

## **RATIONAL EMOTIVE BEHAVIOUR THERAPY IN IMPROVING SELF-CONCEPT AMONG FEMALE CIVIL SERVANTS IN NIGERIA**

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### **ABSTRACT**

Women working life has not been smooth nor favorable to them. It is imbued with series of challenges in the workplace such as, sexual harassment, stereotypes, class ceiling metaphor. The structure of public service appears not favorable to women folk based on the way they are seen in the society. This paper is gear towards looking at women self concept in the workplace, that is how they look at themselves, the conceptions and misconception about themselves and the world of work using REBT in improving their low self-concept and jettison the wrong notion and assumption they have about themselves. Self-concept is the way people think about themselves, it is unique, dynamic and always evolving. This metal image of oneself influences a person identity, self-esteem, body image and role in the society. As a total understanding of oneself, self-concept shapes and defines who we are, the decision we make and the relationship we form. It is the basis of all motivated behavior.

This study also looked at the characteristics of women in the workplace, job challenges, self-concept and counseling strategies using REBT in improving women self-concept in the workplace.

**Keywords:** Rebt, self-concept, female, civil servants.