THE LEVEL OF PSYCHOLOGICAL ADJUSTMENT OF

A DISENGAGED ELDERLY

UTSUGG

A Thesis

Presented to

the Faculty of the College of Education

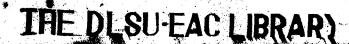
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Ву

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#### ABSTRACT

THE EFFECT OF STRUCTURED TECHNIQUES IN IMPROVING

THE LEVEL OF PSYCHOLOGICAL ADJUSTMENT OF

A DISENGAGED ELDERLY

This study investigated the effectiveness of structured techniques in improving the level of psychological adjustment of a 70 year old disengaged elderly. Prior to treatment, the client was anxious, worrisome and shy.

This study employed the ABAB N of 1 or single case researchdesign. The baseline behavior (A) was established three times: before, during and after the structured techniques. This was by administering 16PF and Psychological Needs of the Aging. The treatment lasted for five weeks with a break of one week in the middle. Structured techniques improved the level of psychological adjustment of the client. As a result of the treatment, the subject was able to resolve her problems. The subject also recognized her rights and needs of self-expression. She began to share with people naturally. She also encouraged others to help other people.



The structured techniques were effective since the criteria previously set were met. These are:

- 1. Improvement in the level of psychological adjustment.
- 2. Positive feedback of subject, her family and perception of the counselor.



