

The Effect of Cognitive Restructuring and Assertive Training on Improvement of Sexual Behavior of Secondary School Adolescents in Nigeria

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Abstract : The study investigated the effect of cognitive restructuring and assertive training on improvement of sexual behavior of secondary school adolescents in Nigeria. To guide the study, three research questions and four hypothesis were formulated. The study featured a 2X3 factorial design with a sample of 48 male and female students selected by random sampling using a table of random sample numbers. The three groups are assertive training, cognitive restructuring and control group. The study identified adolescents with deviant sexual behavior using Students Sexual Behavior Inventory (S.S.B.I.) as the research instrument. Ancova and T- Test statistic were used to analyze the data. The findings revealed that: I. Assertive Training and Cognitive Restructuring significantly improved sexual behavior of subjects at post test when compared with the control group. II. The treatment gains made by the two techniques were sustained at one month follow-up interval. III. Cognitive restructuring was more effective than assertiveness training in the improvement of the sexual behavior of students. Implication for education, psychotherapy and counseling were highlighted.

Keywords : cognitive restructuring, assertiveness training, adolescents, sexual behavior

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