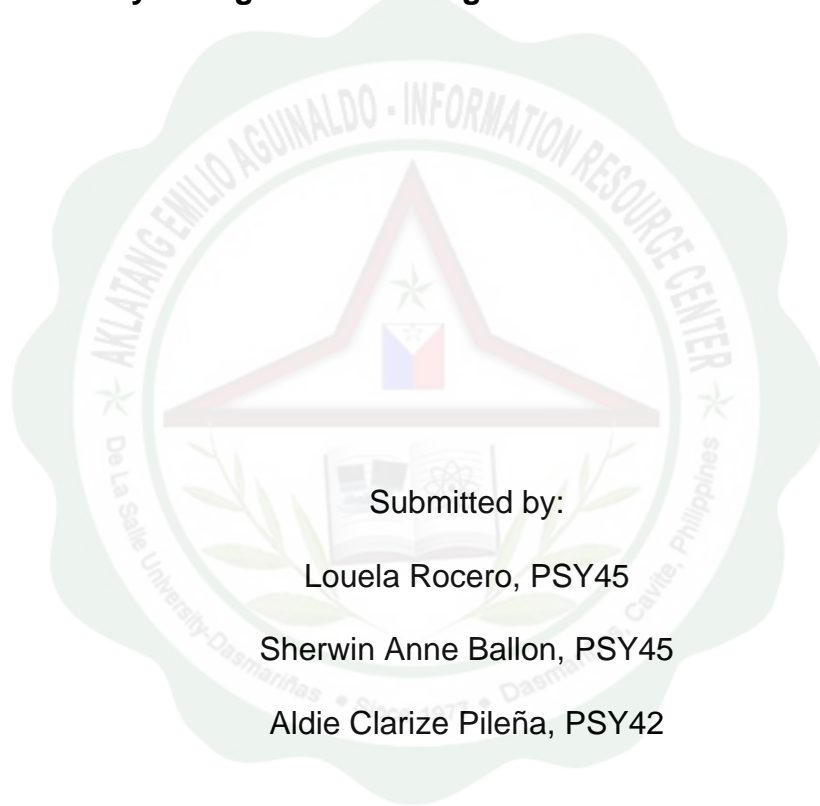




**Efficacy of Cognitive Behavior Theory Self-Help Course on the
Psychological Well-Being of Out-of-School Youth**



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Abstract

According to the National Statistics Office of the Philippines, there were at least 6.24 million out-of-school youth in the country in 2011 and these youth miss many of the rudiments of basic education. The study aimed to be of help to the out-of-school youth in raising awareness among their comprehension to the notion of Psychological Well-Being.

This quantitative research used a pre-test and post-test comparison group design for an experimental and comparison group. Ryff's Scale of Psychological Well-Being was utilized as the tool for collecting the needed data from the participants who were out-of-school youth from Imus, Cavite. The purpose of the study was to check the competence of Cognitive Behavior Theory Self-Help Course.

Fifty qualified participants from the 200 prospects were selected and were then divided into 2 groups; the experimental and comparison group. The experimental group had undergone the Cognitive Behavior Theory Self-Help Course. Seventy-one per cent of the participants from the experimental group acquired developed scores on their post-test matched to their pre-test, while 56 per cent from the comparison group scored a bit higher in their post-test compared to their pre-test. From the data gathered, there is no significant difference from the post-test scores between the experimental group and the comparison group. By using one-way Analysis of Variance, the researchers have concluded that the efficacy of the Cognitive Behavior Theory Self-Help Course in improving the psychological well-being among out-of-school youth is not suggestively effective.



Table of Contents

Abstract	ii
Acknowledgments	iii
Chapter 1 Introduction	
Background of the Study	1
Conceptual Framework	3
Statement of the Problem	5
Hypothesis	5
Scope and Limitations	6
Significance of the Study`	6
Definition of Terms	8
Chapter 2 Review of Related Literature	
Cognitive Behavioral Therapy	9
Psychological Well-Being	16
Profile of Out-of-School Youth	19
Chapter 3 Methodology	
Research Design	21
Sampling Technique	22
Research Setting	22
Research Participants	22
Research Instrument	23
Data Gathering Procedure	25
Data Analysis/Statistical Treatment	28



Chapter 4 Presentation, Analysis, and Interpretation of Results and Findings

Discussion 37

Chapter 5 Summary, Conclusions, and Recommendations

Summary 42

Conclusions 43

Recommendations 44

Appendices 46

Bibliography 67

