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**The Effectiveness of both Existential Therapy and Rational  
Emotive Behavioral Therapy in Reducing Neurotic  
Perfectionism of A Sample of Gifted Student's**

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# ملخص الدراسة باللغة الإنجليزية

## Summary of the study

### Introduction:

Allah has bestowed various blessings upon man; made him distinguished from other creatures; and granted him abilities, gifts and capacities that arise when given the opportunity of expression: socially, culturally, and physically. These gifts and abilities produce talents and innovations that differ according to fields of work ;they make available prosperity and progress in life through the new, which is endless, aiming at achieving superiority, progress, and prosperity for mankind.

The humanity cultural process is the best witness that talent is man's core creation and essence of existence. Through the creative and innovative potentials, man has shifted from the age of darkness to the age of development, openness, and scientific and technological revolution, which reveals the value of talent and the talented and the importance of making use of these creative potentials.

However, we often find out that talented students suffer several problems which hinder performing their role and making use of their creative potentials. Among these problems are low self-concept, frustration, academic difficulties, sensitivity to criticism and neurotic perfectionism.

By investigating the theoretical framework and previous studies it became clear that neurotic perfectionism involves a large part of what they suffer from, which summoned the search for a solution to this problem. Therapeutic attempts in this regard include the existential therapy and rational emotive behavioral therapy. In light of this, this study attempted to employ existential therapy and rational emotive behavioral therapy in reducing the talented neurotic perfectionism.

### Problem of the study:

The problem of this study can be summarized in the following questions :

- 1- what is the effectiveness of existential therapy in reducing neurotic perfectionism in a sample of gifted students ? and how long will it remain?
- 2- what is the effectiveness of rational emotive behavioral therapy in reducing neurotic perfectionism in a sample of gifted Students ? and how long will it remain?

### **Aims of the study:**

This study aims at determining the effectiveness of both existential therapy & rational emotive behavioral therapy in reducing neurotic perfectionism in a sample of gifted Students.

### **Importance of the study: Divided into two section:**

**A) Theoretical Importance:** This study contributes to addressing an important humanistic slice of society, i.e., gifted Students. It also contributes to handling the problem of neurotic perfectionism that, to the knowledge of the researcher, has not had enough research.

This may contribute to the enrichment of the psychological literature in this area, where there is a dearth of Arabic and foreign studies that looked at the treatment of this problem.

**B) Applied Importance:** The present study presents a practical model for a treatment program we can use in treating Perfectionism in a sample of gifted students.

### **- Terms of the study:**

This study depends on several terms: Existential Therapy - Rational Emotive Behavioral Therapy - Perfectionism - Gifted Students.

### **-Limits of the study:**

The possibility of generalizing results of this study is limited to its methodology, sample, the place where it was carried out, and the time during which it was carried out.

### **-Literature Review:**

A theoretical framework was prepared; it includes the theory of existential therapy, rational emotive behavioral therapy, neurotic perfectionism and gifted students. The section of previous studies dealt with the effectiveness of existential therapy and rational emotive behavioral therapy in reducing neurotic perfectionism in a sample of gifted students.

### **Hypotheses:**

- 1- There are statistically significant differences between mean ranks of scores obtained by members of the first experimental group (Existential Therapy) and the control group in post- test on the neurotic perfectionism scale in favor of the experimental group .
- 2- There are statistically significant differences between mean ranks of scores obtained by members of the first experimental group (Existential Therapy) in the pre and post- test on the neurotic perfectionism scale in favour of the post –test .
- 3- There are no statistically significant differences between mean ranks of scores obtained by members of the first experimental group (Existential Therapy) in the post and follow up - test on the neurotic perfectionism scale.

- 4- There are statistically significant differences between mean ranks of scores obtained by members of the second experimental group (Rational Emotive Behavioral Therapy) and the control group in post test on the neurotic perfectionism scale in favour of the experimental group .
- 5- There are statistically significant differences between mean ranks of scores obtained by members of the second experimental group (Rational Emotive Behavioral Therapy) and the control group in post test on the irrational thoughts for neurotic perfectionism scale in favour of the experimental group .
- 6- There are statistically significant differences between mean ranks of scores obtained by members of the second experimental group (Rational Emotive Behavioral Therapy) in the pre and post- test on the neurotic perfectionism scale in favour of the post –test .
- 7- There are statistically significant differences between mean ranks of scores obtained by members of the second experimental group (Rational Emotive Behavioral Therapy) in the pre and post- test on the irrational thoughts for neurotic perfectionism scale in favour of the post –test .
- 8- There are no statistically significant differences between mean ranks of scores obtained by members of the second experimental group (Rational Emotive Behavioral Therapy) in the post and follow up - test on the neurotic perfectionism scale .
- 9- There are no statistically significant differences between mean ranks of scores obtained by members of the second experimental group (Rational Emotive Behavioral Therapy) in the post and follow up - test on the irrational thoughts for neurotic perfectionism scale .
- 10- There are no statistically significant differences between mean ranks of scores obtained by members of the first experimental group (Existential Therapy) and the second experimental group (Rational Emotive Behavioral Therapy) in the post test on the neurotic perfectionism scale.
- 11- There are no statistically significant differences between mean ranks of scores obtained by members of the first experimental group (Existential Therapy) and the second experimental group (Rational Emotive Behavioral Therapy) in the follow up - test on the neurotic perfectionism scale.

### **Methods of the study :**

This study used the experimental method.

### **Sample of the study :**

The basic sample of this study consisted of (122) of senior students of general and essential education at the Faculty of Education, Faculty of Specific Education in the departments of Art Education and Learning Technology, and at Faculty of Arts at Fayoum University. Members of the experimental groups and control groups were extracted of this sample using appropriate criteria to the study objectives and they were divided into three groups: Two experimental groups and one control group.

### **- Tools of the study :**

- 1- The Intelligence photographer Test (prepared by Ahmed zaky Saleh).
- 2- Checklist of gifted students' behavioral characteristics.( prepared by Mahmoud Mansy and Adel Al-Banna)
- 3- Torans Test of creative Thinking. (prepared by Torans, and translated by Abd-Allah Suliman, and also prepared by Foa'ad Abu- Hatab)
- 4- Neurotic perfectionism scale (prepared by the Researcher).
- 5- Irrational thoughts for neurotic perfectionism scale (prepared by the Researcher).
- 6- The family socio – economic status (prepared by Abd El Aziz el shakes).
- 7- Two Therapy programs (prepared by the Researcher) .

### **Procedures:**

This study employed the following procedures:

- 1- Determining the problem and dimensions.
- 2- Review of the a conceptual framework and previous studies and related literature about the variables of the study (Existential Therapy , Rational Emotive Behavioral Therapy, Neurotic Perfectionism & Gifted Students )
- 3- Preparing the theoretical frame of the study and assuming its reliability and stability.
- 4- Doing a survey to define irrational thoughts related to neurotic perfectionism.
- 5- Preparing the two therapy programs and having them refereed.
- 6- Applying the instruments to the basic sample, in Fayoum University to determine the experimental sample of the study.

- 7- Choosing the basic sample of the study.
- 8- Distributing members of the experimental sample to the experimental groups and control groups.
- 9- Conducting pre – test of the instruments to members of the experimental groups and the control groups.
- 10- Applying the two therapy programs to members of the experimental groups.
- 11- Applying the post – test of the instruments to members of the experimental groups and control groups.
- 12- Applying the follow – up test of the instruments to members of the experimental groups.
- 13- Dumping and scheduling the data according to the study variables.
- 14- Processing data using the suitable statistical methods.
- 15- Coming up with results, explanation, and discussion.
- 16- Presenting the study recommendation and suggestions for future studies.

### **Results of the study:**

Results of the study showed the following:

- 1- There are statistically significant differences between mean ranks of scores obtained by members of the first experimental group (Existential Therapy) and the control group in post- test on the neurotic perfectionism scale in favor of the experimental group as a total score and dimensions.
- 2- There are statistically significant differences between mean ranks of scores obtained by members of the first experimental group (Existential Therapy) in the pre and post- test on the neurotic perfectionism scale in favour of the post –test as a total score and dimensions .
- 3- There are no statistically significant differences between mean ranks of scores obtained by members of the first experimental group (Existential Therapy) in the post and follow up - test on the neurotic perfectionism scale as a total score and dimensions .
- 4- There are statistically significant differences between mean ranks of scores obtained by members of the second experimental group (Rational Emotive Behavioral Therapy) and the control group in post test on the neurotic perfectionism scale in favour of the experimental group as a total score and dimensions .
- 5- There are statistically significant differences between mean ranks of scores obtained by members of the second experimental group (Rational Emotive Behavioral Therapy) and the control group in post test on the irrational thoughts for neurotic perfectionism scale

in favour of the experimental group as a total score and dimensions

- 6- There are statistically significant differences between mean ranks of scores obtained by members of the second experimental group (Rational Emotive Behavioral Therapy) in the pre and post- test on the neurotic perfectionism scale in favour of the post –test as a total score and dimensions .
- 7- There are statistically significant differences between mean ranks of scores obtained by members of the second experimental group (Rational Emotive Behavioral Therapy) in the pre and post- test on the irrational thoughts for neurotic perfectionism scale in favour of the post –test as a total score and dimensions .
- 8- There are no statistically significant differences between mean ranks of scores obtained by members of the second experimental group (Rational Emotive Behavioral Therapy) in the post and follow up - test on the neurotic perfectionism scale as a total score and dimensions .
- 9- There are no statistically significant differences between mean ranks of scores obtained by members of the second experimental group (Rational Emotive Behavioral Therapy) in the post and follow up - test on the irrational thoughts for neurotic perfectionism scale as a total score and dimensions .
- 10- There are no statistically significant differences between mean ranks of scores obtained by members of the first experimental group (Existential Therapy) and the second experimental group (Rational Emotive Behavioral Therapy) in the post- test on the neurotic perfectionism scale as a total score and dimensions , so we refused this hypothesis.
- 11- There are no statistically significant differences between mean ranks of scores obtained by members of the first experimental group (Existential Therapy) & the second experimental group (Rational Emotive Behavioral Therapy) in the follow up - test on the neurotic perfectionism scale as a total score and dimensions so we refused this hypothesis.