

A study on the relationship between irrational thinking and marital adjustment in female staffs

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Abstract

Human is a social creature, so that he/she finds it difficult to live without the others. Marriage is the first cornerstone of making family and society that has many effects and consequences like the satisfaction of instinct, the production and survival of generations and etc. According to sociologists and psychologists in recent years, security, safety and peace and relationships between men and women have moved toward frailty and weakness and families have faced destructive forces. One of the factors that are involved in marital adjustment is irrational thinking that includes wrong conclusions or internal contradictions. An important issue is the high rate of divorce in the society and while couples accuse each other about the lack of understanding and having unusual expectations. The present study is correlational and Jones irrational thinking questionnaire and Harmon Singh marital adjustment test (Form B) were used only for women.

The correlation coefficient was negative and reverse only about the two components of (rebuke of oneself) and (concern with anxiety). This coefficient was significant about the component of (rebuke of oneself) which means that marital adjustment decreases with the increase of this type of thinking.

Keywords: irrational thinking, marital adjustment, female staffs

Introduction:

Human is a social creature, so that he/she finds it difficult to live without the others. Thus, he/she spends most of the life with his/her family. It is necessary to become familiar with methods of treating a husband/wife before marriage in order to have less crisis and mental activity, not suffer from family fights, have a calm and happy life, not lead to divorce and hurt children. Marriage is the first cornerstone of making family and society that has many effects and consequences like the satisfaction of instinct, the production and survival of generations, formation and evolution of human, the secret of peace and Purity and chastity. Islam as a holy religion considers marriage popular and sacred and recommends it to the young people. Marriage is an important and essential issue because it is a factor to save from impurity, loneliness and is a tool for the survival of generations. Avoiding marriage causes the lack of balance, anomalies in behavior and corruption of personality or physical-mental problems.

In marital life, there are main problems that result from unsuitable marriage. Unfortunately, there are still imposed marriages and many young people begin marital life by themselves. While, today many marriages are made with love and both sides like to respect each other and their promises and commitments but some problems can be created over time that can lead to divorce or a life without feelings, love and companionship. Marriage is an effort for adjustment and growth in which there is a big possibility for negative consequences. A wise couple must recognize, predict and deal with these negative consequences.

Problem statement:

Family is the smallest social unit and is the basis of the formation of society and perseverance of human emotions that should be highly considered and prevent family violations. There are different theories about the formation of family. Some sociologists consider family as a simple social organization and also as the primary core and basis of the formation of society. The formation of family and marital relationships begin with marriage. Marriage is a phenomenon that can cause peace and mental health of men and women. It can also reach a place to take a lot of energy from couples and cause mental disorders for them.

According to sociologists and psychologists in recent years, security, safety and peace and relationships between men and women have moved toward frailty and weakness and families have faced destructive forces. (Safaei).

One of the effective factors in marriage is adjustment which means thinking about oneself and talents to become a complete person. (Izli 1957, cited in Harmon) adjustment has different types such as social adjustment, health adjustment, political adjustment and sexual adjustment. One of the factors that is involved in marital adjustment is irrational thinking that include wrong conclusions or internal contradictions. Alice considers anxiety and behavioral disorders as the result of imaginary way of thinking by human and here are the most important ways of thinking or beliefs. (Paterson 1966, Alice 1973, Papen 1974 , cited in Shafiabadi, Naseri)

1. The belief that it is necessary to be loved and respected by every person in society. This belief is irrational because such a goal is inaccessible and if a person looks for such a demand, he/she will become more anxious and insecure and will also lose his/her self confidence.

2. The belief that it is necessary to have the maximum competence-perfection and high activity in order to be valuable. This belief is also impossible and the scrupulous effort to achieve it makes the person anxious and mentally ill and gives him/her the sense of humility and inability.
3. The belief that some people are bad and evil and should be punished. This belief is irrational because there is not a certain and absolute criterion for bad and good and human does not have much freedom in selection.
4. The belief that if the events go wrong and on the opposite of his/her desire, it will be catastrophic and the ultimate and maximum misery and discomfort will happen. This belief is wrong because it is a normal feeling to become frustrated.
5. The belief that his/her misery and lack of satisfaction were created by external factors.
6. The belief that scary things will cause the maximum concern and this is an irrational belief because too much concern prevents the objective assessment of dangerous and scary events and also prevents rational and logical coping with it.
7. The belief that going away from problems is better than coping with them because moving away from problems is more difficult than facing them and decreases the self confidence of the person.
8. The belief that he/she should rely on the others is also irrational because it causes the high dependency on the others, lack of independency and decrease of self confidence.
9. The belief that the past events determine the current absolute behavior is irrational because the past events may have no effect on current behavior and also the past solutions may have no function for the current time.
10. The belief that there is always a complete and true solution for every problem because there is no complete solution and causes concern and anxiety in the person.

Alice believes that relying on these beliefs causes mental concerns and anxiety. When a person relies on such beliefs, he/she strongly emphasizes the necessity, task and force and makes him/herself committed to the occurrence of a special and certain event. Thus, if he/she leaves such beliefs, she/he will probably move toward mental health and personality development. (Shafieabadi , Naseri)

The significance of the problem:

The important issue about this subject is the high rate of divorce in the society. According to the last statistics, 13631 divorces per month and 448 divorces per day were recorder in the country. According to the statistics, the rate of divorce is 2/1% per every 1000 people in the country. (Shahrvand)

Divorce, for any reason and type, results in the destruction of family and a life that was made under the shadow of kindness and love. The high rate of divorce does not show the lack of interest of today's generation in their marital life but is the more expectation of men and women from their marital life than before. Another important issue in this study is when couples accuse each other about the lack of understanding and having unusual expectations. (Garry, cited in Ahmadpoor)

Method:

The present study is correlation because the research subject is the relationship between marital adjustment and irrational thinking. Correlation means the relationship between 2 or several variables. In

statistics, correlation means the relationship between 2 or several variables that can be turned into value. (Delavar)

To perform this study, Jones irrational thinking questionnaire and Harmon Singh marital adjustment test were used only for women.

Validity and reliability of Harmon Singh marital adjustment test

The reliability of the total population is 0/94. To do this, split half method (even and odd questions) and Spearman –Brown prediction formula were used. The results of 6 jobs through interviews with 400 couples were controlled in a period more than 1 year and the mean of the total population was obtained as 40%.

Findings:

Research hypotheses

There is a significant relationship between the amount of marital adjustment and irrational thinking in female staffs.

Tables:

Table 1. The relationship between marital adjustment and irrational thinking

Components	N	α	df	r_{xy}	r_{xy} table
marital adjustment and irrational thinking	150	5%	149	0.05	0.195

The observed correlation coefficient (0/05) that is very small and positive is placed in the critical values table of Pearson correlation coefficient in order to determine its significance or insignificance. r_{xy} of the table was 0/195 at $\alpha = 0/05$ and $df=149$ that is higher than the calculated values (0/05). Thus, the calculated correlation coefficient is not significant.

Table 2. The relationship between marital adjustment and 10 ways of irrational thinking

10	9	8	7	6	5	4	3	2	1	N	row
Perfectionism	Helplessness to frustration	dependency	Problem avoidance	Concern with anxiety	blame	irresponsibility	Frustration to change	Exceeded expectations	Confirmation		Components
0.14	0.506	0.38	0.11	-0.06	-0.54	0.54	0.19	0.19	0.11	150	Marital adjustment

Discussion and conclusion:

In general, there is a negative and significant relationship between marital adjustment and irrational thinking of female staffs (rebukey of oneself). There is a positive and significant relationship between marital adjustment and irrational thinking (Helplessness to frustration and emotional irresponsibility) in female staffs and in other cases there was no positive and significant relationship.

Our studies showed that there is only a negative relationship between adjustment and the two components of rebuke of oneself and concern with anxiety which indicates that marital adjustment reduces with the increase of these irrational thinking. (The relationship was negative and significant only about the component of rebuke of oneself) and it was positive about the other components. Thus, according to this finding, teachers and parents are suggested to avoid creating the sense of guilty and rebuke of one in children. In counseling processes, the sense of guilty and its treatment were emphasized in order to achieve better adjustment for the person.

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