

# ABSTRACT

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*From Avinashilingam Jan Shikshan Sansthan, Coimbatore, Tamil Nadu, India, 79 female nursing students with 'High anxiety' and/or 'Unsatisfactory adjustment' were selected by Purposive Sampling and were given the psychological intervention called, Positive Therapy. Positive Therapy is a package evolved by Hemalatha Natesan (2004), based on the Eastern techniques of Yoga and Western techniques of Cognitive Behaviour Therapy. It has 4 strategies namely, Relaxation Therapy, Counselling, Exercises and Behavioural Assignments. Positive Therapy was given for 6 sessions in a week to all the subjects, after which they were re-assessed twice; immediately after Positive Therapy and after 4 weeks. The results revealed that initially, most of them had 'High' anxiety; none of them had 'Excellent'/'Good' overall adjustment; in fact, many of them had 'Very Unsatisfactory'/'Unsatisfactory' overall adjustment, as well as in specific areas such as, home, health, social and emotional. After Positive Therapy, anxiety in most of the subjects had come down to 'Low' level; majority of them developed 'Good' overall adjustment and also 'Good' adjustment in different areas such as home, health, social and emotional. These results suggest that Positive Therapy is very effective in the management of anxiety and enhancement of adjustment in the selected nursing students.*