

The effects of a Coping Skills Training Program on Depression and Self-esteem among Early Adolescents in Chanthaburi, Thailand

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Abstract

Background

As problematic behaviors in adolescents are increasing worldwide, the effective programs reducing such problems are always needed.

Methods

The purpose of this study was to examine the effects of a Coping Skills Training Program on depression and self-esteem among early adolescents. The participants were 524 students in Mathayomsuksa 1 (7th grade) in Chanthaburi, Thailand. They were randomized into two groups: 230 students in experimental group and 294 students in control group. The intervention of 6-session Coping Skills Training Program in adolescents was implemented in the experimental group, while the students in control group received routine health education from their schools. Self-administered questionnaires were used to assess depression and self-esteem in both groups before and after the program. Data were analyzed by percentage, mean, SD., and *t*-test.

Results

The findings of this study revealed that among these participants, a mean age of them was 12.86 ($\pm = 0.52$) years. About 55.1% were male. Regarding the effects of the program, although mean scores of depression of the students in both groups increased at the end of the program, the students in the experimental group had a significantly lower mean score of depression compared to the control group ($t = 2.38, p < .05$). Concerning self-esteem, at the end of the program, the students in the experimental group showed a significantly higher mean score of self-esteem ($t = 2.75, p < .01$).

Conclusion

Therefore, the present study suggests that while a changing process of adolescence is developing, a Coping Skills Training Program implemented in this study could be helpful to reduce negative emotions in early adolescence, such as depression. In addition, the program also promotes self-esteem, which is an important factor related to problematic behaviors in this group of young people.

Keywords: Early Adolescents, depression, self-esteem, coping skills

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