

الأفكار اللاعقلانية ومفهوم الذات لدى عينة من المراهقين

* .

- - -

- -

:
()

)

()

: (

: .

.

* dr_ashraf_72@hotmail.com

_____) _____

:

(:)

Beck,Aaron "

. (Beck,Aaron,2000,P.36)

()

" "

Self Theory

Rogers "

(:)

الأفكار اللاعقلانية ومفهوم الذات لدى عينة من المراهقين

(: -) .

(:) .

:

:

() .(

)

:() .(

:

:

:

الأفكار اللاعقلانية ومفهوم الذات لدى عينة من المراهقين

:

:

(

(

(

(

:

(:)

Regulating

()

_____ ° _____

.(:)

(

.Burns,1992,pp.28-29)

.(:)

() :

) ()

) (

.(:) (...

الأفكار اللاعقلانية ومفهوم الذات لدى عينة من المراهقين _____

:

:Self-Concept ()

: (

Houck & Spegman, 1999

Houck,1999

(:)

(21:)

Hall&Lindzey

: :

Self Object

Self Process : .

. (:)

د / اشرف محمد علي شلبي

Kobal " "

, 2011,P: Grum, Darja Kobal; Marcic, Renata)

.(373

"

"

Sheslow et al 2005; Woruka, 1993:)

.(60

"

Vander Bos " "

"

.(VanderBos,2007.P: 828)

:

:

:

:

(

^

. (Riley, Kenny, 2011.p:33)

Longmore MA, DeMaris, 1997; Park, Jungwee,) . /
2003; Spencer SJ, Josephs RA, 1993; American Psychiatric
(Association, 1987

Mullis)

.(RL, Chapman, 2000

Burke PJ, 1996; Pearlin LI, Lieberman MA, Menaghan,) .
1981; Mirowsky J, Ross, 1989)

: (

:

:

:

د/ اشرف محمد على شلبى

:

:

- :)

.(

: (

Defensive Positive Scale :

General Maladjustment Scale :

/

:Psychosis Scale :

Personality Disorder Scale:

١٠

الأفكار اللاعقلانية ومفهوم الذات لدى عينة من المراهقين _____

Neurosis Scale : .

Personality Integration Scale: .

:) .(-

Irrational Thoughts _____ ()

.(Michelle,2006)

Ellis

"

Walen et al. "

(Conant, 2004, Pp. 12-14)

_____ ١١ _____

Anderson, 2000, Pp.15-17 &)

.(Solomon, 1997, Pp. 4-5

.(- :)

الأفكار اللاعقلانية ومفهوم الذات لدى عينة من المراهقين

-

-

■

-

-

■

■

(:) .

■

:

Wilhelm " " " "

(& Steketee)

(Wilhelm&Steketee,2006,p.101)

_____ : (

": Ellis " "

) "

" " .(- :

)

.(

" "

.(Deutsch, 2006, Pp. 10-11)

" "

:

)

- :
(

Anderson, 2000, Pp. 17-18

"

."

: (

Ellis " "

A

-

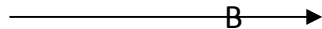
ABC

B

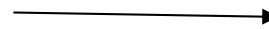
. C

(Jerom,2002) .

A



B



C

" "

(Ellis,A,1998)

:

(Beck ,1979)

:

.

:

:

:

:

:

(Abela, & D'Allesandro,

.(:

2002,114

Automatic

"

Beck

"Thoughts

-

-

(.

)

الأفكار اللاعقلانية ومفهوم الذات لدى عينة من المراهقين

" "

- -

.

.(Martin, 2004, P.7)

:

:

:

.

(Barrera et al.,1988)

(-)

()

■

()

()

() " "

()

■

() " " ■
) () ()
() (- -)
- -)
() () ()
)
(

C. Fives, 2003 ■

Intolerance of Work Frustration

Self- Downing

(Calvet&Cardenso,2004) ■

Irrational Beliefs

الأفكار اللاعقلانية ومفهوم الذات لدى عينة من المراهقين

()

(-)

; Bilboul, Monica J

,2006Snyder, Heather T ; Pope, Alice W

Psychosocial Adjustment

Craniofacial Anomalies

(=)

)

Congenital Craniofacial Anomalies

(-

)

(

Snyder, Heather ; Pope, Alice W; Bilboul, Monica J)

.(, 2006T

Modi & Thingujam, 2007

Physical Health

(=)

Demand for Fairness

Need

Need for Achievement

.for Application

() " " ■

()

. (-)

) ()

() () . (

() ()

()

()

()

()

)

()

(

(- :)

Persampiere, 2009

■

Nishikawa, Saori; Hägglöf, Bruno; Sundbom, Elisabet

()

=

)

.(

Nishikawa, Saori; Hägglöf, Bruno;).

.(Sundbom, Elisabet, 2010.p. 334-342

Riley, Kenny

■

(-)

Riley,

.(Kenny,2011,P: 32-46)

Ajake, Uchenna E , et al, 2011 ■

) ()

(-

()

()

)

(

(., 2011,P: 111-120)Etuk, G R; Bisong, N N; Ajake, Uchenna E

:

:

Hazaleus & Deffenbacher,

1985

Helplessness

(Anderson, 2000, Pp. 27-28)

() " "

()

()

)

()

(

)

.(

)

.(- :

S. Evich, 1998

Demand for Approval

)

Gender Role

(

) ()

(

.(Evich, 1998)

()"

"

■

-

()

.()

Liu, ; Wang, ; Parkins,2005

■

() () () ()

الأفكار اللاعقلانية ومفهوم الذات لدى عينة من المراهقين

(Parkins, 2005 ; Wang, ; Liu,)

Athenstaedt, Ursula ,et al, 2009

()

-

)

(

(Athenstaedt, Ursula; Mikula, Gerold; Bredt, Cornelia, 2009, P:
399- 409)

()"

"

=

=

)

()

.(

=

=

)

:(- :

Grum, ; Marcic, Renata

,2011 Darja Kobal

Adult Sources of Self-Esteem Inventory
Rosenberg Self-Esteem Scale
Instability of Self-Esteem Scale
.Contingent Self-Esteem Scale

)

:(

Grum, Darja ; Marcic, Renata)

.(, 2011,P: 373-384Kobal

:

الأفكار اللاعقلانية ومفهوم الذات لدى عينة من المراهقين

:

.

.

:

:

.

.

:

د/ اشرف محمد علی شلبي

:

() :
= ()
= () =
=
:
:

S.

Hooper & C. Layer

:

.()

:

:

الأفكار اللاعقلانية ومفهوم الذات لدى عينة من المراهقين _____

:

:

)

()

(

()

=	=	/

:

()

()

**	.
**	.
**	.
**	.
**	.
**	.
**	.
**	.
**	.
**	() .
**	.
**	.

**

()

**	
**	
**	
**	

**

()

**	
**	
**	
**	
**	

**

()

**	
**	
**	
**	
**	
**	
**	
-	
**	
**	
-	

**

:

()

()

:

)

.(

()

"T.test "

Regression Analysis

الأفكار اللاعقلانية ومفهوم الذات لدى عينة من المراهقين

:

:

:

"

"

()

			()		()		
-1,44	**	-					.
0,70							.
1,17		3					.
-0,31		-					.
-0,72		-					.
-2,60	0 **	4-					.
0,32			-				.
-1,77	**	2,5-					.
0,05							.
0,83							.
0,65							.
-3,12		-					.

**

) :

.(

()

" "

)

(

):

(

)

.()

(

:

"

."

الافكار اللاعقلانية ومفهوم الذات لدى عينة من المراهقين

()

			()		()		
1,30	0	4					
4,19	**	5					
-1,01		-					
0,14							
0,67							
5,30		90					
0,10	3						
-4,76	*	-					
1,12					7		
5,53	**			8			
3,79	*						
1,30	1						
7,09							

*

**

) :

" "

(

)

()

(

()

.()

()

()

.()

)

(

الأفكار اللاعقلانية ومفهوم الذات لدى عينة من المراهقين

:

"

"

):

)

(

.(

() ()

: (-)

)

-

-

-

-

-

.(

)

:

-

.

-

-

(

-

الافكار اللاعقلانية ومفهوم الذات لدى عينة من المراهقين

()

-	-	-	-	-			-	-	-	-	* -	-	-	
-				-			-	-	-		-	-	-	
-	-		-	-	-		-	-	-	-		-	-	
-	-	-	-			-	-	-	-		-	* -	-	
-	-	-	-	-	-		-	-	** -	-	-	-	-	
-	-	-	-	-			-	-	-	-	* -	-		
			-				-		-				-	

-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	* -	-	-	-	* -	-	-	-
-	-	-	-	-	-	-	-	-	* -	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	* -	-	** -	-	-	-	-	-

الافكار اللاعقلانية ومفهوم الذات لدى عينة من المراهقين

()

*	*	*	-	-	*	*	*	-	-	*	-	-	-	
-	-	-	-	-	-	-	-	-	-	-	-	-	-	
-	-	-	-	-	-	-	-	-	-	-	-	-	-	
*	**	-	-	*	*	-	*	-	*	*	-	*	-	
-	-	-	-	-	-	-	-	-	-	-	*	-	-	
-	-	-	-	-	-	-	-	-	-	-	-	-	-	
-	-	-	-	-	-	-	-	-	*	-	-	-	-	
-	-	-	-	-	-	-	-	-	-	-	-	-	-	
-	-	-	-	-	-	-	-	-	-	-	-	-	-	
-	-	-	-	-	-	-	-	-	-	-	-	-	-	

:

"

"

()

()

()

()		()		()			
	- -		- -		- -		.
'	'	'	'	'	'		.
'	- -	'	- -	'	- -		.

معدلات انتشار اضطرابات طيف التوحد في محافظتي

,	,	,	,	,	- , -		.
,	- , -	,	- , -	,	- , -		.
,	.	,	,	,	,		.
,	,	,	,	,	,		.
,	,	,	,	,	- , -		.
,	- , -	,	- , -	,	- , -		.
,	- , -	,	- , -	,	- , -		.
,	- , -	,	- , -	,	,		.

*

"

"

)

(

()

)

(

.()

" "

Calvet

. Finnel,1984

Schniering,2004

.(Chang&D,zurella,1996;Marcotte,1996).

Masculine Identity

(Ellis, 1996, P.16)

Gender Socialization Process

" "

(Coleman&Ganog,1987;Koopmans,Sanderman,Emmelkamp,199
. 4)(Nolen-Hoeksema, 2002)

- -

.(Gustavson, 2009, P.9)

Ellis,)

(1996, P5

-

-

Cyranowsky ,et al,2000

(Sherry,Hewitt,Flett, &Harvey,

.(2003) (Prinstien&Aikins,2002)

'''

."

()

() .()

) ()

.() (

)

(

(Wessel,1981)

.(Wessel,1981,P.1564)

Snyder, Heather T ; Pope, Alice W; Bilboul, Monica J

)

(

.(, 2006Snyder, Heather T ; Pope, Alice W; Bilboul, Monica J)

.()

.(- :)

,et al, 2009

Athenstaedt, Ursula

.cale . Grum, Darja Kobal; Marcic, Renata

)

.(

Grum, Darja ; Marcic, Renata)

.(, 2011,P: 373-384Kobal

"

"

: (-)

)

-

-

-

-

o.

معدلات انتشار اضطرابات طيف التوحد في محافظتي

-

.

-

.

(.

)

-

-

:

.

-

-

(

Hazaleus & Deffenbacher

.

.

(Anderson, 2000, Pp. 27-28)

Persampiere,2009

.

Self-Esteem

anxious over-concern

demand of approval

- -

Nielsen,)

(1994, P.2

.(Waters, 2009, P13)

.(Cardenoso & Calvete,2002)

(Rice, F., Harold, G., Thapar, A.2003).

(Barrera et al.,1988)

" " .(Fives, 2003)

() " "

()

(Calvet&Cardenso,2004)

)

(

; Bilboul, Monica J)

.(, 2006Snyder, Heather T ; Pope, Alice W

)

(

(., 2011,P: 111-120)Etuk, G R; Bisong, N N; Ajake, Uchenna E

.()

(Deffenbacher, 1993)

Wilson, 2001,)

.() (Pp. 5-10

"

"

"

"

.(,)

"

"

:

" " " "

(Fives, 2003, Pp.12-13)

.Deffenbacher Zwemers &

. (Torres-Gallegos, 2005, P.8)

Lachmund, 1998, Pp.3-)

(4

.(Martin, 2004, P.7)

Bandura

Pp. 13-14 ;Nickl, 2006, Pp. 26-27; Koch, 2004,)
Fives, 2003, P.12)

:

.

.

.

.

.

_____ () _____

_____ - _____

_____ () _____

_____ :

_____ () _____

_____ () _____

_____ :

_____ () _____

_____ :

_____ (-) _____

_____ () / _____

_____ () _____

_____ - _____ () _____

_____ () _____

٥٨

_____ () .

_____ .

_____ () .

_____ :

_____ .

_____ - _____

_____ .() .

_____ - () _____

_____ .() .

_____ .

_____ () .

_____ .

_____ .

_____ () () .

-

_____ -

_____ () .

_____ .

_____ -

_____ () .

_____ .

20. Abela, J. R. Z., & D'Allesandro, D. U. (2002). Beck's cognitive theory of depression: The diathesis-stress and causal mediation components. ***British Journal of Clinical Psychology***. v.41, 111-128.
21. Ajake, Uchenna E; Bisong, N N; Etuk, G R(., 2011) Influence Of Emotional Abuse on The Self-Concept of Senior Secondary School Students in Cross River State Nigeria. ***Global Journal of Educational Research*** 10. 2 (2011): 111-120.
22. American Psychiatric Association(1987). **Diagnostic and Statistical Manual of Mental Disorders**. Third rev. ed. Washington, DC: American Psychiatric Association. .
23. Anderson, S. (2000). **The Effects of A Rational Behavioral Therapy Intervention on Irrational Beliefs and Burnout among Middle School Teacher in The State of Iowa**. University of Northern Iowa. Doctor of Philosophy Dissertation.
24. Barrera,M.&Garrison-Jones,C.V.(1988).Properties of the Beck Depression Inventory as a screening instrument for adolescent depression. ***Journal of Abnormal child psychology***,v.16,263-273.
25. Beck, Aaron(2000) **Prisoners of of hate: The Cognitive Basis of Anger , Hostility and Violence**. New York , N.Y.: Perenail Harper Collins.
26. Burke PJ(1996). **Social identities and psychosocial stress**. In: Kaplan HB, ed. Psychosocial Stress: Perspectives on Structure, Theory, Life Course, and Methods. New York: Academic Press,: 141-74 .
27. Burns,D.D.(1992) **Feeling good : The New MoodTherapy**. NewYork: AvonBooks.

28. Calvete, Eather, (2005). Gender differences in cognitive vulnerability to depression and behavior problems in adolescents, *Journal of Abnormal Child Psychology*, April.
29. Cardenoso, O., & Calvete, E. (2004). Desarrollo del Inventario de Creencias Irracionales para adolescentes (Development of the Irrational Beliefs Inventory for Adolescents). *Psicologia Conductual*, v.12, 289-304.
30. Chang, E. C., & D'Zurilla, T. J. (1996). Irrational beliefs as predictors of anxiety and depression in a college population. *Personality and Individual Differences*,v. 20, 215-219.
31. Coleman, M., & Ganong, L. H. (1987). Sex, sex-roles and irrational beliefs. *Psychological Reports*,v. 61, 631-638
32. Conant, J. (2004). *Changing Irrational Beliefs and Building Life Meaning: An Innovation Treatment Approach for Working with Depressed Inmates*. The Chicago School of Professional Psychology. Doctor of Philosophy Dissertation.
33. Deffenbacher, J. (1993). *General Anger: Characteristics & Clinical Implications*. *Psicologia Conductual*, 1(1), 49-67.
34. Deutsch, C. (2006). *Relative Mate Value, Irrational Beliefs and Romantic Jealousy*. Lake head University. Master of Arts Dissertation.
35. Ellis, G. (1996). *The Relationship of Multiple Measures of Sex Role Identity to Irrational Beliefs*. Oklahoma State University. Doctor of Philosophy.
36. Ellis,A. (1998) *The Albert Ellis Reader: A guide to Well-Being Using Rational Emotive Behavior Therapy*. Edited by Albert Ellis and Shawn Blau . Syracus,N.J.: Carol Publishing Group.

37. Evich, S. (1998). **The Relationship of Gender Role, Socialization and Irrational Beliefs to Anger-Proneness.** Pepperdine University. Doctor of Philosophy Dissertation.
38. falseAthenstaedt, Ursula; Mikula, Gerold; Brecht, Cornelia(2009) Gender Role Self-Concept and Leisure Activities of Adolescents. *Sex Roles* 60. 5-6 (Mar 2009): 399-409.
39. falseBilboul, Monica J; Pope, Alice W ; Snyder, Heather T(2006) Adolescents With Craniofacial Anomalies: Psychosocial Adjustment as a Function of Self-Concept. *The Cleft Palate - Craniofacial Journal* 43. 4 (Jul 2006): 392-400.
40. Fives, C. (2003). **Anger, Aggression & Irrational Beliefs in Adolescents.** St. John's University. Doctor of Philosophy Dissertation.
41. Gustavson, N. (2009). **The Relationships among Anger Treatment Readiness and Coping Skills, Forgiveness and Locus of Control.** Hofstra University. Doctor of Philosophy Dissertation.
42. Houck G.,(1999) The measurement of child characteristics from infancy to toddlerhood: Temperament, developmental competence, self-concept, and social competence ,*Issues in Comprehensive Pediatric Nursing*, 22 (1999), pp. 101–127
43. Houck G.M., Spegman A.M. (1999) Development of self: Theoretical understandings and conceptual underpinnings, *Infants and Young Children*, 12, pp. 1–16
44. Jerom, R. Gardner, (2002). **Cognitive behavior management; perceiving automatic thoughts.** cognitive behavior .com
45. Koch, K. (2004). **Anger Management Training Strategies for Police: The Anger Invasion within the Public and Private Lives.** Faculty of Chicago School of Professional Psychology. Doctor of Philosophy Dissertation.

46. Lachmund, E. (1998). **How Clinicians Assess: A Case Study of Anger Affective Disorder**. St. John's University. Doctor of Philosophy Dissertation.
47. Liu, W C ; Wang, C K J; Parkins, E J(2005) A longitudinal study of students' academic self-concept in a streamed setting: The Singapore context. . ***British Journal of Educational Psychology*** 75 (Dec 2005): 567-586.
48. Longmore MA, DeMaris A.(1997) Perceived inequity and depression in intimate relationships: the moderating effect of self-esteem. ***Social Psychology Quarterly*** 1997; 60(2): 172-84 .
49. Marcic, Renata; Grum, Darja Kobal (2011) Gender Differences In Self-Concept and Self –Esteem Components . ***Studia Psychologia*** 53. 4 (2011): 373-384.
50. Marcotte, D. (1996). Irrational beliefs and depression in adolescents. ***Adolescence***, v.31, 935-954
51. Martin, R. (2004). **Cognitive Process Associated with Anger Disorders: The development of A New Instrument**. Southern Mississippi University. Doctor of Philosophy Dissertation.
52. Michelle J., N(2006) **The Power of Positive Thought: Methods for Maintaining A Postive Attitude**. Black Enterprise(New York).
53. Mirowsky J, Ross CE. Social Causes of Psychological Distress. New York: Aldine de Gruyter, 1989 .
54. Modi, D. & Thingujam, N. (2007). Role of Anger and Irrational Thinking on Minor Physical Health Problems among Married Couples. ***Journal of Indian Academy of Applied Psychology***, 33(1), 119-128.
55. Mullis RL, Chapman P. Age, gender, and self-esteem differences in adolescent coping styles. ***The Journal of Social Psychology*** 2000; 140(4): 539-41 .

56. Nickl, K. (2006). **The Relationship between Irrational Beliefs and Marital Satisfaction.** Northern Arizona University. Doctor of Philosophy Dissertation.
57. Nielsen, D. (1994). **An Attempt to Improve Self-Esteem Modifying Specific Irrational Beliefs.** Arizona State University. Doctor of Philosophy Dissertation.
58. Nishikawa, Saori; Hägglöf, Bruno; Sundbom, Elisabet.(2010) Contributions of Attachment and Self-Concept on Internalizing and Externalizing Problems Among Japanese Adolescents . ***Journal of Child and Family Studies*** 19. 3 (Jun 2010): 334-342.
59. Park, Jungwee (2003) Adolescent self-concept and health into adulthood. ***Health Reports***14. Supp (Dec 2003): 41-52 .
60. Pearlin LI, Lieberman MA, Menaghan EG, et al. The stress process. ***Journal of Health and Social Behavior*** 1981; 22(4): 337-56 .
61. Persampiere, J. (2009). **Anger- Reactivity & Treatment Adherence Among Court Mandated Partner-Violent Men.** University of Maryland. Master Of Arts Dissertation.
62. Prinstein, M. J., & Aikins, J. W. (2004). Cognitive moderators of the longitudinal association between peer rejection and adolescent depressive symptoms. ***Journal of Abnormal Child Psychology***,v. 32, 147-158.
63. Rice, F., Harold, G., Thapar, A. (2003). Negative life events as an account of age-related differences in the genetic aetiology of depression in childhood and adolescence. ***Journal of Child Psychology and Psychiatry and Allied Disciplines***, v.44(7), 977-987.
64. Riley, Kenny(2011) Effects of a Collaborative Outpatient Therapy Program on Self-Concept of Adolescents with Depression. ***Therapeutic Recreation Journal***45. 1 (First Quarter 2011): 32-46.

65. Schniering ,Carolyn A.(2004).The structure of negative self- statements in children and adolescents: a confirmatory factor analytic approach. ***journal of abnormal child psychology***.v.271,211-234.
66. Sherry, S. B., Hewitt, P. L., Flett, G. L., & Harvey, M. (2003). Perfectionism dimensions, perfectionistic attitudes, dependent attitudes, and depression in psychiatric patients and university students. ***Journal of Counselling Psychology***.V. 50, 373-386
67. Sheslow, D., Taylor, C., lukens, M. A., 2005. **Developing your self esteem: Kids health**. New York: Nemours Foundations.
68. Solomon, A. (1997). **Primed Irrational Beliefs of Formerly Depressed and Never Depressed Individuals**. The American University. Doctor of Philosophy Dissertation.
69. Spencer SJ, Josephs RA, Steele CM.(1993) **Low self-esteem: the uphill struggle for self-integrity**. In: Baumeister RF, ed. *Self-Esteem: The Puzzle of Low Self-Regard*. New York: Plenum Press,p: 21-36 .
70. Torres-Gallegos, M. (2005). **College Women's Anger Response to Aversive Feedback from Authority Figures versus Peers**. Hofstra University. Doctor of Philosophy Dissertation.
71. VanderBos, G. R., (Ed.). (2007). **APA dictionary of psychology**. Washington DC: American Psychological Association
72. Waters, L. (2009). **Female Registered Nurses' Anger Expression Moods in Adult Acute Care Settings**. Widener University. Doctor of Philosophy Dissertation.
73. Wessal,T.(1981) The Relationship of Self – Concept and sex to Anxiety ,Depresstion and Hostility among select Black College Freshmen ***Diss Abst. Educational Psychology***, 42.No .4,(A) ,P.1564

74. Wilhelm, S., and Steketee, S. (2006). **Cognitive Therapy for Obsessive-Compulsive Disorder: A Guide for Professionals.** New Harbinger Publications.
75. Wilson, D. (2001). **Cognitive- Behavioral Treatment of Anger Expression in Women: An Efficacy Study.** Alabama University. Doctor of Philosophy Dissertation.
76. Woruka, D. N., 1993. **Correlates of moral behavior of adolescent students in Rivers state.** Unpublished Ph.D thesis of University of Calabar.

Irrational Thoughts and Self-Concept in a Sample of Adolescent Boys and Girls.

Ashraf Mohamed Ali Shalaby, Ph.D.

Lecturer of Developmental Psychology

Faculty of Arts - University of Beni Suf - Egypt
College of Education - King Abdul Aziz University - Saudi Arabia

The aim of this study is to compare between male and female in Self-concept, dimensions and irrational thoughts, and if Self-Concept can be predicted is a result of irrational thoughts.

Methods & Procedures: Method was used Descriptive and Causal Comparative A sample consists of 96 students from secondary school both females and males (46 Females with mean age 15,89 .S.D=0.38 and 50 males with mean age 15,94. S.D=,47),. Two scales were used; The Irrational thoughts for Children and Adolescent Scale developed by Hooper & Layer and The Self-Concept Scale. **Results:** Revealed significant correlation between irrational thoughts, Self-Concept and dimensions in both males and females. The study also showed differences between male and female in Self-Concept dimensions and irrational thoughts. The results also showed that it can be irrational for the ideas represented in the following emotional recklessness to be predictors of self-concept in The total sample.