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ABSTRACT

From Corporation High school Ramalingam Colony, Corporation SRP Ammaniammal Girls Higher Secondary School, Corporation Girls Higher Secondary School, Ranganathapuram, Corporation Girls Higher Secondary School, R. S. Puram, Coimbatore, Tamil Nadu, 500 school girl students studying in class VI to VIII (age group ranging from 10 years to 13 years) from four schools were screened for Stress Inventory and State Trait Anxiety Inventory (STAI). Out of them, 108 School Girl Children with 'Very High' to 'Moderate' level of Stress and Anxiety and sexually abused girls were selected for the study and Loneliness Inventory and Assertiveness Scale were also administered as a psychological intervention Cognitive Behaviour Therapy and Relaxation Therapy was used. Four sessions of Cognitive Behaviour Therapy were given to the students in one week, with each session lasting for 2 - 2 ½ hours. After two weeks, the students were reassessed for Stress Inventory and State Trait Anxiety Inventory. Initially, few of the students had 'Very High and 'High' stress and few of the sample had 'High' and 'Moderate' Anxiety. After Cognitive Behaviour Therapy, it got reduced to low stress and anxiety. The differences in mean Stress Inventory, State Trait Anxiety Inventory, Loneliness Inventory and Assertiveness Scale after Cognitive Behaviour Therapy were statistically significant. There was a significant difference among Sexually Abused Girl Children during Before, After and Follow-up through Cognitive Behaviour Therapy.