

FACTORI DE VULNERABILITATE COGNITIVĂ ÎN ANXIETATE: CREDINȚELE IRAȚIONALE ȘI STRESUL

Adina Ban *

Grădinița Specială Pentru Copii Ambliopi, Oradea, România

Abstract

This study is focused on the identification of some of the conditions and cognitive factors which lead and favorite the emergence and the maintenance of anxiety. We considerate two of these factors as potential vulnerability factors: irrational beliefs (REBT theory) and stress (life events). The results are in most part consistent with the theories which they emerge from, and allow us to affirm that some of the categories of irrational beliefs, like self depreciation / global evaluation, low frustration toleration and awfulizing have a strong influence on anxiety level (trait anxiety), while others don't (demandingness). Also, the study results shows that the interrraction of the stressful events in the individual's life with a high level of irrationality determines state anxiety level enhancing.

Keywords: *anxiety, vulnerability, irrational beliefs, sterss*

* Psiholog, Grădinița specială pentru copii ambliopi, Oradea, România