

ABSTRACT

Introduction: Behaviour problems are those behaviours that cause or are expected to cause problems in socialization process, academic achievement, and cognitive (learning) activities, among other areas of life. The study examines the effect of specific therapeutic intervention on children with behavioural issues. It was hypothesized that the Interventions had substantial effect in reducing behaviour problems and productive effect on other variables.

Method: The study covered a total of 550 students (boys & girls) for survey study and to set norms of the questionnaire. Finally, out of 250 students, 60 boys screened with high difficulties aged 11⁺ to 13⁺ years were selected for the present study and assigned equally (15 each) into four groups, viz. Physical Activity Group (PAG), Behaviour Therapy Group (BTG), Physical Activity & Behaviour Therapy Group (PABTG) and Control Group (CG). Tools used were Strengths and Difficulties Questionnaire (SDQ), State-Trait Anxiety Inventory for Children (STAIC), Nonsense Syllables, and Muller-Lyer Illusion. The intervention was imparted for 12 weeks and post-test was taken in three phases and obtained the data to find the differences if any between pre-test and post-test, also among four groups. Statistical analysis involved descriptive, parametric statistics and post-hoc analysis on State Anxiety, Trait anxiety, Memory Span, Linera Perception, Academic Performance, Behavioural Problems and Pro-social Behaviour.

Results: Highly significant effect was found in reducing the problems and improving the issues with better behavioural pattern and also showed improvement by the intervention affecting the ability to focus and perform well.

Conclusions: The intervention modules may be included in school curriculum to have progressive expansion among students, the techniques remediate the underlying issues, and teach different methods of responding to condition and impetus in appropriate manner.

Keywords: *Behavioural Problem, Therapeutic Intervention, Physical Activity, Behaviour Therapy.*