

A CASE STUDY RELATIONSHIP PROBLEM

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ABSTRACT

This case deals with the study of a 28-year-old woman who comes in with complaining of anger, insecurity, adjustment problems and lack of concentration in her daily familial activities and she is emotionally disturbed. Qualitative method was adopted in this study. Unstructured interview was used to find out the reasons behind the marital adjustment problem. She was given a relaxation therapy and asked her to continue for 22 days and in the next visit she was given cognitive behavior therapy. Nine follow up sessions were needed. Signs of improvement were observed in the lady after each visit and after completing session she seemed to be happy. The main aim was to find out the problem behind her present situation and to rule out with the best possible solutions and help her to lead a happy family life. By the end of the therapy sessions the aim was attained.

KEYWORDS: *Marital Adjustment Problem, Cognitive Behavior Therapy and Relaxation Therapy*