

COGNITIVE BEHAVIORAL THERAPY (CBT) VS RELAXATION THERAPY (RT) ON FATIGUE AND QUALITY OF LIFE AMONG TEACHING PROFESSIONALS WITH CHRONIC FATIGUE SYNDROME

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ABSTRACT

The study reveals the effectiveness of CBT and RT on fatigue and quality of life among teaching professionals with chronic fatigue syndrome. Quasi-experimental with time series design was adopted. The study was conducted at selected schools in Chennai. 30 samples who fulfilled the inclusive criteria were included in this study using non-probability convenient sampling technique. Fatigue severity scale and quality of life index scale were used for data collection. The mean difference score of fatigue and Quality of life had significant values, showed the effectiveness of cognitive behavioral therapy and relaxation therapy. The reliability of the tool was measured by the test and retest method. The pilot study revealed the data collection tools were reliable and practicable to carry out the main study. There is a significant improvement in fatigue and quality of life in both CBT group and RT group when compared with the control group. When compared to RT, CBT shows better improvement in fatigue and quality of life.

KEYWORDS: *Cognitive Behavioral Therapy, Fatigue, Relaxation Therapy, Quality of Life, Teaching Professionals with Chronic Fatigue Syndrome*