

CREDINȚE IRAȚIONALE ȘI SATISFAȚIE MARITALĂ

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Abstract

This experiment have concentrate on Ellis theory about the negative influence of irrational beliefs of the emotional mood of the individuals, incites them to emotionally distress and behavioral disturbance. I want to make an extension of Ellis theory about the role of this irrational beliefs in married relationships and marital satisfaction, as a result, we supposed the existence of a negative influence of irrational beliefs of marital satisfaction, emotional mood of the partners and behavioral disturbance of them. To confirm this hypothesis I, elaborate a specific scale with "i" situations like household obligation, common budget, partner jealousy, sexual life, space time, and many others. For each of this situations we generate a series of irrational beliefs, rational beliefs, inferential beliefs, nonadaptatives emotions, adaptatives emotions and disturbances behaviours. The significant results which we get, confirm this hypothesis.

Keywords: irrational beliefs, mood, distress, marital satisfaction

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