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<b>Article:</b>	<b>Comparative Effect of Traditional Counseling Intervention and Positive Energy Psychotherapeutic Intervention on Positive Mental Health of Adolescents</b>
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### **Abstract**

The study aimed to investigate the comparative effect of positive energy psychotherapeutic intervention and traditional psychotherapeutic intervention on positive mental health of adolescent. For this study independent group design was used. The sample of 60 respondents 30(50%) male and 30(50%) female with the age range (18 to 23) years was taken from Riphah International University from November 11, 2019 to September 1, 2020. Total sample was equally divided into three groups. Two groups were experimental (PEP & TPT) and one was control group. Results of One-Way ANOVA revealed that positive energy psychotherapeutic intervention was more effective in enhancing positive mental health as compared to traditional psychotherapeutic intervention.

**Keywords:** Positive mental health, traditional counseling, energy psychotherapeutic intervention

## Introduction

It is significant to note down that 65% of Pakistani's population in aged <26 years. In this regard, the mental health of adolescence/adults should be perfect, but story has another pair of shoes, Mental health is linked to psychological, emotional and social well-being. It affects our way of cognition, feeling, and acting. It finds out how to deal with stress, and make choices. Mental health is vital in every phase of life, from childhood to adolescence and adulthood. It affects an estimated 1 in 18 adults (26.7%) in any given year. One in 9 people (16.6%) are suffering from mental illness and mental problems in their lives. Hit at any time in the existence, but it appears from late teenage to twenties (Ranna, 2017). In 2017, more than 970 million people worldwide had a mental disorder. According to the latest statistics from the World Health Organization (WHO), 5% of adults are so seriously affected by mental disorder that it disturbs the appropriate role in society. These severe mental disorders are schizophrenia, bipolar disorder, depression, anxiety, stress, insomnia, panic disorder, phobia, PTSD and obsessive-compulsive disorder (WHO, 2017).

The rate of mental disorders in Asia, specifically Pakistan, according to the latest statistics issued by the World Health Organization, Pakistan has prevalence of mental issues due to the current social hardships. The prevalence of depression and anxiety disorders is 36%. The prevalence in the province are: Sindh 19%, Punjab 12%, Baluchistan 45%, Khyber Pakhtunkhwa 9% (WHO, 2017). According to Feinstein & Eden, positive energy psychology is used as an independent approach to psychotherapy, and is used as a tool for emotional self-management. This method is based on well-established psychological doctrine regarding impact, perception and acting. It is assumed that mental illness and other health issues are associated with disorders of electrical energy. (Feinstein & Eden, 2008)

The effectiveness of positive energy psychology is well established. WHO, 2002, lists 32 scientific studies powerfully maintain the effectiveness of this therapy and 65 cases have been positive observed with energy psychotherapeutic effects? Studies in Pakistan still remained is limited to the treatment of mental health with the traditional psychotherapeutic methods. Still there is no evidence of PEP uses in clinical practice or use in research purpose. That why this study is unique and different. Positive energy psychotherapeutic intervention is widely used in United state , south America, United kingdom, India, Turkey, Iran, British Columbia , Canada, Austria, Kosovo, Rwanda, Congo and South Africa and other different countries for Effective productive treatment in a variety of circumstances, including anxiety, phobia, depression, and physical pain, PTSD, trauma, covid-19, addiction, weight management and physical mental pain. It was also found to support improved school, athletic, and work performance (Church & Brooks, 2019)

## Hypotheses

1. Level of positive mental health in experimental group will increase with consecutive sessions of positive energy psychotherapeutic intervention as compared to control group.
2. Level of positive mental health in experimental group will increase with consecutive sessions of traditional counseling intervention as compared to control group.
3. Level of positive mental health will more increase with consecutive sessions of positive energy psychotherapeutic intervention as compared to traditional counseling intervention.

## Method

In this present project independent group design was applied. This study is not only testing the impact of positive energy Psychotherapeutic intervention but one step ahead of it to investigate the comparative effect of positive energy Psychotherapeutic intervention and traditional counseling to enhance the positive mental health of adolescents/ adults. It was conducted from November 2019 September 2020. Participants of this study consisted of adolescents/adults ( $N = 60$ ) with age ranged from 18 to 23 years. Due to the specific requirements of the therapy the sample was restricted to a small group of adults. Sample size

was calculated using G-power software. The sample further divided into three groups including experimental group-1 PEPI ( $n = 20, 33.33\%$ ), experimental group-2 TPTI ( $n = 20, 33.33\%$ ) and control group-3 ( $n = 20, 33.33\%$ ).

Positive Energy Psychotherapeutic intervention and traditional Psychotherapeutic intervention were independent variable in this research project. Positive Mental health of adolescents and adults was dependent variable. The other variables like age, gender, birth order, marital status, family system and previous Psychiatric history were also included Within the current study these instruments were used

1. Demographical Questionnaire
2. The Positive Mental Health Scale (PMHS)

### Procedure

. The study was completed in several steps.

1. First, the department of health policy Riphah International University was visited by the researcher and the concerned authorities were introduced the study and they were requested to give permission for conducting research in their department.
2. Secondly, after taking permission, the classes were visited by the researcher and the students were given the information regarding the benefits of the study. All students expressed their interest to participate in the research.
3. Thirdly, Positive Mental Health Scale along with demographical questions related to age was administered on all classes and only students with low level of positive mental health were identified. Thus the students were matched on two aspects i.e.
4. Age (adolescence only) and
5. Low level of positive mental health
6. Fourthly, two lists of both male and female students were compiled and students were balanced on the basis of equal participation of gender as both were the part of classes.
7. Fifth, the odd and even number of student were taken from the list of boys (30) and girls (30) respectively.
8. Sixth, PEPI was assigned 20 students (10 males and 10 females). The numbers included (1, 4, 7, 10, 13, 16, 19, 22, 25, 28) from males and females. TPI (2, 5, 8, 11,14, 17,20,23, 26,29) control group, No Intervention (3, 6, 9, 12,15,18,21,24,27,30 ). same procedure was repeated with female lists.
9. Seventh, PEPI group was given three consecutive sessions of PEP with one week gap. The TPI group was given three..... The No Intervention group was given no training.
10. Eighth, after the 3rd week, Positive mental health scale was administered on three groups.
11. Ninth, the students were thanked for participation.
12. Tenth, the mean scores on all groups were compared using One Way ANOVA to identify which type of intervention was more effective in increasing the level of positive mental health of adults.
13. In three groups represented three levels of independent variables that were manipulated in the experiment with intervention (Positive Energy therapy, traditional therapy and no therapy).And control the procedure with same instruction and same scale and balancing the experiment with random assignment of participants.

### Results

#### Table 1

#### *Socio demographical Characteristic of Respondents*

Characteristics	<i>n</i>	%
Gender		
Males	30	50
Females	30	50
Age		

Early Adolescence	27	45
Middle age adolescence	33	55
Marital Status		
Married	19	31.7
Unmarried	41	68.3
Family System		
Separate	41	68.3
Extended	19	31.7
Birth Order		
First born	26	43.4
Second born	11	18.3
Last born	23	38.3
Residence		
Rural	14	23.3
Urban	46	76.7
Psychiatric History		
Yes	17	28.3
No	43	71.3

Table 1 reveals that equal number of male (n=30, 50%) and female (n=30,50%) were participated. Higher number of age group were middle age (n=33, 55%).majority number of participants were unmarried (n=41 .68.3%) as compared to married (n=19, 37.1%). Greater number of respondents from separate family system (n= 41, 68.3%) while from extended family system (n=19, 37.1%). Majority of respondents were first born (n=26, 43.4%) as compared to second born (n=11, 18.3%) and last born (n=23, 83.3%). Higher number of respondents from urban areas (n=46, 76.7%) were participated as compare to urban areas (n=14, 23.3%) majority respondents were not had psychiatry history (n=43, 71.3%) while (n=17, 28.3%) had psychiatric history.

**Table 2***Psychometric Properties for Scale*

Scale	<i>M</i>	<i>SD</i>	Range	Cronbach's alpha
Positive Mental Health Scale	29.86	7.12	11-41	.936

Table 2 depicts psychometric properties for the scale used in present study. The cronbach's alpha value for positive mental health scale was .93(> .90) which indicated high internal consistency.

**Table 3***Mean, Standard Deviation, and the One-Way Analysis of Variance in Positive Mental Health*

Variables	PEPI		TPI		NI		<i>F</i> (2,57)	$\eta^2$	Post-HOC
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			
PMH	36.1	2.20	28.8	3.2	24.6	8.3	23.869***	.45	1>2>3

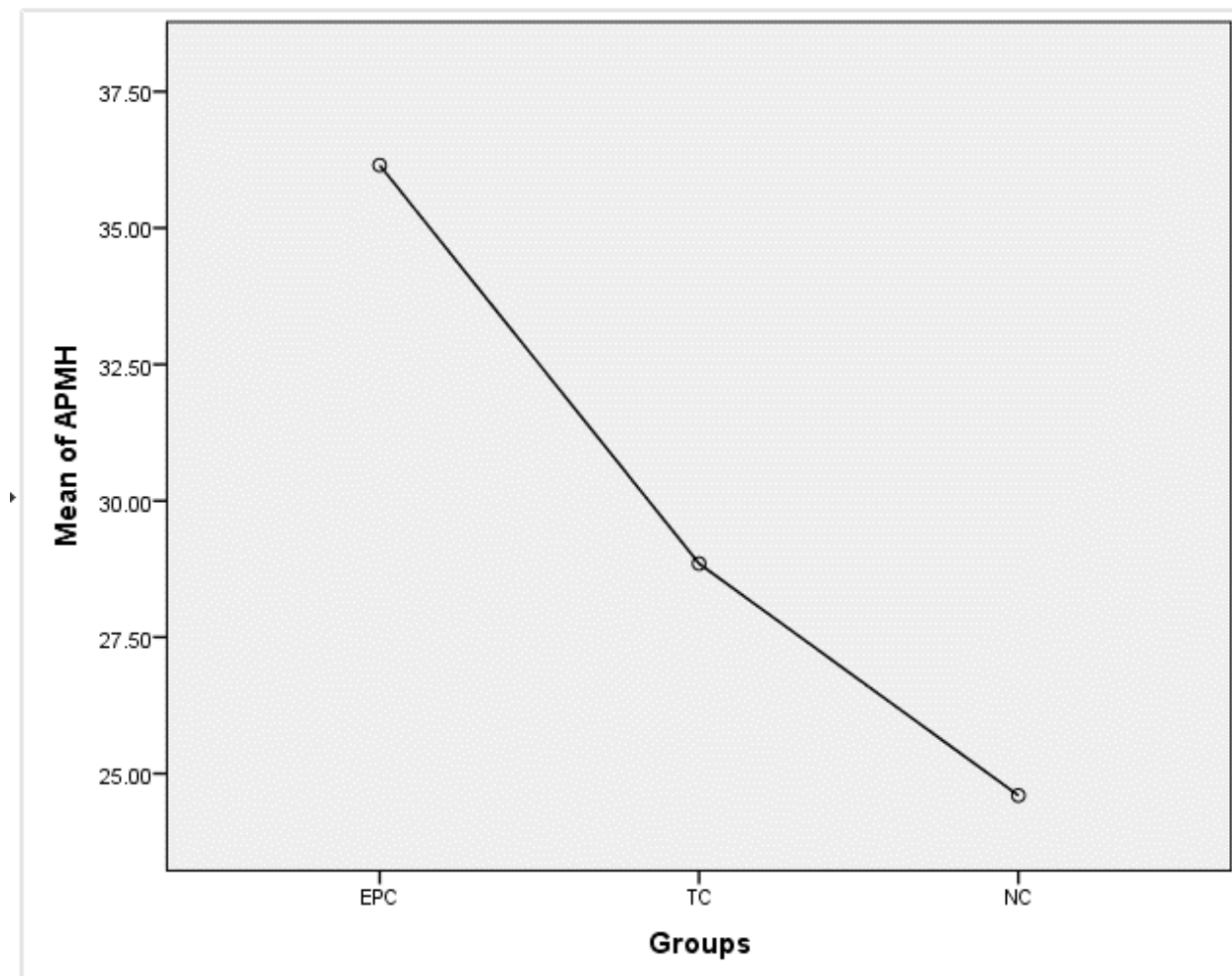
\*\*\**p* < .001

Table 5 shows means, standard deviation and F-value for positive mental health on three groups (PEPI, TPI, NI). Results shows significant mean difference of groups on positive mental health with  $F(2, 57) = 23.869$ ,  $p < .001$ . Finding reveals that PEPI exhibited higher level of positive mental health as compared to TPI and NI group. The value of  $\eta^2$  was .45(<

.50) which indicated small effect size. The post-Hoc comparison indicated significant difference between group mean of each group with other two groups.

#### Figure 4

*The Mean of PMHs of PEPI in Comparison to TPI and Control Group after Therapeutic Intervention*



#### Discussion

The present study comprised of adults with mild or moderate psychological issues (anxiety, stress, depression, panic disorder, memory issues, anger, sleep disorder and PTSD etc).positive energy psychotherapeutic method used in the treatment of psychological issues. PEP is considered the latest advancement in the treatment of mental health. It is most effective non-traditional method of treatment which is effectively applied across the world for effective treatment of mental health issues both in the general and clinical aspect. It further discusses the demographical information and each hypothesis .It also provides a account of the significance of this study and find out its role to the presented literature appropriate to the problem statement. This chapter also described different issues which are faced throughout study and offers a few suggestions to carry out more studies.

The discussion on the demographical information of respondents are, Total sample of (N=60) was randomly assigned for this study. Male (30, 50%), female (30, 50%), 68% were married, 31.7% were unmarried, early age adults were 45%,and middle age adults were 55%, and 35% of respondents were first born, 18% were second born, 38% were last born, 68.3% of the respondents were from separate family system ,while 31.7% were from extended family system, 23.3% of respondents were belong from rural area, while 76.7% were from

urban area. 28.8% of the respondents had previous psychiatry history and 71.3% had no previous psychiatry history. Many previous studies conducted on positive energy psychology supports our finding

In 2018, David Feinstein was conducted a study on 5,000 patients in America on effectiveness related to positive energy psychology, diagnosed with all kind of psychological disorders. In this study he was made two groups, energy psychology group and control group and control group was facilitated with CBT and medication ) after ending the treatment and follow , it revealed that CBT/medication, 63% of patients reported some improvement and 51% had total eradication of symptoms. Though, only with the positive energy psychological treatment, 90% of patients some improvement and 76% had a complete elimination of symptoms. These results are extremely significant demonstrating that positive energy psychological treatment was best as compared to CBT/medication for psychological and emotional disorders. Only three sessions of PEP group were planed (mean=3 sessions) as 15 session of CBT/medication group were planed (mean =15) (Feinstein, 2018)

Joaquine Andrade, 2008 describes a single case study, patient encountered with panic disorder and anxiety producing situation. He had trembling, dizzy and terrified condition. He used different forms of psychotherapeutic from psychodynamic to gestalt and used other alternatives approaches, but consistent finding: disappointing results with 40 to 50 percent relapse. Latter used alprazolam and fluoxetine with CBT, and he got somewhat better results but never were capable to touch 70 % in 20 sessions then he used Eye Movement Desensitization and Reprocessing(EMDR),he got some satisfactory results but along with the patient, disturbing abreactions. At last he learned Positive energy psychology and used it, then he began to obtain unequivocal positive results, averaging about 90% success rate.

EP is effectively productive treatment in a variety of all kind of psychological disorders like, anxiety, phobia, depression, and physical pain. According to Wells et al. 2003; Salas Brooks & Rowe 2011; Sakai et al. 2000; Pignotti 2005; Church and Brooks 2009, the effectiveness of energy psychology in treating disaster, trauma, emotional turmoil and post-traumatic stress disorder has been increasing increasingly over almost two decades. An empirical investigation was conducted to test the hypothesis whether they are accepted or rejected. Hypothesis results discussed corresponding to the research objective formulated under the study. Hypotheses are:

1. Level of positive mental health in experimental group will increase with consecutive sessions of positive energy psychotherapeutic intervention as compared to control group.
2. Level of positive mental health in experimental group will increase with consecutive sessions of traditional counseling intervention as compared to control group.
3. Level of positive mental health will more increase with consecutive sessions of positive energy psychotherapeutic intervention as compared to traditional counseling intervention.

Descriptive statistics of first hypothesis was positive energy psychotherapeutic intervention is (n=20), Mean (36.1±2.2), UL&LL (35.1, 37.1), and descriptive statistics of control group is (n=20), Mean(24.6±8.3), UL&LL (28.5,20.6). This hypothesis was accepted that the positive mental health increased in experimental group with consecutive sessions of positive energy psychotherapeutic intervention as compared to control group. Descriptive statistics of second hypothesis was traditional psychotherapeutic intervention is (n=20), Mean (28.8±3.2), UL&LL(30.3, 27.1). And descriptive statistics was of control group is (n=20), Mean (24.6±8.3), UL&LL(28.5, 20.6). This hypothesis was also accepted that the positive mental health increased in experimental group with consecutive sessions of traditional psychotherapeutic intervention as compared to control group.

Descriptive statistics of third hypothesis was positive energy psychotherapeutic intervention is (n=20, Mean(36.1±2.2), UL& LL(35.1, 37.1). Descriptive statistics of traditional psychotherapeutic intervention is (n=20), Mean (28.8± 3.2), UL & LL (27.3, 30.1).

This hypothesis was also accepted that the positive mental health increased in experimental group with positive energy psychotherapeutic interventions compared to traditional psychotherapeutic intervention. These outcomes are highly significant indicating that positive energy psychological treatment was better and advanced to traditional therapeutic treatment for all kinds of Positive mental health & Psychological disorders.

**Limitation & Recommendation**

The sample size is not that much large and furthermore it has been taking from a single institution, further studied on the subject may be conducted with a larger and varied sample from different institutions and cities, only four sessions of PEP were applied to all participants in a group session, where as it should be applied as per needed. Individual and one-to- one session were not included, lastly all participants were selected from general population and clinical cases were ignored. For future recommendation: use NLP & Silva Mind methods along with positive energy Psychotherapeutic treatment for more rapid and desirable outcomes.



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