The Relationship between Irrational Beliefs and Spouse Selection Criteria Among Students

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Abstract
The present study aims to evaluate the relationship between irrational beliefs and spouse selection criteria among female and male students of BA of Payam-e Noor University of Shadegan. The sample study is 200 (100 girls and 100 boys) as selected by multi-stage random method. The measures of study are Assessment Test for Irrational Beliefs (A.T.I.B) and questionnaire of spouse selection Criteria. The study population is Pearson correlation coefficient. The results show that there is a relationship between irrational beliefs and spouse selection criteria among the students and irrational beliefs affect the quality of spouse selection criteria. Thus, those with irrational beliefs many have unsuitable criteria for spouse selection.
Keywords: Irrational beliefs, Spouse selection criteria, Students

Introduction
Today, recognition as a mediating variable of interaction of two people is of great importance. Image, mental activities, one’s belief models are key factors of growth, continuity and change of inefficient behavior (Froggatt, 2003). Based on the recognitions, the beliefs and attitudes of one person to himself, world and others are important. According to Ellis, emotional disorder and anxiety are the results of irrational belief. Emotions and beliefs are not separate actions and when irrational belief is continuing, emotive disorders remain and those who are involved in irrational beliefs, they are exposed to anger, resistance, enmity, defense, guilt, anxiety, lethargy, lack of control and sadness (Atkinson, cited in Baraheni, 2015) and this affects his orientation to the world and the surrounding people. According to Ellis, most of the problems, disorders in emotive life are based on irrational beliefs about self and the surrounding world (Ellis, 1989). Belief is a set of emotions, thoughts, behaviors, emotions as interacting widely (Ellis, 1991). Irrational belief is with exaggeration, unduly flexibility, irrational and absolute thoughts. Irrational beliefs are those controlling the mind and they determine the interpretation of events, regulating the quality and quantity of behaviors and emotions (Jalali Tehrani, 2007). One of emotional life aspects is marriage and marital life (Ellis 1989). Thus, one’s belief as rational or irrational affects the marriage process. Wrong criteria in spouse selection have adverse effects. Thus, the family success depends at first on the spouse selection consciously based on rational criteria (Mazaheri, 2010). According to the reported statistics, misunderstanding and irrational beliefs lead to the separation of couples (Azimi, 2009). The results of studies show that irrational beliefs have significant and inverse relationship with mental health (Ziarati, 2010), self-value and self-esteem (Salehian, 2000). There is a direct and significant relationship between irrational beliefs, anxiety (Vandervoort and Divers, 1999), dependence and demand for approval (Lichtenberg, Johnson, 1992), emotional distress (Smith, Zurawski, 1987) and depression (Vaezi, 2001)(Ghasemi, 1996) and marital dissatisfaction (Soleimanian, 1998). The results of study show that there is a significant relationship between irrational beliefs and spouse selection criteria among the students. Also, there is a relationship between demand for others approval, psychological criteria and social criteria. There is a significant relationship between irrational belief of problem avoidance and social criteria (Heidari,
There is a significant relationship between blaming belief, psychological criteria, family factors and social criteria. There is a significant relationship between irrational belief of reliance on others and family factors. There is a significant relationship between irrational belief of hopelessness, economic and social criteria. There is a significant relationship between irrational belief of anxious over concern and family factors (Abbaspour, 2015). Today, many therapists and researchers have focused on the role of cognitive factors: Attitudes, thinking and expectations on behavior and the position of recognition as a mediating variable of interaction of people is of great importance. Image, mental activities, one’s belief models are key factors of growth, continuity and change of inefficient behavior. Based on the results of study regarding the importance of spouse selection criteria and directing beliefs of people in marriage, the present study attempts to find that is there any relationship between irrational beliefs and spouse selection criteria? The study population is all female and male students of Payam-e Noor University of Shadegan in 2014 and 120 girls and boys (60 girls and 60 boys) were selected by multi-stage random method.

**Study measures**

Assessment Test for *Irrational Beliefs* (A.T.I.B). This test consists of 66 items based on Ellis theory, 33 terms are classified as rational and 33 terms as irrational. The subject should determine the terms consistent with his feelings and “Yes” in the questionnaire; otherwise “No” can be chosen (Momenzade, 2002). Questionnaire of spouse selection criteria: This questionnaire consists of 22 items based on Likert scale scored ranging one to five as less important to very important and two process and content dimensions in spouse selection are included. The reliability of the questionnaire by Cronbach’s alpha is $a=0.87$. Also, the construct validity of the test is 78% of total variance in content and process dimensions and it shows the high validity of test (Refahi, Sanayizaker, Shafiabadi and Sharri, 2008).

**Study Results**

Table 1- The mean and standard deviation of marriage criteria in girls and boys

<table>
<thead>
<tr>
<th>Gender</th>
<th>Biological criteria</th>
<th>Psychological criteria</th>
<th>Social cultural criteria</th>
<th>Economic criteria</th>
<th>Family criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>Mean (SD)</td>
<td>Mean (SD)</td>
<td>Mean (SD)</td>
<td>Mean (SD)</td>
<td>Mean (SD)</td>
</tr>
<tr>
<td>Girls</td>
<td>N=100, SD=2.13, Mean=19.91</td>
<td>N=100, SD=2.45, Mean=20.98</td>
<td>N=100, SD=5.86, Mean=56.27</td>
<td>N=100, SD=9.22, Mean=41.71</td>
<td>N=100, SD=3.86, Mean=18.74</td>
</tr>
<tr>
<td>Boys</td>
<td>N=100, SD=4.73, Mean=56.94</td>
<td>N=100, SD=5.07, Mean=56.27</td>
<td>N=100, SD=4.35, Mean=18.74</td>
<td>N=100, SD=3.80, Mean=18.66</td>
<td>N=100, SD=3.07, Mean=18.76</td>
</tr>
</tbody>
</table>

As shown in [Table 1], except in biological criteria, in the rest of items, the mean in the girls group is high.

Table 2- The results of correlation coefficient between irrational beliefs and spouse selection criteria

<table>
<thead>
<tr>
<th>Irrational Beliefs</th>
<th>Irrational beliefs</th>
<th>Marriage criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>$r_{-0.143}$</td>
<td>$p_{0.044}$</td>
<td>$n_{200}$</td>
</tr>
</tbody>
</table>

As shown in [Table 2], there is a significant relationship between irrational beliefs and marriage criteria and this relationship is negative. It means that by the increase of irrational beliefs, the significance of spouse selection criteria is reduced. Thus, the study hypothesis regarding the relationship between irrational beliefs and spouse selection criteria is supported.
Conclusion

Based on the results of Table 1, 2 of study hypothesis, as there is a relationship between irrational beliefs and spouse selection criteria is supported. This result is consistent with the results of study of Azimi (2009), Soleimanian (1998) and Ziarati (2010). The results of study show that there is a negative and significant relationship between irrational beliefs and spouse selection criteria. It means that the lower the irrational belief, the higher the importance of criteria of spouse selection or if a person has high irrational beliefs, the lower the importance of criteria. As belief is prior to feelings, emotions and behaviors. Irrational belief by affecting decision making and people attitude can lead to distortion of selection in the thought and behavior. Also, based on the inverse relationship between irrational belief and mental health (Gordi, 2003), we can expect mental health is effective on criterion selection. It means that a person with logical belief and higher mental health can decide for marriage criteria compared to those with low mental health and higher irrational beliefs. Also, the relationship between irrational beliefs and hopelessness, anxiety distress and dependency (Momenzade, 2002) can predict the selection of wrong spouse selection criteria.

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