

DE LA SALLE UNIVERSITY

THE EFFECT OF STRUCTURED TECHNIQUES IN IMPROVING
THE LEVEL OF PSYCHOLOGICAL ADJUSTMENT OF
A DISENGAGED ELDERLY

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A B S T R A C T

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 research design. 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.

