Examine the relationship between irrational beliefs and public health in pre-university students in Rudbar

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ABSTRACT

In order to examine the relationship between irrational beliefs and public health students, 100 students in pre-university Rudbar (50 girls - 50 boys) were selected using stratified sampling. Questionnaire for data collection and public health Goldberg Jones was irrational thinking. The data in the t student test, Pearson correlation and multiple regression analysis was used to separate the two groups. The findings showed that the Pearson correlation between irrational beliefs and public health students, there is no significant correlation. Study findings showed that research and public health students from irrational beliefs between the two variables are significantly related. This means that with irrational beliefs, reduced levels of public health. The most qualified person is irrational beliefs and thoughts in the incidence of emotional and behavioral disturbances are more. The theory was that Alice tells the emotional turmoil caused by irrational beliefs are not confirmed. Results of multivariate regression analysis showed that some elements of the irrational beliefs (Concern, anxious, helpless to change, confirm the expectations of others, the emotional responsibility) are significantly related and public health and public health levels are predictive of these components. Results of the t-test showed significant differences between the two sexes, there is no irrational beliefs.

Key words: Irrational beliefs, public health – student

Introduction

History has shown that mental illness in developing countries are born of the human factors that affect the mood and it is. People get comfortable, many of its values lose their freedom and creativity and have some dedicated machine. Psychiatric disorders since there is a human creation and the constant threat to threaten human, and thus improved treatment is as old as human life. Humans have always tried to solve problems and aberrant behavior Following the progress of science and technology to various theories and schools was the fact that each person has different views than And different strategies to solve human problems are presented.

Alice is one of the view that the cognitive approach that relies on the study. Ldvyj 1978 gives reason to know that nothing but a hypothetical construct to explain the relationship between environmental events and behavior, it is not. Therefore, the understanding can not be treated.

Special emphasis on the cognitive approach to information processing is. Accordingly, people are constantly "being collected, interpret and understand the information generated internally as well as environmental stimuli are. Infrastructure in knowledge-oriented thinking and its role in the treatment of abnormal human behavior knows and believes that such failure is due to disturbances and In their thinking and reasoning in dealing with their cases or issues, there is life. Alice In terms of physiological, social and psychological character looks at each of these three specific comments about the character offers. Emotional logic theory (RET) that a person of extraordinary talent for selection and use of biological life And prone to inconsistency and suggested taking.

Irrational beliefs: a belief and commitment of any kind is either consciously or unconsciously is Persons who prepared a certain way to understand the events that And certain types of actions do. Maurice and irrational beliefs Kantytz 1976 situation is that Alice has been divided into two categories. The first: the beliefs that lead to pain, self-doubt and self blame are willing to The tendency for a person like that should be confirmed by anyone else and be loved.
Second: are the beliefs that lead to anger and moral arguments are less likely to fail. Like the idea of avoiding the problem easier to deal with it.

Public Health: Public health has been centuries since the advent of human But if the dialogue between the general "look after the health and other aspects of mental health, especially after it has been. Mental health as a measure of growth used to be the successor to the rescue is complete.

The expression:

A "feeling of anxiety, mental distress is the starting point and the persistence of the disorders and psychological reactions, social and physical person. In ordinary circumstances, some of the anxiety and fear and psychological trauma can be ignored But the intensity and persistence of these adverse factors so that a person is open daily tasks.

Cognitive approach is that the root of human behavior and attitudes of his thinking and attitude: the first argument is the recognition The result of man's knowledge and his thoughts. Alice believes that human behavior and emotions of his convictions and thinking. This belief is the fact that the type and intensity of emotion and behavior, he decides. Coping styles in recent years and its effects on various social functions such as education and employment activities of interest to researchers is located. The findings of this research has shown that students use to deal with stress in different ways Wiki of the factors affecting academic achievement in high school period is a strategy adopted to deal with the stress. Anxiety, depression, grief, sadness, anger, fear, all the thinking and beliefs of the individual and others.

Research in the field of public health and irrational beliefs:

- (Rezaee,Kazem nejad 1390): Factor structure - a feature psychometrics, Version 28 question General Health Questionnaire in patients with traumatic brain injury in Rasht, 238 TBI patients in a study - a longitudinal non-probability sampling techniques and frequent. They tailor each version has a 28 - GHQ psychometrics and features the ability to demonstrate its use for screening for mental disorders in the TBI patients.
- (Narimani, Samad 1389) : Evaluation of public health students at the Army Medical Sciences in Tehran 88 years. In this cross-sectional study, 52 students from the medical students of military-style 28 - GHQ was used. Conclusion: The prevalence of anxiety and depression in the medical literature and confirmed the existence of other health disorders in our study population it seems that Education of medical students at different levels of disorder in the general health and mental suffering.

- (Khodae,Rezaee 1389): Evaluation of public health and the prevalence of psychological disorders in students' welfare and rehabilitation of Shiraz. This descriptive study subjects were 167 undergraduate students in different fields of study with the well-being of the age range was 15 to 27 years, Sampling method and the general health questionnaire and the 27 clinical questions were semi structured. Results showed the prevalence of psychological disorders in the general population and among students by profession, age, sex, general health, there is no meaningful relationship.
- (Bahrami, Jokar 1388): The relationship between emotional intelligence and public health in Sabzevar Teacher Training University: This study is a descriptive statistical population consists of all male and female undergraduate students of Sabzevar Teacher Training. As a result of emotional intelligence to improve public health and prevention of mental disorders is.
- (Farhadi, Kakabarae 1387): The relationship between emotional intelligence and public health students with homesickness in Hamadan: A sample volume of 196 non-native students of Ali Sina University in Hamedan multi-stage sampling and Emotional Intelligence Inventory Shrink homesickness Archer and Gold Leaf on their general health was . Results showed that there is a positive correlation between emotional intelligence and general health and emotional intelligence, there is no significant correlation Danshkhvyan with their homesickness.
- (Shaker, Elahi 1386): Public health strategies of coping and marital satisfaction in infertile women undergoing IVF treatment in Kermanshah: In this study, 150 women and referred to the Infertility Center of Kermanshah martyr altar with sampling and were examined And the General Health Questionnaire 28-GHQ and the index of marital satisfaction were collected. Results: Psychological impact of infertility can be associated with infertility and an underlying psychiatric disorder and marital problems are.
- (Mehr nazari, Ghorbani 1389): Effect of individual counseling, rational way - the loss of emotional irrational beliefs conflicting couples Mashhad: Sample size of 50 couples with voluntary sampling was performed between pairs of subjects who were referred to the Judicial Center. After
performing research and analysis of statistical data indicate that the research hypothesis was confirmed with 95% confidence.

- (Ostadi, Jani 1389): The relationship between personality traits and irrational beliefs with job satisfaction among employees of a telecommunications company in Tabriz. Thus, 100 subjects from Tabriz Telecom Joint Stock Company with a stratified random sampling to select NEO-FFI personality test and irrational beliefs, job satisfaction survey was conducted to test Jones and TBI. Research Results: A significant difference between women and men in terms of belief is unreasonable. And female subjects than male subjects is the most irrational beliefs.

- (Kiani, Fayaz 1387): Pathological study of irrational beliefs of students in Rasht: Of the 400 male and female students were selected by cluster random sampling method that 311 people of which 89 drops of irrational beliefs questionnaire Jones with TBI had a complete response. The study found no effect of gender on the level of irrational beliefs. The results indicate that The amount and type answers to questions boys and girls make up Jones as a meaningful component of ten-fold different.

- (Khosravi, Besharat 1389): The relationship between irrational beliefs with positive and negative perfectionism in the city Noshahr students: 280 female students in Grade 2 and 3 were selected by cluster random sampling method. The results of this study have important implications on the implicit belief in the positive and negative perfectionism can be used in the treatment of clinical perfectionism.

- (Ahzar, Shafi abadi 1389): The role of irrational beliefs on mental health in secondary school students in Tehran: Random sample of 360 people using the schema-style stage was set. Data processing results confirmed the research hypothesis. This means that 50 percent of high school students have beliefs are irrational. Components of mental health among students, there are significant differences.

- (Motamedin, Ebadi 1387): The role of irrational beliefs and aggression on the academic performance of high school male students in Tabriz: Sample of 240 high school male students in Tabriz, which were randomly selected, The coefficients of multiple regression analysis showed that the level of predictive variables associated with students' academic performance is negatively And it predicts. Irrational beliefs, but variable in explaining the variance in academic performance, aggression is more variable.

- (Zareie, Biel shak 1386): Comparison of methods to control the source of irrational beliefs in normal women and prostitutes in Tehran: In this cross-sectional study, 60 subjects (30 female prostitutes and 30 normal women) who were Rutter Questionnaire source control practices against mouse and irrational beliefs Bylyngtr and Jones were evaluated.

Results: prostitutes than in normal women dealing with life events and problems, emotion-focused coping strategies are, Change the more they feel helpless and anxious concern in them is higher.

Assumptions:

The overall objective of the research hypotheses are:
1 - between irrational thinking and public health students there.
2 - The relationship between component beliefs are irrational and Public Health.
3 - In both sexes there is a difference between irrational beliefs.

Research objectives:

The overall goal of this research is to examine the relationship between irrational beliefs and public health students Rudbar.

This is the first class of the public health community to consider Then in order to get information about their beliefs and thoughts on students with awareness of the psychological problems of the survey. Researchers test the theory of rational - emotional Alice insists, Was trying to determine which of the two types of irrational beliefs has more impact on physical and mental disorders And also which of the components of public health are better predictors and Between the sexes and that boys and girls of this component is a difference or not?

Method:

Due to the nature and objectives of the research examining the relationship between irrational beliefs in public health And two for possession of a (A bunch of irrational beliefs about public health and other relevant categories) Of pre-university students in the study of the correlation method is used.

Statistical Society:

The statistical study included all students in the school year 91-90 Rudbar have to be enrolled.

Sample and sampling:

The sample included 100 pre-university students (50 boys and 50 girls) were. The method of stratified sampling, the four pre-university schools and 25 persons were selected from each school All of them were 18 years of age.

Research tools:

The following research tools were used:
1 - Jones irrational beliefs questionnaire (IBQ) 1967,
3. Jones irrational beliefs questionnaire.

For non-rational beliefs, irrational thoughts questionnaire Jones was elected. Alice was developed based on theory. This test was made in 1967 by Jones. This questionnaire is one of the most used tools to measure irrational beliefs are examined. There are 100 questions from each subscale consists of 10 sub-scale examines an irrational belief. Subscales include: 1 - expected approval of others (DA), 2 - Expect too much of their (HSE), 3 - blaming yourself (BP), 4 - react with despair (FR), 5 - the emotional responsibility (EI), 6 - anxious about , 7 - to avoid the problem (PA), 8 - The dependence of D, 9 - helpless to change (HC) 10 - perfectionism P.

Validity and reliability:
1. Through its correlation with other tests such as test ideas about irrational beliefs (IB) with the logical behavior of the test,
2. Through its association with a variety of tests that measured their emotional turmoil,
3. Through allergy testing, test those ideas to change the treatment of emotional logic, the test has been created.

In Iran's case and its validity has been proven in numerous research(Soleimanian 1373, 1375 Masoodani and Davoodi 1377). Pre-test norms for his 1376 cover Donna Jones irrational beliefs for boys and girls 18-15 years of high school students Yasuj city government has done. The reliability of the questionnaire by the 78-year pilgrimage of 100 students was conducted using the results. The Cronbach's alpha coefficient of reliability of this test using 0.74.

Grading the questionnaire:

Answer sheet and a five-choice Likert method is that each item is given a score from 1 to 5, Subjects read each question And their opposition to the agreement and the options are specified. In every question , individual score in the grading of 5-1 is the key. The maximum score is 500 and minimum score on this scale is 100.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Average</th>
<th>Standard deviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 - expected approval of others</td>
<td>28.69</td>
<td>4.11</td>
</tr>
<tr>
<td>2 - expect too much from their</td>
<td>32.54</td>
<td>5.507</td>
</tr>
<tr>
<td>3 - blaming yourself</td>
<td>27.17</td>
<td>4.866</td>
</tr>
<tr>
<td>4 - react with despair</td>
<td>26.71</td>
<td>4.006</td>
</tr>
<tr>
<td>5 - the emotional responsibility</td>
<td>23.28</td>
<td>5.137</td>
</tr>
<tr>
<td>6 - anxious about</td>
<td>31.36</td>
<td>6.628</td>
</tr>
<tr>
<td>7 - to avoid the problem</td>
<td>26.20</td>
<td>4.418</td>
</tr>
<tr>
<td>8 - Dependence</td>
<td>29.91</td>
<td>3.921</td>
</tr>
<tr>
<td>9 - helpless to change</td>
<td>26.96</td>
<td>4.533</td>
</tr>
<tr>
<td>10 - perfectionism</td>
<td>29.84</td>
<td>4.506</td>
</tr>
<tr>
<td>11 - irrational beliefs</td>
<td>28.78</td>
<td>22.928</td>
</tr>
<tr>
<td>12 - Public Health</td>
<td>27.19</td>
<td>12.516</td>
</tr>
</tbody>
</table>
Average results of descriptive statistics for the subscales of irrational beliefs on students:

<table>
<thead>
<tr>
<th>Average</th>
<th>Standard deviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>27.19</td>
<td>2.22</td>
</tr>
<tr>
<td>32.5</td>
<td>2.28</td>
</tr>
<tr>
<td>37.92</td>
<td>2.92</td>
</tr>
<tr>
<td>6.62</td>
<td>1.95</td>
</tr>
</tbody>
</table>

The table and chart show that subjects in the sub-scale score of irrational beliefs about "the time is near, The highest average scores in subjects so I expect too much from the 32.5 and 23.28 is the lowest of the emotional subscale of the responsibility. Also, the dispersion of the highest standard deviation scores in subjects anxious fears are irrational belief, Equal to 6.628 and the dispersion of the lowest scoring subjects in the irrational belief that the dependence of 3.921's.

The mean and standard deviation of the subjects in the 272.78, 22.928 is not unreasonable to believe, Mean and SD 27.19 subjects in public health, it is 12.516.

The results of descriptive statistics (mean and standard deviation) for the subscales of general health in students:

<table>
<thead>
<tr>
<th>Variables</th>
<th>Average</th>
<th>Standard deviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical symptoms</td>
<td>6.22</td>
<td>3.810</td>
</tr>
<tr>
<td>Social dysfunction</td>
<td>9.87</td>
<td>5.01</td>
</tr>
<tr>
<td>Anxiety and sleep disorders</td>
<td>6.91</td>
<td>4.144</td>
</tr>
<tr>
<td>Depression</td>
<td>4.23</td>
<td>5.07</td>
</tr>
</tbody>
</table>

The table shows the scores on the subscales of general health subjects almost "is close to The highest average scores as subjects in the social dysfunction scale, 9.87 Subjects in the depression scale and the lowest average score of 4.23 is. Also in accordance with the highest dispersion (SD) scores of subjects in the depression scale is equal to 5.07 and the minimum physical symptom scale dispersion than 3.87's.

Hypothesis Test 1: between irrational thinking and public health students there.

Correlation of results:

<table>
<thead>
<tr>
<th>N</th>
<th>P</th>
<th>Correlation</th>
</tr>
</thead>
<tbody>
<tr>
<td>100</td>
<td>0.001</td>
<td>0.618</td>
</tr>
</tbody>
</table>

According to the calculations of the correlation coefficient between the rational beliefs of Public Health 0.618 is, At level 0.01 is meaningful. This finding suggests that the irrational beliefs and public health students, there are meaningful relationships. This means that with increasing levels of irrational beliefs and their health declines and vice versa.

Testing Hypothesis 2: Among some of the components of irrational beliefs and public health are related. The presumed purpose of analysis, multivariate linear regression were checked and confirmed.

The correlation table:
According to the results contained in the correlation matrix, we can conclude that the correlation between irrational thinking and public health exists. This means that each sub-scale of irrational thinking, waiting for her too, blaming their lack of emotional responsibility, anxious concern, To avoid problems, inability to change with the public health, there is no significant relationship. Thus, each of these irrational thoughts increase the public's health declines. The most important variable for predicting y or public health xy concerns associated with high anxiety. 

\[ R(x6y)=0.52 \]

The results of the solution step by step into the variable xy anxious concern:

Noting that the previous factor of R2= 27 so we add a variable that led 9x, 7.5 percent of the variance of y explained. In the second step of the scale remains small, helpless to change that is more significant in the equation. Adding a set of regression to the 0.588 is.

\[ R(a6, a9, y)=0.588 \]

The results of the solution step by entering the variable of concern and frustration for anxious:

Noting that the previous factor of R2= 27 so we add a variable that led 9x, 7.5 percent of the variance of y explained. In the third step of the scale remains small, helpless to change that is more significant in the equation. Adding a set of regression to the 0.588 is.

\[ R(x6, x9, y)=0.621 \]

The results of the solution step by step into the changing concerns of anxious, helpless to change, expectations of others:

Noting that the previous factor of R2= 27 so we add a variable that led 9x, 7.5 percent of the variance of y explained. In the fourth step, the remaining fine-scale x5 no responsibility can be emotionally and adding it into the regression sum of R (x6, x9, x1, x5, y) =0.651 is. The R2=0.345, so that we add the variable x1 is about 4% of the variance of Y is determined.

\[ R(x6, x9, x1, x5, y)=0.651 \]

The results of the solution step by step into the large concern, anxious, helpless to change, expectations of others and emotional responsibility:

In the fourth step, the remaining fine-scale x5 no responsibility can be emotionally and adding it into the regression sum of R (x6, x9, x1, x5, y) =0.651 is. The R2=0.424 coefficient in comparison with the previous R2=0.385, so that we add the variable x1 is about 4% of the variance of Y is determined.

\[ R(x6, x9, x1, x5)=0.424 \]

The results of the solution step by step into the large concern, anxious, helpless to change, expectations of others and emotional responsibility:

Testing hypothesis 3: There are gender differences in the level of irrational beliefs:
Compared to the test, given its first distance data and normal data distribution, and a random selection of groups and homogeneous variances were reviewed and approved. Average scores on the questionnaire for irrational either sex (male and female) were calculated. $t$ test for independent groups were then compared to the data in the table below.

<table>
<thead>
<tr>
<th>Groups</th>
<th>Total</th>
<th>Average score of irrational beliefs</th>
<th>Standard deviation s</th>
<th>df</th>
</tr>
</thead>
<tbody>
<tr>
<td>femail</td>
<td>50</td>
<td>280.42</td>
<td>24.647</td>
<td>-1.0398</td>
</tr>
<tr>
<td>mail</td>
<td>50</td>
<td>285.14</td>
<td>21.054</td>
<td></td>
</tr>
</tbody>
</table>

Because the absolute value of the calculated results based on $t=-1.03$ smaller than the critical, $t=1.96$ with 98 degrees of freedom, the $\alpha=0.05$ is, Is zero is rejected with 95% confidence allows us to conclude that the two groups of boys and girls, there is no significant difference in terms of irrational thinking.

**Conclusion:**

The findings of this study showed that two variables are non-rational beliefs and public health students, there is a meaningful relationship. This means that with increasing levels of irrational beliefs in public health are reduced. How much income per person is irrational beliefs in a higher incidence of emotional and behavioral disturbance.

The results can be concluded that these components coupled with excessive worry, anxiety, inability to change, confirm the expectations of others, the more emotional responsibility of individuals prone to emotional turmoil. And these factors are appropriate for predicting the level of public health. The non-logical thinking of students related to their gender is, These results together with results Soleimanian Sue (1373) and Ziarati, Nasrabadi (1375) and also Flvrgdgy (1381) that No significant differences between male and female sex of the students saw the irrational thoughts. According to this study can be stated that sexual orientation is not irrational beliefs. And gender influence the type of people they are thinking.

**Suggestions:**

1 - One of the important issues related to students' mental health is an issue. But now in our country, this issue is under consideration, Will offer courses on mental health for all students to be considered.
2 - Cognitive Therapy to education authorities to educate students in.
3 - Regarding the cognitive therapy sessions in schools to inform students of all cognitive errors And correct it and thus increase the level of public health.
4 - Based on the findings of this research to promote health and prevent mental disorders, it is necessary growth is therefore recommended to avoid the irrational beliefs to inform parents trained to understand the nature of irrational beliefs and emotional and behavioral effects in humans are present.

**References**