

# **Impact of Obsessive- Compulsive Disorder in term of Rational Emotive Behaviour Therapy (REBT) on Economic Wellbeing of Tribal Women at Kodaikanal Hills**

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## **Abstract**

To study aimed to examine the impacts of rational emotional behavioural therapy on obsessive compulsive disorder of women working in coffee plantations of Kodaikanal. The case study is based on the ten tribal women working in the coffee plantations of the Kodaikanal. The tribal women are undergoing significant psychological and physical issues based on the OCD. The obsessive compulsive disorder is examined with “The Padua Inventory Scale by Ezio Sanavio” which measures their OCD level of tribal women working in the coffee plantations. The study involved ten tribal women segmented into two groups and these two groups were subjected to counseling based on the REBT methods. The Padua Inventory Scale by Ezio Sanavio” was used for assessing the OCD of tribal women. The before and after effects of the counseling therapy was examined using the paired t-test. The analysis was done based using the statistical software of SPSS – 20. The study found that effort of REBT was initiated by the researcher which is found to successful among the very low group which found the therapy is significant effect in returning to normalcy. The OCD is considerably declined among the tribal women workers in the study area based on the therapies given under the REBT regime. The implementation of this regime will improve psychological well being of the workers in the coffee plantation and also improve their efficiency at workplace.

**Keywords:** *Tribal Women, Obsessive-Compulsive Disorder, Health Problems, Coffee Estate Workers, Rational Emotive Behaviour and Kodaikanal*

## **Introduction**

An obsession is a mental state that manifests itself in a wide variety of ways. Something which bothers a person much and returns often, whether it is an idea, picture, thought, urge,

or feeling be termed as obsession. The person is aware that these are his or her own ideas or thoughts, yet cannot stop thinking them. It is possible that the client will make some effort to fight off these fixations. Obsessions experienced as a result of mental condition are distinguished from rituals performed voluntarily or as part of a religious or social practice by this reluctance. The individual may attempt to fight the intrusive thoughts, but they usually fail. It's possible that the individual is aware that the notion or thought is pointless, random, and not usually logical, but that they still can't shake it. In most situations, the presence of understanding is what sets apart obsessions from illusions. The person realizes that their obsessive belief is not just unwarranted, but unreasonable. They may realize that they are exaggerating their worries, yet they still feel powerless and unable to manage their own thoughts. Repetitive, distressing thoughts like germs, tidiness, aggression, sexual intrusion, or a certain religion might constitute an obsession. Clients often describe experiencing a wide variety of intrusive ideas all at once, suggesting that they may be experiencing more than one obsession at a time.

Compulsions may be thought of as repetitive, intentional mental or behavioral acts that a person engages in despite knowing they serve no useful purpose and doing so only because they feel compelled to do so in response to an obsession or in strict adherence to a set of rules. Just as with obsessions, the client understands that compulsions have their origins inside themselves. Obvious and less noticeable compulsions, respectively, include mental and behavioral issues. Praying in one's mind, mentally checking off a to-do list, etc., are all examples of mental rituals. In situations when physically acting out the urge is out of the question, the person may mentally act it out instead. Although there may be no rational link between the compulsion and the obsession, the compulsion may nonetheless be effective in relieving anxiety merely due to the temporal association between the two. Cleaning, checking, organizing, mentally counting, and seeking reassurance are all examples of common compulsions. Both obsessions and compulsions are ego-dystonic, and the client is usually aware of the absurdity of the former. It's not uncommon for people to have shifts in their obsessions and compulsions as they mature. There are a number of additional reasons why it's necessary to do research that are relevant to the tribal setting, such as the impact that culture has on a number of risk factors for psychopathology. In a nutshell, culture is a set of shared norms and expectations that shape how people in a community or group think and behave

. According to the etic world view, there is no cultural difference in the prevalence of mental illness. Studies on psychiatric diseases that depend on categorization systems built on a normative Western population provide credence to this perspective. An etic perspective examines the phenomenology of a disease from within the context of that culture, taking into account culturally unique factors. Among the first psychotherapies to get scientific proof of its efficacy in treating OCD, cognitive behavior therapy stands out. In order to decrease obsessive-compulsive symptoms, cognitive behavioral therapy (CBT) for OCD is characterized as a psychological treatment that employs both cognitive and behavioral

approaches of intervention. The goal of cognitive therapy for obsessive compulsive disorder is to help the client become aware of his or her own flawed or unreasonable ideas, and to help the patient recognize his or her own compulsive behaviors. Following this step, the client is urged to replace the faulty beliefs with more realistic and helpful ones. Top-down approach in cognitive therapy aims to alter the patient's interpretation of triggering events.

### **Literature Review**

#### ***Igwe, J. N., et.al., (2022)<sup>1</sup>***

Educators in the fields of science and the social sciences in Nigeria's distance learning centers are tasked with a wide range of responsibilities, including but not limited to classroom instruction, exam supervision, the management of students' individual projects, research, and conference attendance. Thus, this research on the efficacy of rational emotive behavior therapy (REBT) for stress management in the workplace is important for educators in the South East and South West of Nigeria who specialize in the natural and social sciences. There were 42 participants in this research, making it a real experiment. To do this, we employed two different stress indexes as the basis for our measurements. Participants were given a pre-treatment test and a post-treatment exam to evaluate their progress and understanding of the material covered throughout the program. In contrast, a follow-up assessment was administered two months after the therapy had concluded. A special kind of analysis of variance was used to handle and interpret the data. Results showed that REBT was very effective in helping research participants handle stress in the workplace. REBT helps scientific and social science teachers at open and distant learning institutions in South East and South West Nigeria deal with the stress of their jobs. The results of this research have significance for educational evaluators and assessors who work in ODL settings. In order to better the working conditions in many areas of endeavor, notably at ODL centers for efficient curriculum implementation, educational assessors need to further analyze the efficacy of REBT.

#### ***Barlow, D. H. (2000)<sup>2</sup>***

An holistic explanation of the origin and causation of anxiety and related problems is now conceivable because to the rise of emotion theory, recent advancements in cognitive science and neuroscience, and growing importance of discoveries from developmental psychology and learning. A general biological (hereditary) weakness, a psychological impairment based on early interactions in continuing to develop a feeling of control over salient events, while a more specific mental vulnerability in which a person learns to focus anxiety on particular objects or situations are all specified in this model. Using these three predispositions, the

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<sup>1</sup> Igwe, J. N., Ugwuanyi, C. S., Ejimonye, J. C., Odionye, N., Metu, I. C., Enebechi, R. I., ... & Egolum, E. O. (2022). Stress Management Among Science and Social Science Educators Within Open and Distance Learning Centers Using Rational Emotive Behavior Therapy: Implication for Curriculum and Educational Evaluators. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 1-22.

<sup>2</sup> Barlow, D. H. (2000). Unraveling the mysteries of anxiety and its disorders from the perspective of emotion theory. *American psychologist*, 55(11), 1247.

author explains the emergence of anxiety and associated illnesses and explores their relevance to the categorization of mental health problems.

**Ugwuanyi, C. S., et.al., (2020)<sup>3</sup>**

An exhaustive literature search revealed that no Nigerian research has investigated the effectiveness of cognitive behavior therapy in the treatment of stress for educators in the fields of science and social sciences working in open and remote learning environments. Therefore, the purpose of this research was to assess the effectiveness of cognitive behavioral therapy (CBT) in assisting educators at ODL institutions in South-South Nigeria in dealing with the stress of their jobs. Participants in the intervention group and the non-intervention group were given a posttest immediately after a 12-week cognitive behavior therapy intervention, and participants in both groups were given a follow-up examination 2 months later. Within-group and between-group effects in the gathered data were evaluated using mixed-design repeated-measures analysis of variance. ODL educators in the fields of science and social sciences in Nigeria's South-South area reported significantly less occupational stress after receiving CBT.

**Markarian, (2010)<sup>4</sup>**

OCD is a persistent and disabling illness that is very prevalent in both children and adults and is linked to a broad variety of functional deficits. Researchers and clinicians in the field of mental health have paid a lot of attention to obsessive-compulsive disorder (OCD) during the last two decades in an effort to improve therapy and learn more about its origins. The degree to which this illness is linked to functional impairment remained a mystery until very recently. Nonetheless, new studies demonstrate that the illness has serious personal and professional costs. Functional impairment in OCD is discussed in connection to its origin, prevalent symptom presentations, fundamental OCD subtypes, cognitive functioning, and treatment. We also take our readers' suggestions for where the field may go next into account.

**Ugwuanyi, C. S., et.al., (2021)<sup>5</sup>**

It has been shown that a cognitive behavior therapy (CBT) intervention that incorporates music is effective with a wide range of participants, including high school and college students as well as other adult demographics. However, research on the efficacy of music-based CBT intervention programs for the treatment of test anxiety in elementary school students studying for fundamental science exams is few. Therefore, the purpose of this research was to investigate whether or not a CBT intervention program using music might

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<sup>3</sup> Ugwuanyi, C. S., Okeke, C. I., Agboeze, M. U., Igwe, N. J., Eya, N. M., Ejimonye, J. C., ... & Ugwuanyi, C. K. (2020). Impacts of cognitive behavior therapy on occupational stress among science and social science education facilitators in open and distance learning centers and its implications for community development: A randomized trial group. *Medicine*, 99(41).

<sup>4</sup> Markarian, Y., Larson, M. J., Aldea, M. A., Baldwin, S. A., Good, D., Berkeljon, A., ... & McKay, D. (2010). Multiple pathways to functional impairment in obsessive-compulsive disorder. *Clinical psychology review*, 30(1), 78-88.

<sup>5</sup> Ugwuanyi, C. S., Okeke, C. I., & Agboeze, M. U. (2021). Management of test anxiety among pupils in basic science using music-based cognitive behavior therapy intervention: implication for community development. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 39, 285-305.

help students cope with test anxiety. The results showed that CBT with musical components helped students deal with exam anxiety. Results suggest that the music-based CBT intervention approach is effective in reducing students' test anxiety, which might have far-reaching consequences for the community's growth. The youngsters may then improve their academic performance and become more valuable members of their local society. As a result, it was suggested that primary school educators be given training in music-based CBT for the treatment of students' test anxiety.

**Hayes, S. C., et.al., (2013)<sup>6</sup>**

Several writers in the last several years have drawn parallels between ACT and more conventional CBT (CBT). This article presents ACT as a coherent paradigm for influencing behavior, grounded on a method of research that we call "contextual behavioral science." We present the unique approach to ACT's development and highlight its empirical progress to far. Based on philosophical clarification, the development of basic concepts and methodologies, the advancement of methods of analysis connected to basic ones, methodologies and elements linked to these concepts and mechanisms, quantification of theoretically important steps, an emphasis on negotiations and restraint in the analysis of imposed impact, an interest in effectiveness, and the dissemination of findings, a contextual behavioral science approach aims to create more adequate psychological systems. We contend that this is a sensible strategy with an eye on the future, and that it has shown preliminary signs of success. ACT is not antagonistic to conventional CBT and does not directly benefit from any flaws in conventional CBT. At the very least, ACT should be evaluated in relation to the standards set out in its own plan for growth.

**Shameli, L., et.al., (2019)<sup>7</sup>**

Therapeutic interventions that aid patients in processing their aberrant emotional experiences should be used. Emotion-Focused Treatment refers to any kind of therapy that focuses on the client's emotional state and how to improve it (EFT). Improved emotional awareness, work (not exciting confrontation), and change and improvement are all benefits for patients. Recent studies on OCD patients have shown a dearth of treatment options like this. This study aims to determine whether and how EFT alters emotional regulation styles and the severity of OCD symptoms in patients at post-test and follow-up. At both the post-test and follow-up phases, the experimental group's women showed significantly greater differences in their concealing manner relative to the control group's women. Additionally, the intensity of OCD symptoms varied significantly between the two groups. When comparing the study group's mean score of disguising style to the influence group's, as well as the exploratory group's mean score of the severity of obsessive-compulsive symptoms to the control group's, it is

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<sup>6</sup> Hayes, S. C., Levin, M. E., Plumb-Villardaga, J., Villatte, J. L., & Pistorello, J. (2013). Acceptance and commitment therapy and contextual behavioral science: Examining the progress of a distinctive model of behavioral and cognitive therapy. *Behavior therapy*, 44(2), 180-198.

<sup>7</sup> Shameli, L., Mehrabizadeh Honarmand, M., Naa'mi, A., & Davodi, I. (2019). The Effectiveness of Emotion-Focused Therapy on Emotion Regulation Styles and Severity of Obsessive-Compulsive Symptoms in Women with Obsessive-Compulsive Disorder. *Iranian Journal of Psychiatry and Clinical Psychology*, 24(4), 356-369.

clear that EFT improved concealing style and decreased the severity of OCD symptoms in the exploratory group of women with OCD.

**Pandith, A. A., & Paray, M. R. (2020)<sup>8</sup>**

The study compared tribal and non-tribal pupils on measures of psychological distress, including anxiety, depression, and self-esteem. The purpose of the research was to analyze the connection between fundamental determinants including economic health, educational attainment, and medical care, and mental health. Tribal communities have a common progenitor and a similar set of values. There is no one else quite like them culturally or economically. Malaria, undernourishment, infant mortality, difficulties in childbirth, substance abuse, sickle cell anemia, animal bites, illiteracy, and so on are all challenges that affect the tribal population as a whole. It's useful for narrowing down potential professions, whether one is interested in teaching, engineering, medical, fashion design, music, or something else else. To better direct their talents and foster their mental health, tribal students should embrace the other coping skills such as seeking out hobby time, regulating angry attitudes, releasing pent-up emotions, engaging in regular exercise, cultural activities, and reading literature. They may also learn more about how to live healthily with the help of a quality education, which would increase the likelihood that they would live for a longer period of time. Further, meeting new people and gaining new experiences are two additional benefits of schooling.

**Khanna, S., & Channabasavanna, S. M. (1987)<sup>9</sup>**

A method of categorization for compulsive phenomena in OCD is the focus of this research (OCD). From 1975-1984, 65.53 percent of 412 patients were reported to have 461 compulsions. The observed compulsions have been attempted to be classified according to their structure and nature. The study have discussed the need for categorizing compulsions and looked back at previous efforts to do so.

**Honeychurch, K. (2016)<sup>10</sup>**

There are more and more disabled veterans returning from service in the United States, posing a significant burden to the Veterans Administration and to the mental health of veterans and their families. A study of the literature indicated that PTSD, anxiety, drug addiction, and poly-traumatic injuries are on the increase for veterans; additionally, most mental health therapies offered to veterans are insufficient and costly. This study presented and detailed a 10-week Rationally-Motivated Behavioral Group Therapy program for a group of disabled veterans, which included a 3-day eco-therapy wilderness adventure. The intervention attempts to generate a higher feeling of psychosocial-emotional well-being, as well as to relieve some of the physical, mental, and - symptoms acquired during combat.

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<sup>8</sup> Pandith, A. A., & Paray, M. R. (2020). An Analysis Of Neurotic Proneness Among Tribal And Non Tribal Students. *Ilkogretim Online*, 19(1), 951-966.

<sup>9</sup> Khanna, S., & Channabasavanna, S. M. (1987). Towards a classification of compulsions in obsessive compulsive neurosis. *Psychopathology*, 20(1), 23-28.

<sup>10</sup> Honeychurch, K. (2016). *Ecotherapy adventure and REBGT for returning veterans with disabilities*. Saint Mary's College of California.

***Fox, E. M. (2019)<sup>11</sup>***

Although OCD is one of the top four mental diseases in the world, it has received very little attention in the sociological literature. This dissertation study investigates OCD as a mental disease identity, looking into how people with OCD see their condition in terms of identity salience and identity prominence, using data from a 2018 non-probability nationwide survey including targeted quota samples of 543. This study also investigates the link between an OCD person's self-esteem and their ability to fight stigma, namely via the use of problematic behaviors. The findings imply that people with OCD are more likely to make their mental illness a central part of who they are, despite the fact that it is a stigmatized condition. However, studies imply that people are more likely to suffer a decline in mental illness authenticity as their OCD symptoms worsen. Those with OCD and concomitant mental illness also tend to have less reported OCD symptoms than those with OCD alone.

***Baldwin, S. A., et.al., (2010)<sup>12</sup>***

OCD is a persistent and disabling illness that is very prevalent in both children and adults and is linked to a broad variety of functional deficits. Researchers and clinicians in the field of mental health have paid a lot of attention to obsessive-compulsive disorder (OCD) during the last two decades in an effort to improve therapy and learn more about its origins. The degree to which this illness is linked to functional impairment remained a mystery until very recently. Nonetheless, new studies demonstrate that the illness has serious personal and professional costs. Functional impairment in OCD is discussed in connection to its origin, prevalent symptom presentations, fundamental OCD subtypes, cognitive functioning, and treatment. We also take our readers' suggestions for where the field may go next into account.

**Research Gap**

According to the researcher's review of the relevant literature, few investigations have been conducted into issues of REBT, stress, and adjustment among tribal employees. Research shows that rational emotive behavioral therapy (REBT) is an effective treatment for a variety of mental health issues, including preventing the onset of psychopathology, improving work motivation, treating clinical populations, helping individuals, and competing favorably with other forms of therapy. Based on the research, it seems that the treatment strategy was effective in reducing anxious thoughts and unreasonable beliefs. There is suffering for the person who is prone to negative illogical thoughts. Inadequate psychological adjustment among students is a major issue nowadays. Anxiety, tension, and stress, as well as compulsive, obsessive, and rigid behavior, depressive, and defeatist thoughts and feelings, and difficulties forming and maintaining friendships are all components of psychological maladjustment that often cause problems for students. Negative impacts on pupils may be avoided by effectively handling these factors. Nowadays, unlike in the past, women play a significant part in every area. The study was motivated by the researcher's desire to learn how

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<sup>11</sup> Fox, E. M. (2019). *Mental Illness Identity: A Look at the Self, Self-Concept, and Stigma Resistance Among Those Suffering from Obsessive Compulsive Disorder* (Doctoral dissertation, Kent State University).

<sup>12</sup> Baldwin, S. A., Markarian, Y., Larson, M. J., Aldea, M. A., Good, D., Berkeljon, A., ... & McKay, D. (2010). Multiple pathways to functional impairment in obsessive-compulsive disorder.

REBT affected OCD symptoms in tribal women who worked in coffee plantations in the study area.

### **Statement of the Problem**

The defense strategies of OCD, such as emotional isolation, undoing, and displacement, are thought to date back to an earlier period of development. The anxious concept is separated from its emotional component through the "isolation of affect" process. This concept, albeit diminished, nonetheless lingers in the mind. But now that it's separated, the feeling may float freely and latch onto any neutral concept. The neutral concept becomes anxiety-inducing and obsessive because of the link. An individual's defense mechanism of undoing may manifest as compulsions in order to protect them from the distressing or frightening outcomes of their obsessions. In this way, he positioned the defensive mechanisms of intellectualization, isolation, undoing, and response creation as essential to understanding the origins of obsessive-compulsive disorder. Obsessions are considered as conditioned stimuli linked to anxiety, according to the behaviourist school of thinking. A compulsion is a learned behavior that an organism uses to alleviate the stress caused by an obsession. Reducing anxiety in this way reinforces the obsessive behavior, making it more permanent in the long run. However, it just keeps the obsessive thoughts' ability to make you anxious or scared. This becomes the first step in a spiral of growing addiction and compulsion. The behavioural theory's explanations may not be sufficient to explain the origin or development of OCD, but it is one of the most effective treatments. Early attempts to explain and treat OCD focused on the role of overt obsessive actions. Compulsions' anxiolytic effects were the primary focus of these hypotheses. The indigenous women who labor in such fields may feel the effects of these measures directly. The effects of OCD on one's frame of mind and daily routine at work are becoming more apparent. The researchers set out to examine the prevalence of OCD among indigenous women who work in coffee plantations and the effectiveness of REBT in helping them overcome their condition.

### **Importance of the Study**

The coffee plantations are highly dependent on the tribal women for production and processing of the output. The first step in the process of transformation that REBT hopes to encourage is for the client to recognize the presence of a problem and to name any 'meta-disturbances' about the nature of the issue. The client then recognizes the illogical assumption at the root of the issue and gains insight into why that assumption is flawed and why a more reasonable one would be better. To aid in this endeavor, REBT counselors are encouraged to incorporate strategies from different systems, all while staying firmly within the theoretical framework of REBT, a concept known as "selected eclecticism." What this means is that REBT is theoretically consistent while also practically using effective methods. Women are expected to hold positions of power in today's society and advance at the same rate as males. Therefore, employment is now required. The challenge is for worker relations and their effort in development of tribal women economic status which largely hinges on the REBT therapy and its effect on OCD. Thus they become disillusioned and are unable to adapt to cultural



transition. These result in OCD leading to restlessness, unrest family conflicts apart from a series of psychosomatic ailments and psychiatric problems. This may stagnate the working of the coffee industries in the study area which are to be rectified based on the opinions of the tribal women. The study makes an effort to identify the effect of REBT on OCD in carrying out their normal life which is significant for their personal and economic life.

### Objectives of the Study

- To study the impacts of rational emotional behavioural therapy on obsessive compulsive disorder of women working in coffee plantations of Kodaikanal.

### Research Methodology

The case study is based on the ten tribal women working in the coffee plantations of the Kodaikanal. The tribal women are undergoing significant psychological and physical issues based on the OCD. The obsessive compulsive disorder is examined with “The Padua Inventory Scale by Ezio Sanavio” which measures their OCD level of tribal women working in the coffee plantations. The study involved ten tribal women segmented into two groups

Group - A – Very Low - 5 Members  
Group - B - Moderate - 5 Members

These two groups were subjected to counseling based on the REBT methods which is presented in the following table

**Table – 1 REBT Therapy Details**

Stages	Therapy
1st stage	weekly 3 days - 2 Hours - up to 2 months = 24 sittings = 48 Hrs
2nd stage	weekly 2 days - 2 Hours - up to 2 months = 16 sittings = 32 Hrs
3rd stage	weekly 1 days - 2 Hours - up to 2 months = 8 sittings = 16 hrs
	<b>Total 48 Sittings in 6 months of the time @ 96 hrs</b>

The resultant therapy outcome was assessed based on the The Padua Inventory Scale by Ezio Sanavio”. The before and after effects of the counseling therapy was examined using the paired t-test. The analysis was done based using the statistical software of SPSS – 20.

### Analysis and Interpretations

The OCD was measured using the inventory scale of Ezio Sanavio and the results were presented in the following

**Table – 2 Health Symptoms of Tribal Women based on OCD**

Symptoms	Effects
Physical Symptoms	Digestive issues (diarrhea, constipation, ulcers)
	Hair loss
	Hyperthyroidism
	Sleep Disorders
	Tooth and gum disease
Behavioral Symptoms Obsessions	Worries about illness
	Development of Harmful activities
	Use of offensive Language
	Worries about throwing things away
	Anxious regarding safety of loved one
	Disturbing images
Behavioral Symptoms Compulsions	Habits of Counting or repeating
	Getting reassurance from others
	Repetitive action of collecting objects
	Steps to hide unsafe objects
Cognitive Symptoms	Constant fear about their family's well being
	Multiple phone calls checking on others' whereabouts
	Unwillingness to take part in regular activities
	Fear of abandonment
	Excessive worry about illnesses
	Unwillingness to leave their homes
	Heightened levels of anxiety about the death of a spouse or loved one
	Prolonged feelings of loneliness
Causes of OCD	Genetic factors
	Biological/neurological factors
	Life changes
	Behavioral factors
	Personal experience
Complications & Comorbidities	Stress or trauma
	Personality Change
	Neuropsychiatric disorders

**Table – 3 Psychotherapy Techniques Used as Part of the Study**

Problem-solving techniques	Teaching assertiveness
	Learning social skills
	Learning decision-making skills
	Learning conflict resolution skills
Cognitive restructuring techniques	Disputing irrational beliefs
	Reframing
	Rationalising techniques
	Guided imagery and visualisation
	Using humour
	Exposing yourself to the fear
Coping techniques	Relaxation
	Hypnosis
Techniques to help a person achieve their goals	Logical disputes
	Functional disputes
	Philosophical disputes
	Empirical disputes
Acceptance	Unconditional self-acceptance
	Unconditional other-acceptance
	Unconditional life-acceptance
	Imagining the worst
Beliefs about Human Nature and the Counseling Process	Compatibility with Diverse Cultures
	Appropriateness for Crisis
	Evidence-Based Considerations
	Ethical Considerations
	Cultural Considerations
Theoretical Interventions	Cognitive Techniques
	Emotive Techniques
	Behavioral Techniques
	Spiritual Application
Psychological Therapies	Creating a self-care routine
	Opening up to loved ones
	Meditation and mindfulness techniques
Yoga	Sarvangasana
	Halasana
	Bhujangasana
	Matsyendrasana
Breathing techniques	Nadisuthi
Supportive Tools used for Therapy	Yoga, Breathing and Meditation - Panthajali Yoga Suthra

These techniques were used as part of the REBT regime to improve the tribal women workers to overcome OCD. The data were collected from the respective group of 5 members which were subjected to further analysis. The analysis after the REBT regime has given the following results

**Table – 4 Paired Sample t-test – Very Low Group – Five Members**

	Difference in Pair			t	<i>p-value</i>
	Mean	Std. Deviation	Std. Error Mean		
Before and After REBT	113.60	8.018	3.586	31.678	<b>&lt;0.001</b>

(\*\* - identifies significance @ 1 % and \*- identifies significance @5 %)

The effect of the REBT is significantly felt in this group which is found to be significant at one percent level. The p-value is highly relevant and t value signifies the changes in the behavioural patterns. The OCD has considerably declined after the REBT efforts and made them to work with significant efficiency at the coffee plantations.

**Table – 5 Paired Sample t-test –Moderate Group – Five Members**

	Paired Differences			t	<i>p-value</i>
	Mean	Std. Deviation	Std. Error Mean		
Before and After REBT	4.40	0.547	0.244	- 3.719	<b>0.001**</b>

(\*\* - identifies significance @ 1 % and \*- identifies significance @5 %)

The second group is having significant inverse relationship with the REBT and staying the same even after the therapy. There is considerable stagnancy in the OCD patterns of the second group which is explained by negative t-value. The relationship among the OCD and REBT is negative in this group.

### Discussions and Results

The tribal women play a vital role in coffee plantations works in the Kodaikanal area which is significantly revealed by the study. The OCD is affecting their day today life and economic earning based on the decline in the output valued by the employers. The effort of REBT was

initiated by the researcher which is found to successful among the very low group which found the therapy is significant effect in returning to normalcy. The OCD is considerably declined among the tribal women workers in the study area based on the therapies given under the REBT regime. The implementation of this regime will improve psychological well being of the workers in the coffee plantation and also improve their efficiency at workplace.

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