

International Conference on **Sports Medicine and Fitness** March 23-25, 2015 Chicago, USA

The effect of projecting the reflection of the individuals' self-esteem (pride) therapy on the level of self-esteem among physically challenged adolescents

Tracy Gabriella M Canlas, Khiara Claudine C Carbonel, Patricia Joy A Canapi, Teresa Zaine C Canseco, Reena Marie A Capistrano, Vernon A Carandang and Carlo G Ranoco

University of Santo Tomas, Philippines

Research problem: The main problem of the study was to determine the effect of Projecting the Reflection of the Individual's Self-esteem (PRIDE) therapy on the level of self-esteem of physically challenged adolescents.

Objectives: The study determined the effect of PRIDE (Projecting the Reflection of the Individuals Self-esteem) therapy on the level of self-esteem among physically challenged adolescents.

Methodology: A quasi-experimental study was used which involved 30 randomly-assigned subjects, 15 in the experimental group and 15 in the control group. PRIDE therapy was administered to the experimental group. The researchers utilized the Sorensen Self-Esteem test tool as a pretest and post-test questionnaire and yielded a Cronbach's alpha of .912. Paired T-test was used to analyze the gathered data.

Discussion: The results showed that after the administration of PRIDE therapy, there was an increase on the level of self-esteem. The experimental group had a value of 3.590, which was significant and meant that the level of self-esteem is significantly increased. On the other hand, the control group, had a value of -2.207 which was also significant, therefore, the level of self-esteem significantly decreased

Conclusion: The PRIDE Therapy is effective in increasing the level of self-esteem among physically challenged adolescent.

Recommendations: The researchers recommend the use of PRIDE Therapy as an intervention in handling physically challenged patients, especially adolescents, in order to enhance their self-esteem. Furthermore, the inclusion of a psychologist during the implementation of PRIDE Therapy, specifically art therapy, to be able to have a more focused interpretation of the drawings and really be able to see the projection of their self-esteem is also recommended.

tarek.gherbal@aub.edu.lb

Notes: