

Integrated Effect of Cognitive Behavioural Therapy and Structured Exercise for the Treatment of Problem Behaviour in Early Adolescents: A Randomised Controlled Trial

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ABSTRACT

Introduction: Adolescence is a transformative phase marked by significant emotional, social, and cognitive changes, often giving rise to problem behaviours such as anxiety, aggression, and rule-breaking. These behaviours disrupt functioning and relationships in adolescence. Cognitive Behavioural Therapy (CBT) is a type of psychotherapy that helps teaching positive coping skills. Physical activity can enhance emotional regulation by the release of neurotransmitters. The integration of psychological interventions and physical activity represents a current thrust area of research aimed at effectively addressing Behavioural issues in adolescents.

Aim: To determine the effect of CBT along with structured exercises in reducing problem behaviour and improving life satisfaction in adolescents.

Materials and Methods: Thirty early adolescents between the ages of 11 to 14 years, documented with problem behaviour constituted the study's participant pool. This study was approved by Ethical committee of Punjabi university, Patiala. Participants

were randomised into two groups: A and B. Group A received a combination of a total 9 CBT sessions and a pre-designed exercise programme of 3 days a week for 5 weeks and group B received only the exercise programme. Assessment was done on Day 0, Day 17 and Day 35, using Child Behaviour Checklist, Pediatric Symptom Checklist and Multidimensional Student Life Satisfactory Scale. Data were analysed using SPSS 20.

Results: The results showed significant improvements in Group A across the Child Behaviour Checklist, Pediatric Symptom Checklist, and Multidimensional Student's Life Satisfaction Scale, with p-value <0.05 for all variables.

Conclusion: The study concluded that combined effect of CBT and structured exercise programme is an effective treatment option for improvement in Problem Behaviour and life satisfaction as compared to structured exercise programme alone.

Keywords: Child Behaviour Checklist, Pediatric Symptom Checklist, Multidimensional Student's Life Satisfaction Scale