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The effectiveness of cognitive-behavioral intervention on dysfunctional attitudes mate selection in female students

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Irrational Attitudes and beliefs are one of the factors that prevented the marriage. Their rational attitudes and imaginations of person can play a significant role in creating a dysfunctional emotional relationship. Irrational attitudes are effective on mental health. Attitudes determine behavior. We can change behavior by changing attitudes. This study aimed to investigate the effectiveness of cognitive-behavioral intervention on dysfunctional attitudes mate selection in female students. The study type was semi- experimental using pre-test and post-test with control group. The research instrument was attitude toward mate selection questionnaire. Data were analyzed using multivariate analysis of covariance. The results showed a significant difference between the two groups dysfunctional attitudes mate selection (Ease of effort, Love is enough, Idealization, Opposites Complement). According to the findings, cognitive-behavioral intervention in changing dysfunctional attitudes mate selection can be an effective step in meeting the youth to the mate selection.

Biography

Zhaleh Ahani has received her BA degree in Guidance and Counseling from Razi University of Kermanshah in Iran. She has completed MA in Family Counseling and has 7 papers published to her credit.

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