

**The Effect of Rational Emotive Behavior Therapy
on Female Soft-Tennis Players Experiencing Cognitive Anxiety**

Reiko Yamauchi **Kanaoka primary school**
Shin Murakoshi **shizuoka University**

Abstract

Therapeutic training based on Rational Emotive Behavior Therapy (REBT) was performed on eleven high school female soft-tennis players and its effect was investigated. The training consisted of lectures that introduced the principle of REBT and five training sessions. In these sessions, the participants were encouraged to recognize their irrational beliefs and alter them to rational ones. Levels of anxiety were assessed by Sport Competition Anxiety Test (SCAT) before and after the training. As a result, the level decreased significantly and the therapeutic effect was also observed in their attempts to alter their irrational beliefs to rational ones in game situations. It was concluded that REBT was effective to reduce cognitive anxiety from a practical point of view.

Key words : Rational Emotive Behavior Therapy, irrational beliefs, soft-tennis, SCAT