

IRRATIONAL BELIEFS AND ITS RELATIONSHIP TO EMOTIONAL PROBLEMS AMONG ADOLESCENTS: A FIELD STUDY ON A SAMPLE OF PUBLIC HIGH SCHOOL STUDENTS IN HOMS CITY

HANI MOHAMMAD ABBARA

Teaching Assistant in the Faculty of Education

Al-Baath University in Syria

**Researcher in the Doctorate Degree in the Department of Psychological
Counseling**

***ABSTRACT_** The present study aimed at revealing the relationship between the Irrational Beliefs, and Emotional problems among adolescents. And to show if there is differences between male and female in the Irrational Beliefs, and Emotional problems. The sample consists of 381 students (182 males, 199 females) in some School Students in Homs City. The researcher had used the irrational beliefs scale prepared by Boshra Almougharbel after verification of validity and reliability. And The scale of Emotional problems that present researcher designed which involved following subscales: unbalance emotional problem, shy problem, anxiety problem, anger problem. The results of the study are: There is a significant positive relationship between the student grade's on the scale of irrational beliefs as a whole and its subscales and their grades on the scale of emotional problems as a whole and its subscales. And There is a significant differences between males and females in their grades on the scale of the irrational beliefs as a whole and the following subscales (Demand for Approval, Catastrophizing, Over concern, Problems Avoidance, Dependency) for females. But it was no differences between males and females on other subscales of irrational beliefs. There is no statistically significant differences between males and females in their grades on the scale of emotional problems as a whole. And There is no differences in anxiety and unbalance emotional problems. But there is differences in shy and anger problem. The study ended by some recommendation such as Preparation of guidance programs to alleviate the irrational ideas in the coating in order to reduce the emotional problems that may face them.*

***KEYWORDS:** The irrational beliefs, Emotional problems, Secondary School Students.*