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Notice for the PhD Viva Voce Examination

Ms Jiny Kuriakose, Registration Number: 2170168, PhD Scholar at the Department of English and Cultural Studies, School of Humanities and Performing Arts, CHRIST (Deemed to be University) will defend her PhD thesis at the public viva-voce examination on Friday, 12 September 2025 at 10.00 am in Room No. 044, Ground Floor, R & D Block, CHRIST (Deemed to be University), Bengaluru – 560029, Karnataka, India.

Title of the Thesis	:	Poetry Writing in Challenging Dysfunctional Attitude of Adolescents through the ABC Model of the Rational Emotive Behaviour Theory
Discipline	:	English Studies
External Examiner - I	:	Dr Hitesh D Raviya Professor and Head Department of English Faculty of Arts The Maharaja Sayajirao University of Baroda Vadodara - 390020 Gujarat
External Examiner - II	:	Dr P Nagaraj Professor and Head Department of English and Foreign Languages Bharathiar University Coimbatore - 641046 Tamil Nadu
Supervisor	:	Dr Christine Ann Thomas Assistant Professor Department of English and Cultural Studies School of Arts and Humanities CHRIST (Deemed to be University) Bengaluru - 560029 Karnataka

The members of the Research Advisory Committee of the Scholar, the faculty members of the Department and the School, interested experts and research scholars of all the branches of research are cordially invited to attend this open viva-voce examination.

Registrar (Academics)

Place: Bengaluru

Date: 03 September 2025

ABSTRACT

This study investigates the efficacy of poetry writing as a therapeutic intervention for adolescents, specifically focusing on its potential to challenge dysfunctional attitudes and promote emotional well-being. By integrating the Rational Emotive Behavior Therapy (REBT) model and Gregory Orr's "Poetry as Survival" theory, the research aims to enhance students' cognitive, emotional, and creative capacities. The researcher provided students with a systematically designed study book to record their emotions by delving into the emotional depth of literary works and cultivating logical thinking and emotional regulation skills, as well as help them eliminate maladaptive behavior. The researcher combined these two theories and prepared questions for each poem to allow the students to explore the psychological aspects of poetry, comprehend the influence of beliefs and emotions on one's own well-being, and learn how literature can be a source of inspiration and strength during trying times.

The researcher employs a mixed-methods approach, combining observational methods with semi-structured interviews and response analysis. Semi-structured interviews with students and teachers will explore their perspectives on the theory's impact on emotional well-being, academic performance, and overall development. Additionally, analysis of student-written poems, classroom journals, and homework assignments will provide valuable data on students' engagement with poetry and their ability to express their experiences. The collected data was analyzed using thematic analysis to identify recurring themes and patterns related to the students' experiences with poetry. The analysis focused on the five variables. By combining these research methods, the study aims to provide a comprehensive understanding of the effectiveness of the Poetry Survival Theory in promoting emotional well-being, academic achievement, and personal growth among students.

Keywords: *Poetry writing, intervention method, Rational Emotive Behavior Theory, Poetry as Survival Theory, Curriculum design, class text poetry, Irrational attitudes, maladaptive behavior, coping mechanism, disputing the irrational attitudes, beliefs about situation*

Publications:

1. **Jiny Kuuriakose**, Dr. Bidyut Bhusan Jena - *Writing Poetry Can Enhance Character Formation in School Students through the Application of Rational Emotive Behavior Theory*, July 2024 *Journal of Poetry Therapy* DOI: [10.1080/08893675.2024.2381624](https://doi.org/10.1080/08893675.2024.2381624)
2. **Jiny Kuriakose**, Dr. Christine Ann Thomas --*Curriculum for class 9th CBSE poetry teaching with the integration of REBT based on NEP 2020*, January 2025 *Journal of Poetry Therapy* in Taylor and Francis <https://doi.org/10.1080/08893675.2025.2459880>