

THE EFFECT OF PSYCHOLOGICAL INTERVENTION ON RESILIENCE AMONG EARLY ADOLESCENT GIRLS IN CHENNAI CORPORATION SCHOOL

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ABSTRACT

The Chennai Corporation Schools cater to the Educational needs of the poorest of the poor. In the early adolescence, there are many psycho-social changes taking place in girls. M. Bhuvaneshwari (2005) examined Child friendly school systems in Chennai Corporation Primary Schools and found that the children face multiple problems. And there is strong need for the students to be resilient. The objective was to measure the effect of Psychological Intervention on Resilience among Early Adolescent Girls. The Research Design was non-randomized before-and-after with control design. The tool used was Tamil Version of Resilience Scale validated for the adolescents by Karthik Lakshmanan and Veerapandian. Early adolescent girls (n=106) studying 9th & 8th standard in Corporation Girls HSS were selected using Purposive Sampling Technique. Among them, 9th standard girls who fell under the score of 130 were categorized into Experimental Group (n=30). The adolescents of 8th standard who fell under the score of 130 were categorized into Control Group (n=30). The Experimental Group was met regularly twice in a week for 2 hours for a period of five weeks. The interventions included many psychological training. Some of them are Yogic Relaxation, SWOT Analysis, Training on Perseverance, Positive Attitude, Time Management and Goal Setting. The data was analyzed by using Paired 't' test and Independent Samples 't' test. In the Post test, experimental group showed a significant improvement on resilience while the scores of the control group was equivalent to the pretest.

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