

“THE EFFECTIVENESS OF MINDFULNESS THERAPY AND BIBLIOTHERAPY ON ADOLESCENT DEVELOPMENTAL TRANSITIONAL IDENTITY ANXIETY”

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ABSTRACT

Growth and development is rapid process in children and adjusting with developmental transitional identity is too difficult without guidance and support “A comparative study to evaluate the effectiveness of Mindfulness Therapy and Bibliotherapy on adolescent developmental transitional identity anxiety (ADTIA) among early adolescents in selected schools at Chennai”. The study design accepted Quasi Experimental design with control group and no Randomization. 30 samples were chosen at selected schools using Non Probability Purposive sampling technique and each group has 10 samples. The data was collected by using adolescent developmental transitional identity anxiety scale. The statistical analysis shown the difference between mean pre test and post test score were statistically significant at $P < 0.05$ (“t” test value 8.37), (“t” test value 7.05) at experimental groups 01 and 02. There was significant association between pretest with selected demographic variables age, type of family and academic grade in experimental group1 (Mindfulness therapy), age, type of family and mothers occupation in experimental group2 (Bibliotherapy therapy) and variables like type of family and academic grade in control group. This study shown that Mindfulness therapy and Bibliotherapy were effective in reducing adolescent developmental transitional identity anxiety.

KEYWORDS: Effectiveness of Mindfulness Therapy, ADTIA