

Therapeutic Positivism on Female Inmates' Pessimistic Behavior

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This study aimed to determine the effectiveness of “Therapeutic Positivism” on reducing the level of pessimism of female inmates. The effects of lifetime imprisonment leave women prisoners incapacitated and doubtful about their future – view life in prison as hopeless. One objective of this study was to help them see reality with necessary clarity, manifest perseverance in the face of routine setbacks and even of major tasks and achieve goals set by themselves.

In conceptualizing the therapeutic positivism, Kelly’s personal constructs, Bandura’s environmental and situational variables, Seligman’s Roots of Positive Life, and Ellis’ Rational Emotive Therapy were considered.

Thirty (30) female Filipino inmates, ages 28 and above, with above average intelligence and sentenced with life imprisonment participated in the study. Using true experimental design, both groups were given the AAI and PIL tests. The program had a total of seven (7) sessions. Wilcoxon matched-pairs signed rank test results together with participants’ self-reports showed the positive effects of the therapeutic . The participants learned optimism by transforming negative thoughts and irrational thinking to positivism: promoting competence and building best qualities for their psychological emancipation.

Keywords: therapeutic positivism, female inmates, pessimistic behavior

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