Early Maladaptive Schemas, Coping Strategies and Emotional Maturity Has an Emotional Injury with Clinical Symptoms without Clinical Symptoms in Students

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Abstract

Background and Objectives: In each life cycle stage, special relationship with the other person involved is that this relationship can improve individual health and social or damaged individual. The present study aimed to compare the early maladaptive schemas, coping strategies and emotional maturity of students with emotional injuries and no damage was emotional.

Material and Methods: The causal-comparative study was conducted. From 422 students living in dormitories Damghan University and Azad University in the academic year 2015-16, 150 students were selected randomly. Participants blow to the questionnaire love, coping strategies questionnaire, the young schema questionnaire and emotional maturity questionnaire responded. To analyze the data, descriptive statistics such as mean and standard deviation and inferential statistics such as variance univariate and multivariate multiple regressions used.

Results: Results showed that significantly cuts and the exclusion (P<0.01), Impaired Autonomy and Performance (P<0.001), restrictions disrupted (P<0.0001), the orientation (P<0.01), vigilance over limit/retention (P<0.04). The results of univariate analysis of covariance can be said that between the two groups in scores of coping strategies and emotional maturity there is a significant difference statistically (P<0.0001). The regression model explained 24.4% of the variance stems (R²=0.244). Course of study and level of education were significant predictors (P<0.01).

Conclusion: The study showed that people with emotional damage from the domains of conflict, coping strategies and emotional maturity are different with people without emotional damage. Same goes for more attention to this area will require therapists and counselors.

Keywords: Early maladaptive schemas, Coping strategies, Emotional maturity, Students