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Positive Psychological Intervention: A Single Case Study

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Abstract

The aim of this paper was to evaluate the efficacy of positive psychology intervention for treating procrastination and contribute to theoretical nuance. A single case study examined the effects of character strengths approach on intervention outcome. Procrastination was measured by Irrational Procrastination Scale (IPS), and Depression was measured through Beck Depression Inventory (BDI-II, 1996). Self-Efficacy was measured using General Self Efficacy Scale (GSE) and Self Esteem was measured through Rosenberg's Self-Esteem Scale (RSES). The results revealed that positive psychology intervention using character strengths approach is effective in treating procrastination. Positive psychology intervention was shown to be appropriate for the client, although his individual differences required clinical adaptation of the approach. Client showed considerable gains in self-esteem, self-efficacy and reduction in procrastination. The findings are discussed taking into account various personality dimensions and idiosyncrasies associated with the client.

Keywords: Procrastination, single case study, positive psychology intervention, character strengths approach.