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عنوان مقاله:

Predicting high-risk behaviors based on early maladaptive schemas in university students

محل انتشار:

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خلاصه مقاله:

Early maladaptive schemas are the basis of many high-risk behaviors and psychological disorders. The objective of this study was to predict high-risk behaviors based on early maladaptive schemas among university students. The statistical population of this study included all male and female students at Sari University. The sample included ۱۸۲ college students) ۸۸ males and۹۴ females) who were chosen via the convenience sampling method? The instruments included the Schema Questionnaire (Young, ۱۹۹۱) and Risk Behaviors Questionnaire (Zadeh Mohammadi & Ahmadabadi ۲۰۰۹). Data were analyzed through stepwise multiple regression. It showed that dependence could explain ۱۳%of the variance of violence. Shame, perfectionism, entitlement, ment, and failure (in four steps) could explain ۲۱% of the variance of drug abuse. In addition, shame and perfectionism (in two steps) could explain ۹.۳%of the variance of alcohol consumption. Moreover, dependency and emotional inhibition (in two steps) could explain ۶.۴% of the variance of involvement the romantic activity. According to the findings of this study considering the predictability of students' high-risk behaviors based on some early maladaptive schemas in order to prevent the spread of high-risk behaviors, the factors affecting the formation of early maladaptive schemas among students should be considered. Also, the results, have important implications for the pathology, prediction, prevention, and treatment of high-risk behaviors among university students.

کلمات کلیدی:

Early maladaptive schema, high-risk behaviors, university student

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