

A comparison of irrational beliefs between trained couples and normal couples

Seyyed Fateh Moradi

MA in clinical psychology, Islamic Azad University, Science and Research Branch of Tehran
fatehzhwan@yahoo.com

Abstract: Objective: This study is devoted to a comparison of irrational beliefs between trained couples and normal couples in Javanrood city, Iran. **Method:** the research was conducted between 15 trained couples & 15 normal couples (total 60 individuals). The first group was trained in the scope of identifying irrational beliefs (for 7 sessions), then both groups were evaluated by Irrational Beliefs Test (IBT). For data analysis independent-T test was applied. **Results:** findings showed that the irrational beliefs have significant differences between normal & trained couples. These differences have been more significant concerning: demand for approval (DA), high self-expectation (HSE), emotional irresponsibility (EI), problem avoiding (PA), hopelessness changes (HC), perfectionism (P) and the entire beliefs, so that irrational beliefs intrained couples showed a major decrease. **Conclusion:** training and identifying irrational beliefs have a significant effect on reducing irrational beliefs and also improving these beliefs. [Seyyed Fateh Moradi. **A comparison of irrational beliefs between trained couples and normal couples.** *Life Sci J* 2012;9(3):2023-2026]. (ISSN: 1097-8135). <http://www.lifesciencesite.com>. 292

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Introduction

According to Ellis human behaviors and emotions arises from his beliefs, principles, and attitudes. He calls the negative part of these beliefs irrational beliefs [Safae Abadi, A, 2001; solati, K, 2000]. These beliefs have impact upon cognitive coordination of individuals, and is related and depended to their cognitive systems [Feldman, P, 1998]. From this point of view people will be more easily captured by childish beliefs, and inappropriate environment also doubles its impact [Ellis, A, 2009; Ellis, A, 2004]. For couples, research has shown that the psychological profile of unsatisfied couples who had no desire to live together will get worried so that with more anxiety they blame themselves more [Salimi, S and et al, 2005; Cooper, 2001]. These indexes are also closely related with irrational beliefs' parameters; in such a way that what affects and challenges the marital relationship are not external events, but their irrational beliefs [Legha, F, 2010]. For these mental events of beliefs, more emphasis is put on feelings and obligations and results in anxiety and evil character in person, which will face people with more difficulties in life? Regarding that, these thoughts can affect people in various ways [Thomas and Luren, 2011]. It is significant and noteworthy. Major studies have also shown that there is significant difference between people's life with irrational beliefs and other groups 'clinical and ordinary issues [Timothy and et al., 2008; Janice and etal, 2007; Mandic and etal, 2010]. This process may also be reflected upon, that even studies that point to irrational attitudes varies according to region and culture [Jones and Chao 1997]. Studies have a lot of emphasis on teaching dysfunctional beliefs and changing attitude of

individuals through Rational Emotional Behavior therapy (REBT) to reach more rational beliefs, to that extent that education has improved symptoms of depression and other mental disorders [Nel and Nel, 1982; Macaskill and Macaskill, 1996; Slomn and et al, 1998; Shwan and Dave, 2994; Faramarzi, 1997; Nikmanesh, 2000; Safaee, 2002; Fooladgar, 2000]. Some studies also showed that education has no impact on improving irrational beliefs [Terry and et al., 2007; Motlagh Moghemi, 2004]. Some other research has also conducted on marital satisfaction of couples regarding the beliefs; the results indicate a relationship between rational beliefs with marital satisfaction and irrational beliefs with marital dissatisfaction [Takhti, 2001; Jabbari, 2006; Sharaf, 1996; Derube is and et al., 1998]. Also some studies reported that there is no relationship between problems of couples, including duration of marriage, and ... with irrational beliefs [Najafpour, 2000; Azkosh, 2007]. Hence, more efforts should be done to the cognitive development of individuals and particularly couples, so reflection and recognition of these beliefs is constructive and useful in solving marital and dysfunctional cognitive problems of couples. Thus, the aim of this study is to investigate the impact of teaching irrational beliefs on the wife.

Methods

Statistical population and sample: statistical population of this research is couples who live in Javanrood city, among them two groups are selected and evaluated. 15 couples in the first group during seven sessions underwent training on irrational beliefs and cognitive system. Training was done using books, articles and handouts, and explained personally.

During the training there were three more couples for risk avoidance, and probable absence of them; and among them, 15 couples were regularly trained in seven sessions. The samples were matched in terms of age, education and financial status. Educational level of the couples ranged from diploma to bachelor and age ranged from 22 years to 38 years old. Their mean of age was 29.4. For data analysis the mean, standard deviation and T-independent were used.

Research instruments: Jones Irrational Beliefs Test (IBT) is consisted of 100 items as a Liker scale. It is graded from strongly agree to strongly disagree (5 levels). It measures ten scales; each scale has 10 questions that measure an irrational belief. The minimum score in this test is 100 and maximum is 500. The higher the score it is indicative of more irrational belief, and the less it is indicative of irrational belief. Jones [1968] has reported the reliability of this test as 0.92 and totally 0.74. In Iran

Taghipour [1998] has reported the reliability of this test as 0.71. Also in Dotapoush's research [Donaposh, 1998] its reliability is reported to be 0.82 that shows a high dependability. Scales of the test are followings: Demand for Approval (DA), High self-expectation (HSE), Blame proneness (BP), Frustration reactive (FR), Emotional Irresponsibility (EI), Anxious over concern (PA), Problem avoiding (PA), Despondency (D), hopelessness changes, Perfectionism (P).

Results

As it can be seen, in most of the scales irrational beliefs scores were higher for untrained couples than the trained couples. So that for irrational beliefs Demand for Approval (DA), High self-expectation (HSE), Emotional Irresponsibility (EI), Problem avoiding (PA) and hopelessness changes, Perfectionism (P) and total irrational beliefs there is significant difference.

Table1: analysis of mean, variance and T-independent in 2 groups

Scales	Trained couple		normal couples		Df = 58	
	mean	variance	mean	Variance	t	Significance level
Irrational beliefs						
Demand for Approach (DA)	27.50	4.20	30.12	3.75	1.57	.001
High self expectation (HSE)	27.10	3.42	32.11	4.22	.897	-.02
Blame proneness (BP)	29.10	4.02	29.30	4.70	-1.27	.485
Frustration reactive (FR)	26.11	3.20	26.5	4.01	.069	.746
Emotional Irresponsibility (EI)	28.20	3.70	31.3	3.60	2.12	.004
Anxious over concern (PA)	26.20	5.40	29.25	4.2	1.01	.165
Problem avoiding (PA)	30.5	4.80	32.03	3.80	.059	.005
Despondency (D)	29.60	3.85	29.25	4.11	-.033	.872
Perfectionism (P)	27.86	4.27	31.89	4.78	1.01	.002
hopelessness changes	27.40	3.40	33.90	3.42	1.87	.003
Total	279.57	3.95	306.25	4.04	.815	.001

Conclusion

The aim of this study is to investigate irrational beliefs in trained and untrained couples. On this basis research findings showed that using irrational beliefs is different in these two groups, so that training and identifying irrational beliefs is effective in reducing the scores on these beliefs in the couples. Research findings were compatible with the findings in [Nel and Nel, 1982; Solmn and etal, 1998; Shawn and Dave, 2004; Safae, 2002; Charalabos and et al., 2006] and some other minor parameters of other studies. Most of these studies have shown that instructing irrational beliefs and awareness toward them in some way is effective in reducing and modifying these beliefs. The most significant differences were observed in the beliefs of Demand for Approval (DA), High self-expectation (HSE), Emotional Irresponsibility (EI), Problem avoiding (PA) and hopelessness changes, Perfectionism (P), and total irrational belief that it may be an indicator of

the effect of training of irrational beliefs and entering a new life. At one hand beliefs that have shown less difference may have existed longer time in people and somehow are institutionalized. Appropriate and continuing training may also affect the beliefs that may not lead to negative and gloomy feedbacks and assumptions. Since cognitive changes and individual's beliefs may be influenced by training [Robert and et al., 2001; Haoton and Sakloess2006; Davoodi, 2000]. Since support is needed from spouses and such supports give them positive and logical feedbacks [Brek, 1998]. These trainings can be a medium for such supports and may provide kind of emotional investment that even by existence of inefficient beliefs individuals can tolerate them [Pines, 1996; Salimi and et al., 2005]. But, since irrational beliefs have a contrariwise relation to the total positive love and marriage relationships, if needed training doesn't take place it can harmfully affect adaption [Stackert and Bursik, 2003; Addis and Bernard, 2000]. Then you

may not pay attention seriously to binding and required beliefs that are unrealistic and ineffective and cause confusion of thought. And there will be no program to amend or remove it, and results other major concerns. Because of life and cultural factors that affect irrational beliefs and exacerbate them are also acquired from parents. Sharp differences between the couples in terms of culture, race and region are important, therefore, it's not expected that these beliefs to be resolved with spontaneous backgrounds without the intervention of training programs [Jones and Chao, 1997; Derubeis and Beck, 1998; Azkhosh, 2007; Ellis, 2001 and 2000; Datilio, 2000]. Burns [1992] believes that irrational thoughts often occur among unsuccessful couples. Ellis Vision Care (ABC) is an appropriate and effective approach for training that can be used in this concern. Regarding the cultural conditions in Iran and some other countries, cultural differences and several other factors can be considered in the training pertinent to the beliefs' that their effectiveness occurs faster and more convenient. Like any other research, this study was not free of constraints, participation of the couples was faced with problems such as short absences, we had to call and strengthen the couples under training, and lack of a place to give recognition to the research, forced the researcher make use of private houses for gatherings and instruction. It is suggested that a possible generalization of the results should be done with caution, because as mentioned above cultural, age, economic and differences may be important concerns in changing the results. Also it's recommended that instruction of irrational beliefs for other groups and in educational, clinical and medical places to be done in various other forms. Counseling Clinical Centers may for various reasons focus their efforts on individual rather than group, but group training at the time, cost, and morale of the referents can be effective, so it is recommended it be performed with greater precision and at a group level.

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