



### The Relationship between Irrational Beliefs with Anxiety in Adolescent's Girls

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#### Abstract

Irrational beliefs are messages about life we send to ourselves that keep us from growing emotionally. They are unfounded attitudes, opinions, and values we hold to that are out of synchrony with the way the world really is. The aim of this study is investigation the relationship between irrational beliefs with anxiety in adolescent's girls. This study is descriptive and correlational. The study population comprised all high school girl of one of the Andisheh city's schools. The sample group consisted of 100 students who were selected through convenience sampling. Research instruments were Jones irrational beliefs questionnaire and Beck anxiety inventory that completed with participants. Pearson correlation was used for data analysis. The results showed that there is a significant positive relationship between irrational beliefs and anxiety. Irrational beliefs like high expectations of self, tendency to blame self, reaction to failure, preoccupation with anxiety, dependence, despair on changes and perfectionism showed a significant positive relationship with anxiety. This means the higher the level of irrational beliefs, the increase is in the levels of anxiety. It can be suggested that irrational beliefs are effective factors in the increase of people anxiety especially adolescents.

**Keywords:** Irrational Beliefs, Anxiety, Adolescent's Girls.

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