

**EFICIENȚA EDUCAȚIEI RAȚIONAL-EMOTIVE
ȘI COMPORTAMENTALE CA PROGRAM DE PREVENȚIE LA
CICLUL GIMNAZIAL**

**THE EFFICIENCY OF RATIONAL EMOTIVE BEHAVIOR
EDUCATION AS A PREVENTION PROGRAM FOR MIDDLE
SCHOOL**

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Abstract

The rational emotive education is an extension of rational emotive behavioral therapy to the educational field. It is supposed that rational emotive education is efficient in diminishing the irrational beliefs and dysfunctional consequences (emotions and behaviors) of the elementary school students. The results support the idea that the elementary school students decrease their irrationality and dysfunctional behaviors, but not the dysfunctional emotions.

Keywords: rational emotive behavior education, cognition, school

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