682	25626.889	25508.205		
$\overline{X}$	Experimental group 34.00, 40.50, 37.67				

p<0.05

From Table 4 found that average self-esteem scores in pre-test phase, post-test phase and followed up phase was difference with a statistical significance at the .05 level. When had found differences in portion test then compared average self-esteem scores as matching with Bonferroni method, showing results on table 5.

Table 5 The average self-esteem scores compared results of broken hearted of woman who had received Rational Emotive Behavior Therapy with individual counseling in pre-test phase, post-test phase and follow up phase with as matching with Bonferroni method.

Matching	Mean Difference	Std.Error	Sig.
Post-Test – Pre-Test	6.000	2.646	.218
Followed up – Post-Test	2.833*	.749	.039
Follow up – Pre-Test	3.167	2.358	.711

p<0.05

From table 5 found that Experimental group got average self-esteem scores in post-test phase compare with pre-test phase and follow up phase compare with pre-test phase were not difference with a statistical significance at the .05 level. Interestingly there was difference with a statistical significance at the .05 level of average self-esteem score between follow up phase and post-test phase.
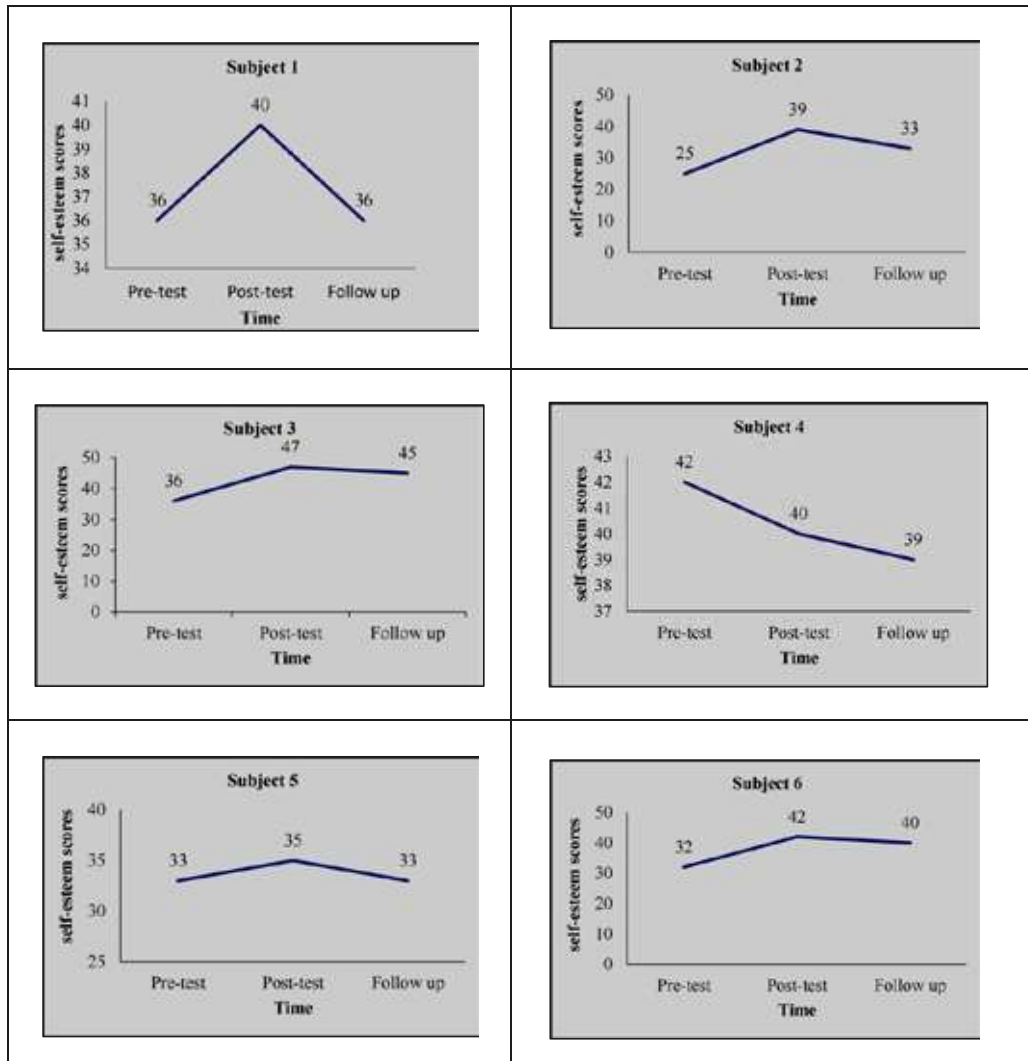
Fig 3 Experimental compared results Graph of experimental group with comparing between 3 phases of 6 the individual. (Subject1-Subject6)

Conclusion and Discussion

There has been interaction between the methods and the duration of the experiment, show that treatment method and the duration of the experiment had influenced with self-esteem, matched with hypothesis item 1 that experimental group could develop their views to be more sensible, reasonable, aware, positive with their feelings and could adapt with variables after heart breaking situations and could accept any changing that happen with any techniques of REBT with individual counseling. This study result also relates with Khongram's research (2010) that had studied about counseling results with Rational Emotive Behavior Therapy groups which influenced self-esteem and sexual risky behaviors of female teenagers, and also found that there was interactions between experimental methods and duration at .05 level significantly. This counseling could encourage female teenagers to be

more self-esteem and effects to reduce sexual risky behaviors, be proper attitude, value and sexual behaviors. Once more is Meeboon's research (2010) that studies about results of Rational Emotive Behavior Therapy studied program of youths in Training youth Center, also found that counseling could support attended youths in this program to be more positive attitude as well.

Broken hearted of women whom received Rational Emotive Behavior Therapy with individual counseling have scores of self-esteem higher than broken hearted of women whom received counseling as regular at the phase of post-test and the phase of follow up phase. The hypothesis was accepted with a statistical significance at the .05 level. Individual counseling as Rational Emotive Behavior Therapy is the process which could support the recipients to learn in self-perception, learn to be self and others acceptance under ABCDEF process. (Ellis, 1997) According to seek for insensible and help person adapt and argue insensible, and develop themselves more. (Khongram, 2010) Also it could help people finding new situations, knowing various aspects, none-sense and reasonable and leading to be sensible which could support person to be more self-esteem as realites (Suphonbun, 2003) also related with hypothesis item 2 and hypothesis item 3.

For the Experimental group, there were not difference between post-test phase and pre-test phase with a statistical significance at the .05 level because the recipients have self-esteem score decreasingly after testing thus analyzed results were found that self-esteem under experimental group in post-test phase and pre-test phase was not a statistically significant interaction at .05. This may effect for analyzing statistic results was not different but in performing had found differences. Although it would not be as expected hypothesis item 4 but in performing found changing in self-esteem scores after post-test phase at 40.5 which higher than before pre-test phase is 34.00, show that through REBT individual counseling has been developed self-esteem, related with the research that Wiang Fang tribe students, Aumphur Muang, Chiangmai province who participated in Rational Emotive Behavior Therapy studying got self-esteem scores pre-test phase and post-test phase were not different but counseling process that was received could made within group to be good relationship together, helping each other to solve problems.(Ket-in, 1998)

For the Experimental group, there was no difference between follow up phase and pre-test phase with a statistical significance at the .05 level. It was not match with hypothesis item 5 because psychology of normal counseling which would use for studying with small group of people and the recipients are received treatment thoroughly, moreover the recipients could encourage groups to develop themselves in solving any problems efficiently. This result effect was not different but in performing found differences in followed up phase got self-esteem scores 37.67, post-test phase got self-esteem scores at 34.00, then indicated that although at no statistic significant at .05 level, However in providing counseling in the proper time could support person to be more self-esteem which were different with control group that received regular counseling. It was found that self-esteem had been trended to decrease along the duration in both post-test phase and followed up phase.

Suggestions

Suggestions in using research's results

1. Related agencies with counseling such as Student Affairs should apply Rational Emotive Behavior Therapy counseling program with female collegians that had experienced in affection disappointments and had been being self-esteem decreasingly in order to have better quality of life.

2. Woman or collegians who were disappointed in affection should receive counseling regularly from related agencies.

Suggestions for future research

1. The test should be made with male sample groups to see if there were any effects.

2. Should apply Rational Emotive Behavior Therapy with group counseling in the next research.

3. Should survey the affection disappointed causes or kind of affections before doing Experiments.

4. Should study the effect of REBT with difference sample groups which had been disappointed in affections such as students, collegians youths or general people.

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