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

1. *Tayebeh Najafi  2. **Dr. Shahrir Jamaluddin 3. ***Dr. Diana Lea-Baranovich

* Institute for Educational Research, Tarbiat Moalem University, Tehran-Iran
** Faculty of Education, University of Malaya-Malaysia
*** Faculty of Education, University of Malaya-Malaysia

Abstract
Objective
The main purpose of this research was to study the effectiveness of Group REBT in reducing irrational beliefs in two groups of Iranian female adolescents living in Kuala Lumpur.

Method
A number of 32 Iranian female adolescents participated in the study. The instrument of the study was the Jones' Irrational Beliefs Test (Jones, 1969)-Persian version. Participants were assigned in two experimental and two control groups randomly: one 12-14 year old group, one 18-20 year old group; and 2 control groups. Therapeutic sessions were held in 5 consecutive weeks, with two sessions a week. Each session lasted for 90 minutes. The data were analyzed through Gain Score Analysis.

Results
Results show that the treatment has been effective in both groups, but it has been more effective in the 12-14 year old group.

Conclusion
Based on this study, it is recommended to provide group REBT psycho-educational programs in educational settings for adolescents who live in foreign countries. Also, it is recommended to integrate cognitive programming as part of classroom curriculum. Moreover, it is suggested to utilize group REBT for helping adolescents who live in foreign countries with different psychological problems such as depression and anxiety.

Keywords: Adolescents, irrational beliefs, group REBT.

Introduction
Beliefs play an essential role in human being’s life. They may lead to happiness or sadness. Beliefs are either, positive or rational; negative or irrational. According to Davies (2006), irrational beliefs mean those illogical and rigid views about events which are inconsistent with reality. These beliefs consequently lead to self disturbing behaviors. Also, they are linked with poor individual functioning and individual adjustment.

Holding irrational beliefs (IBs), causes emotional problems (Coon & Mitterer, 2009), dysfunctional behaviors, and a lack of self-acceptance (Davies, 2008). In fact, what is important in holding irrational beliefs is the negative consequences which cause different problems. This means that “irrational and maladaptive beliefs are associated with and may lead to psychological and physical malfunctioning” (Amutio & Smith, 2007, p. 321).

Therefore, “people who suffer from psychological disorders, often carry