

عنوان مقاله:

A comparison of early maladaptive schemas and perceived parental rearing behaviors in couples with problem-focused and emotion-focused coping style

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خلاصه مقاله:

Introduction: The present study compares early maladaptive schemas and perceived parental rearing behaviors in couples with problem-focused coping styles and emotion-focused coping styles. **Method:** This was a causal-comparative study. The sample was selected using convenience sampling and consisted of 158 married female students of Tehran universities. They completed the Young Schema Questionnaire (YSQ), the short Egnä Minnen Beträffande Uppfostran (EMBU-S), and a coping style questionnaire. Data were analyzed using the Mann-Whitney U test and a T-test. **Results:** There were significant differences between couples with problem-focused coping styles and emotion-focused coping styles in each of the subscales of early maladaptive schemas and perceived parental rearing behaviors. Couples in the emotion-focused coping style group had higher scores in all subscales of early maladaptive schemas. Furthermore, the couples with an emotional parenting style applied problem-focused coping more frequently, and those with avoidance and over-support parenting styles applied emotional parenting style more frequently. **Conclusion:** Results suggest that by providing suitable childhood conditions, in addition to development of the parent-child relationship, individuals develop more effective coping mechanisms in order to better handle stressful situations.

کلمات کلیدی:

early maladaptive schemas, Perceived Parental Rearing Behaviors, Emotional Focused Coping Style, Problem Focused Coping Style

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