

29TH WORLD PSYCHIATRISTS MEET

DECEMBER 07-08, 2017 DUBAI, UAE

Effect of cognitive restructuring on attitude towards school among Nigerian Certificate in Education (NCE) students in Kaduna State, Nigeria

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This research was carried out to find out the effect of cognitive restructuring on attitude towards school and academic performance among NCE students in Kaduna State. Pre-test-post-test quasi experimental design was used and eight therapy sessions for cognitive restructuring was adapted for the study. Three objectives were applied and two hypotheses were raised to guide the study. Using stratified sampling technique, 50 participants were randomly selected from the population of 3815 NCE I students of 2015/2016 academic session, Anderson Attitude Towards School Instrument Adapted (AATSIA) and modified was used for the data collection while descriptive statistics, PPMC and t-test were employed for the data analyses. The results showed that cognitive restructuring has significant effects on attitude towards school ($t=6.276$, $p=0.000$) and there was no difference between attitude towards school between male and female students with ($t=1.714$, $p=0.536$). Therefore, it was recommended that educational institutions through the support of their owners should provide counseling psychologists who can make use of cognitive restructuring package to change attitude of students towards school so as to encourage effective school learning.

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