

A COMPARATIVE STUDY ON EFFECTIVENESS OF CLIENT-CENTERED PLAY THERAPY (CCPT) AND APPLIED BEHAVIOUR ANALYSIS (ABA) FOR MANAGING AGGRESSION IN CHILDREN



By

INSIA FATIMA

**BAHRIA UNIVERSITY
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A thesis

Presented to the Bahria University, Islamabad
In partial fulfillment of the requirement
For the degree of
Master of Science in Clinical Psychology.

SPRING , 2017

Bahria University Karachi Campus

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DECLARATION OF AUTHENTICATION

I certify that the research work presented in this thesis is to the best of my knowledge my own.

All sources used and any help received in the preparation of this dissertation have been acknowledged. I hereby declare that I have not submitted this material either in whole or in part, for any other degree at this or any other institution.

Signature: _____

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DEDICATION

This study is dedicated to both sets of my families, especially my Parents and my Husband, without them none of this would be possible. Their unconditional support and undying love for me led to the completion of this thesis.

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ABSTARCT

Aggression is a concern related to children that is widely studied across the globe. Several measures are taken to cater the need of aggression management in children in the west. On other hand, there is a remarkable amount of negligence related to the concern in the East. Hence, the present study aims to highlight and cater the problem in this part of the globe.

The present study aims to compare the effectiveness of Client-Centered Play Therapy (CCPT) and Applied Behavior Analysis in order to manage aggression in children. It was hypothesized that (i) Client-Centered Play Therapy (CCPT) will alleviate aggression in children, (ii) Applied Behaviour Analysis (ABA) will alleviate aggression in children, (iii) There would be difference and No Intervention group for managing aggression in children.

A total sample of the present study consisted of 12 participants, both males and females, between the ages of seven to eleven years. The participants of the study were selected on the basis of purposive sampling. Participants were randomly divided into three groups of four each, respectively for two different intervention (experimental) groups and one for no intervention (control) group. The pre-intervention and post-intervention aggression levels were measured using Human Figure Drawing (HFD) and Behavioral Checklist. The participants of experimental group 1 were then subjected to receive 6 individual sessions in four weeks utilizing Client-Centered Play Therapy (CCPT) interventions focused on reducing aggression, participants of experimental group 2 underwent Applied Behaviour Analysis i.e. Token economy on individual basis for four weeks, and the control group received no treatment during this phase.

The results obtained from all three groups were then quantitatively analyzed by using the Statistical Package for Social Sciences (SPSS, Version 21).

The hypotheses were confirmed significant at $p < 0.05$. This indicates that Client-Centered Play Therapy (CCPT) and Applied Behaviour Analysis (ABA) interventions are effective in managing aggression in children.

This study also presents pivotal implications in the utilization of CCPT and ABA interventions as well as limitations faced in the present research along with recommendations for future researches.