

ABSTRACT

This study was implemented to understand “dramatherapy as a remedial intervention towards adolescents with conduct disorder”. The research aimed in finding the influential nature of dramatherapy to reduce the negative impact of aggressive behavior of adolescents towards the society, and to make dramatherapy a formal discipline in Sri Lanka. In order to realize this aim, the study had a process of fulfilling four relevant objectives. According to DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, fifth edition), Conduct Disorder (CD) is diagnosed typically in individuals from 11 to 18 years, who habitually violate the rights of others, and will not conform their behaviour to the law or social norms appropriate for their age. Dramatherapy is the use of drama and theatre processes with a healing intention. Role play, positive imagination, dialogue exercises, scripting, spectrogram, mask work, catharsis techniques, psychodrama, imaginative exercises, playback theatre, Stanislavskian acting techniques, theatre games, theatre exercises, and music and movement therapy have been used as techniques in dramatherapy all over the world, to heal psychological illnesses. As a qualitative research, this had a case study design, and also utilized a minimal number of quantitative tools for data collection. Hence, this was a mixed method research. For this study, adolescents in the age range of 11 to 18 years were selected from a rehabilitation center of the Department of Probation, Western Province. Out of a number of 42 adolescents in the rehabilitation center, 15 adolescents who displayed symptoms of conduct disorder were identified, as a purposive sample for this study. The dramatherapy intervention continued for a period of 8 months. Dramatherapy sessions were held twice a week, and the duration of each dramatherapy session was two hours. Data was analyzed as pre- and post-intervention. According to the analysis, reduction of conduct problems was visible in nine ($n=9$) subjects. There was no visible change in those having sexual and drug addiction. Attitudinal improvement was visible in all fifteen subjects ($n=15$).

Keywords: conduct disorder, dramatherapy, comorbidities, emotions, adolescent