

The Study and Comparison of Irrational Beliefs in Addicted and Normal People

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Abstract

Introduction: Irrational beliefs have some destructive and serious effects on individuals' behavior at home, work environment, and in social environment; also implicate emotional deep effects (depression, grief, self teasing, self reproaching, and contrition). The main aim of present study was the comparison of irrational beliefs in addicted and normal people. **Method:** the research method was causal comparative research and taking into account the subject importance and its role in individuals tendency toward addiction a sample of 120 persons (60 addicted people and 60 normal ones) was selected based on available sampling and similar in order of age and the Joens irrational beliefs questionnaire was administered among selected sample. In order to analyze data, independent samples t test, and ANOVA were run. **Results:** There was significant difference between the mean score of irrational beliefs with consideration of group (addicted and normal group), also, in addicted people there was significant difference between the mean score of irrational beliefs with consideration of education level, and economical status. **Conclusion:** The mean score of irrational beliefs in addicted people is more than normal ones. Taking into consideration that individuals can change their behaviors and feelings through changing their beliefs, so one must replace irrational beliefs with rational ones based on educational qualifications.

Key words: irrational beliefs, addicted people, education, economical status

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