



## Relationship between positive irrational beliefs, mental health and emotional stability in early young adults

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### Abstract

As research suggested that there is a relationship between the newly developed positive irrational belief scale and subjective wellbeing. It was anticipated that current perceptions of oneself would generally be associated with current level of wellbeing of an individual. The rationale behind this study is to understand that how positive irrational beliefs are correlated with mental health and emotional stability. Through this study an attempt was also made to find out the relationship between positive irrational beliefs, mental health and emotional stability. Three structured pre tested questionnaires were used for primary data collection: Positive Irrational Beliefs Scale (PIBS) developed by Taylor and Brown (1988), along with the Mental Health Inventory-5 (MHI-5) and Emotional Stability Questionnaire (ESQ) developed by Psycom Services (1995). Cross sectional study was conducted amongst the young adults between the age group of 18 to 25 years. Sampling technique was stratified sampling the results showed a positive and significant correlation between positive irrational beliefs and mental health in early young adults. SPSS version 16 was used to analyse the result. Nevertheless, the study did not show a positive and significant association between positive irrational beliefs and emotional stability in early young adults. There was no conflict of interest. Limitation of the study involves the reliability of the responses however it can be ruled out as the sample size is more than 100 and beliefs were almost of similar nature in positive correlation however it needs to be further explored in subsequent studies.

**Keywords:** Positive irrational beliefs, mental health, emotional stability, early, young, adults

### Introduction

Irrational beliefs are frequently used as an umbrella term to describe a variety of psychological constructs, including unsupported self-related beliefs as well as a wider class of epistemologically dubious beliefs (such as superstitions, paranormal and pseudoscientific beliefs, conspiracy theories, etc.). They are deeply held beliefs that are irrational, inaccurate, or twisted, even when there is abundant, conflicting evidence to the contrary. People who have anorexia nervosa frequently have false beliefs about both themselves and the world, such as the notion that they must be slim in order for others to accept them. Positive Irrational Beliefs:

Positive irrational beliefs are occasionally known as "positive illusions," which are typically thought to be excessively positive attitudes that people hold towards themselves or their loved ones. A form of self-deception or self-enhancement known as a positive illusion is one that, at least momentarily, makes a person feel good, upholds their self-esteem, or helps them escape suffering. Exaggerated self-estimation, exaggerated optimism about the future, and a sense of control are the three basic forms. In a Taylor and Brown study from 1988, the term "positive illusions" first appeared. Specific positive illusions are quite prevalent in daily cognition and can predict a number of elements of mental health.

The encouragement and application of a variety of intricate cognitive cues were said to be the source of the evidence reported for the enhancement of intellectual functioning. By

redirecting cognitive effort to easier, more effective problem-solving techniques, it was claimed to increase the effectiveness and quality of decision-making.

### Methodology

#### Aim and Objectives

##### This study was conducted with an aim

To study the relationship between positive irrational beliefs, mental health and emotional stability in early young adults. Objectives of the study were to explore the relationship between positive irrational beliefs and mental health of early young adults. To explore the relationship between positive irrational beliefs and emotional stability of early young adults. Study took into consideration the Dependent Variables such as Positive irrational beliefs, Emotional stability and Control variable-Age

#### Sampling technique

A selection of participants from a population are chosen at random by the researcher using simple random sampling, a sort of probability sampling. Every person in the population has the same chance of being chosen. Then, data gathered from as much of this randomly selected subgroup as possible. Inclusion exclusion criteria: Data collection will be done from the adult population ranging from 18-25 through investigator administered questionnaire. Research design: The study, like Pearson's, uses a correlational design. Connection coefficients are utilized to gauge serious areas of strength for how relationship is between three factors.

Positive Irrational Beliefs Mental Health, and Emotional Stability are the three variables in this case. There are a few sorts of connection coefficients, yet the most well-known is Pearson's. Pearson's connection (likewise called Pearson's R) is a connection coefficient generally utilized in direct relapse. Research tools.

**Positive Irrational Beliefs Scale (PIBS)**

Self-enhancing illusions, illusions of control, and optimistic illusions are the three categories of positive illusions proposed by Taylor and Brown (1988) and are the focus of this newly developed test. The created scale comprised of 21 inquiries. Members were approached to demonstrate how firmly they concurred with every one of the assertions on an end-characterized size of 0, "Differ Totally" to 10, "Concur Totally".

**The Mental Health Inventory-5 (MHI-5)**

There are five questions in the MHI-5. The questions have six potential answers, each of which is scored between 1 and 6. As a result, each person's score falls between 5 and 30. This is then changed using a common linear transformation into a variable with a range of 0-100.

**Emotional Stability Questionnaire (ESQ)**

Psycom Services developed it (1995). It is a self-organization scale with 60 things. The ESQ scoring method is straightforward and objective. The absolute crude scores are switched over completely to the sten scores. Scores between 8 and 10 are considered to be high and extremely high, while scores between 4 and 7 are considered to be average and scores between 1 and 3 are considered to be low and extremely low. The reliability between tests was found to be 0.78. Methodology: For the purpose of data collection, all 100 adults between 18-25 years old were approached personally. First, rapport was established with the youths by doing an online survey using google forms and telling them about the purpose of the research and mention about the tools that were to be administered in google forms itself. Consent was taken before the participants were asked to be a part of the research. The adults were also asked to fill in certain Demographic details like name, age, and gender. Adults were also assured that their responses would be kept confidential and will be used for research purposes only. The tools were administered one after the other and all the instructions were already mentioned in the form. The adults were instructed that there were no right or wrong responses. In the end, they were thanked for giving their valuable time

**Analysis of results**

The data was collected from 100 participants ageing 18-25 years old. The participants were analyzed using SPSS and MS Excel. The following analysis were extracted: Table 4.1 Shows the correlation between Positive Irrational Beliefs and Mental Health.

*Correlations*

|      |                     | <b>PIBS</b> | <b>MHI</b> |
|------|---------------------|-------------|------------|
| PIBS | Pearson Correlation | 1           | .295**     |
|      | Sig. (2-tailed)     |             | .003       |
|      | N                   | 100         | 100        |
| MHI  | Pearson Correlation | .295**      | 1          |
|      | Sig. (2-tailed)     | .003        |            |
|      | N                   | 100         | 100        |

\*\* Correlation is significant at the 0.01 level (2-tailed).

The above table shows that there is a significant relationship between positive irrational beliefs and mental health. There exist significant and positive relationship at 0.01 level. That is higher the positive irrational beliefs present, the participants mental health gets effected. Hence, the hypothesis got partially accepted. Table 4.2 Shows the correlation between Positive Irrational Beliefs and Emotional Stability.

*Correlations*

|      |                     | <b>PIBS</b> | <b>ESQ</b> |
|------|---------------------|-------------|------------|
| PIBS | Pearson Correlation | 1           | -.234*     |
|      | Sig. (2-tailed)     |             | .019       |
|      | N                   | 100         | 100        |
| ESQ  | Pearson Correlation | -.234*      | 1          |
|      | Sig. (2-tailed)     | .019        |            |
|      | N                   | 100         | 100        |

\* Correlation is significant at the 0.05 level (2-tailed).

The above table shows that there is a significant relationship between positive irrational beliefs and emotional stability. There exist significant and negative relationship at 0.05 level. That is higher the positive irrational beliefs present, lesser the emotional stability is there. Hence, the hypothesis got partially accepted.

**Discussion**

Positive irrational beliefs, mental health and Emotional stability plays an important role in our daily life which continues to receive attention from researchers, counsellors, psychologists and youths themselves. The aim of this research is to study the relationship between positive irrational beliefs, mental health, and emotional stability in early young adults age ranging between 18-25 years. Positive Irrational Beliefs refer to irrational thoughts or beliefs that have a positive or favorable tone. These beliefs are characterized by being illogical, unsupported by evidence, and often distort reality in a way that can be emotionally comforting or empowering for the individual holding them. Despite lacking a rational basis, positive irrational beliefs can lead to feelings of confidence, happiness, or a sense of control over one's life. However, they may also hinder critical thinking, problem-solving, and realistic assessment of situations. Examples of positive irrational beliefs include unwavering faith in one's abilities beyond reasonable limits, an unfounded belief in constant good luck or protection from harm, or an excessive focus on positive outcomes while ignoring potential risks or challenges. the term "mental health" describes a person's general psychological wellbeing as well as their level of cognitive and affective functioning. It includes a person's thoughts, feelings, and behaviours, as well as their capacity to overcome obstacles and uphold fulfilling relationships. Mental health includes traits like resilience, self-esteem, emotional intelligence, and the capacity to adapt to change and handle stress, in addition to the absence of mental diseases. Emotional stability, also known as emotional resilience or emotional balance, refers to an individual's ability to maintain a steady and consistent emotional state despite the ups and downs of life. It is characterized by the capacity to regulate and manage one's emotions effectively, remain calm in stressful situations, and bounce back from setbacks or challenges. Our study has focused on studying the relationship between Positive Irrational Beliefs, Mental

Health and Emotional Stability in early young adults as well as how positive irrational beliefs are correlated with mental health and emotional stability. For this purpose, a sample of 100 young adults were selected. The adults belonged between the age group 18-25 years old. Statistics used for the sample was- Pearson's Correlation. Hypothesis 1 stated that there will be a significant relationship between Positive Irrational Beliefs and Mental Health. For the following hypothesis it was found that there is a significant positive correlation between the variables (Positive Irrational Beliefs and Mental Health valued 1 and .295 respectively). Thus, it could be rightly stated that these two variables do have an important role to play, and they do have a significant amount of effect on the young adult's daily life. Thus, the hypothesis was proven to be true, and we accept it. Hypothesis 2 stated that there will be a significant relationship between Positive Irrational Beliefs and Emotional Stability. For the following hypothesis it was found that there is a significant negative correlation between the variables (Positive Irrational Beliefs and Emotional Stability valued 1 and -.234 respectively). Thus, it could be rightly stated that these two variables do have an important role to play, and they do have a significant amount of effect on the young adult's daily life. Thus, the hypothesis was proven to be true, and we accept it.

### Conclusion

The study aims to determine whether early young adults' mental health, emotional stability, and positive irrational beliefs are linked. Positive or favorable irrational beliefs are referred to as positive irrational thoughts or beliefs. As a result, Taylor and Brown's (1988) Positive Irrational Beliefs Scale (PIBS) is used to measure people's ingrained beliefs. On the other hand, a person's mental health includes their social, emotional, and psychological well-being. As a result, individuals' mental health is assessed with the help of the Mental Health Inventory-5 (MHI-5) additionally, an individual's capacity to maintain a steady and consistent emotional state despite life's ups and downs is referred to as emotional stability, also known as emotional resilience or emotional balance. Therefore, the Emotional Stability Questionnaire (ESQ) is utilized to assess emotional stability. Accordingly, these devices assisted with figuring out connection between sure silly convictions, psychological well-being and close to home strength by utilizing Pearson's Relationship strategy. Positive irrational beliefs and mental health would have a positive and significant relationship, according to the hypothesis, at a significance level of 0.01. Thus, from the discoveries it shown that there is a critical and pessimistic connection between sure silly convictions and close to home strength at 0.05 huge level. The present study or investigation was limited with respect to The study was confined only among the age group between 18-25 years. The study was entirely self-report. The study depended on participants' accurate and considerate reporting of recent and historical instances of mental health. Implications-Future research examines to find out the methods to reduce positive irrational beliefs and how to maintain emotional balance among early young adults like by motivating them and having group session counselling for them.

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