

The Application of Cognitive-Behavior Therapy to a Case Study of an Adolescent from a Single-parent Family

Abstract

The objective of this research is to apply the theories and counseling techniques of Cognitive-Behavior Therapy to an adolescent from a single-parent family. The aims of this case study were to improve and examine the counseling effect of the following problems of the client: (1) the disharmonious relationship with her mother, (2) deviancy in academic performance, (3) the negative emotions and (4) the deviant behaviors. Besides counseling, fifty-two secondary students from single-parent families have been chosen to be samples in this survey by answering a questionnaire in order to find out the differences of the disharmonious relationship with the parents, negative emotions and deviant behaviors between the client and the other adolescents from single-parent families.

This research was based on the counseling techniques of Cognitive-Behavior Therapy which are developed by Albert Ellis (Rational Emotive Therapy), Aaron T. Beck (Cognitive Therapy) and Donald H. Meichenbaum (Cognitive-Behavior Modification).

The conclusions for this research are summarized as follows:

1. By applying Cognitive-Behavior Therapy, there was short-term effect in the improvement of disharmonious relationship between the mother and the single-parent adolescent.
2. There was counseling effect in enhancing the learning motivation and academic performance of the single-parent adolescent after receiving Cognitive-Behavior Therapy.
3. Immediate counseling effect was seen in improving of the negative emotions of the single-parent adolescent.
4. There was counseling effect that the deviant behaviors of the single-parent adolescent were inhibited and reduced after receiving the Cognitive-Behavior Therapy.
5. Under the conditions of receiving the continuous and regular counseling, the improvements in disharmonious relationship between the mother and the single-parent adolescent, deviancy in academic performance, negative emotions and deviant behaviors were significant.
6. There was disharmonious relationship between the single-parent adolescent and her parents. The relationship between the adolescent and mother was especially worse than with the father. The expectation in parenting by the mother from the single-parent family was highly demanded than the father do, and also the higher expectation in good academic performance and good behavior. Either the father or the mother was strict to the adolescent, than the relationship became worse with that one.
7. Positive correlation was found between disharmonious relationship and the deviant behaviors of the adolescent. However, no significant correlation was found between the negative emotions and deviant behaviors.
8. Negative emotions were easily to be found in the single-parent adolescent, and she tended to express her negative emotions by angering and hurting herself.
9. The deviant behaviors were appeared in the single-parent adolescent and which were mainly caused by the disharmonious relationship.

10. Deviant behaviors deteriorate was resulted by the influence of the peers and lacking of support system.
11. Compared with the fifty-two samples, the degree of disharmonious relationship between the client and her mother, the negative emotions and deviant behaviors was more severe than the samples.

Based on the opinion of the researcher, the following suggestions are proposed:

1. To apply different-oriented psychotherapies.
2. To increase the number of subjects.
3. To apply group counseling.
4. To choose other subjects as the samples.
5. To broaden the study on parents from single-parent families.