

## THE CONCEPT OF SELF RELATED TO THE IRRATIONAL BELIEFS

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### Abstract

The present study investigated the relationship between self-concept and irrational beliefs. The variables of self-concept were measured with Structural Analysis of Social Behaviour Model (SASB Intrex Introject) (L. Benjamin, 1974). To research on the irrational beliefs, this study used the Idea Inventory: revised version (Buianina T. & Armelius B-Å. 2006). The results show that a negative self- concept is associated with irrational beliefs. Data analysis suggests that irrational thoughts might mediate the self- concept's processes thus maintaining a negative self. Hence, negative self- concepts may not only suffer for elevated negative feelings about the self but because of irrational thoughts interferences may also struggle to be able to generate self supportive images for the self, and this difficulties could be a focus of the therapeutic interventions.

Key words: *Self concept, irrational beliefs*

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