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THE RELATIONSHIP BETWEEN EARLY MALADAPTIVE SCHEMAS AND ADDICTION TALENT AMONG YOUNG AT QORVEH CITY

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ABSTRACT

The purpose of this study is to review the relationship between early maladaptive schemas and addiction talent in young people at Qorveh city. Research method is correlation and applied in terms of purpose that was done in field method.The study population of this research were youths living in Qorveh city in various ages over 20 years old who were selected randomly and will be investigated. In the present study, statistical population will be selected approximately and randomly 280 people given its availability. The data collection method in this research is questionnaire which includes demographic information questionnaire and short form Young Schema Questionnaire can be used in this study. In addition, in this study, APS test scale is used. APS addiction preparation scale was made as an indicator of correlated factors with addictive disorders by Wade and others (1992)and aims to identify personality traits and lifestyle associated with drug abuse. To analyze the data, descriptive and inferential statistics (Pearson correlation coefficient) were used. The results showed that there is a relationship between early maladaptive schemas and addiction talent in youths at Qorveh city (P<0.05).

Keywords: Maladaptive schema, talent, addiction, drugs

INTRODUCTION

Schemas that are formed in the early evolution of humans and are often used in the cognitive structure orientation are unconditional. Schemes that have been

formed later in the evolution of development are unconditional. Conditional schemas in arise in response to non-conditional schemes. For example, schemas of suborns criteria are created in response to defect schema, obedience schema in response to abandonment schema and sacrifice schema is formed in response to defects schema. Satisfying conditional schema expectations is not always possible and sooner or later someone is faced with its original schema. In order to explain the relationship between early maladaptive schemas and addiction to opiates, it can be said that according to Young (1990), maladaptive behaviors are established in response to the scheme and then are excited by the schemes themselves. And when maladaptive schemas are raised, people usually experience high level of emotion [negative] such as intense anger, anxiety, sadness or feeling guilty.

2. Problem Statement:

Early maladaptive schemas are damaging emotional and cognitive patterns which is located in the mind at the beginning of the evolution and are repeated in the course of life.Schemas are the result of parent-child dialogue which has been gradually located in one's mind and now systematically, but non-efficiently, dominates their life (Hamidpour, 2011). Of important new structures to study

cognitive processing style and its influence on people's emotional processing is maladaptive schemas structure. Maladaptive schema are emotional and cognitive patterns that are harmful in person that is formed in the mind at the beginning of the development and and are repeated in the course of life (Young, 2010). These schemas are created when basic universal psychological needs (secure attachment, autonomy, freedom to express normal needs and emotions, spontaneity, realistic limits) are not met (Team, 2010). 18 schemes proposed by Yang according to unfulfilled emotional needs are divided into five areas: Discontinuity and exclusion / Impaired Autonomy and Performance / disturbance constraints / other orientation / over-vigilance and retention (Young, 2010).

In order to explain the relationship between early maladaptive schemas with addiction to opiates, it can be said that according to Young (1990), maladaptive behaviors are excited in response to schema created and then by the schemas themselves. And when the schema is incompatible raised, people usually experience high level of emotion [negative] such as intense anger, anxiety, sadness and guilt. This emotional intensity is usually unpleasant, so people often apply maladaptive behaviors to avoid the prospect

of schemes not to experience emotions associated with these schemes. Therefore, in order that these people reduce unbearable pain that are motivated by their primary scheme, they take maladaptive behaviors such as the use of opioids (Yang, translated by Sahebi and Hamidpour, 2005).

According to the above study, this question is raised for the researcher whether there is a relationship between early maladaptive schemas and addiction talent in youths at Qorveh city.

3. The importance and necessity of research

Extensive and numerous research has been done around the world regarding narcotics, psychotropic, addictive and physical and psychological, economic, social, cultural and other individual damages and other ones conducted by the competent authorities within the country and with the cooperation and participation of international organizations and still continues. Scientific reports also indicated the increasing trafficking and inappropriate consumption of psychotropic drugs. Moreover, many scientific and medical studies on the physical and psychological effects of drug use on individuals have been carried out. When humans make the drugs known. The answer is not clear, but studies have been conducted

on various remaining works from the past show that humans have long been familiar with the properties of such materials. It seems that like most of the discoveries, this introduction was by chance. For the first time in the history, the record of drug abuse had been in medical use as a medicine and is used to relieve pain from eating or rubbing on the body organs (Asadi, 1988). 12 centers, including 11 centers for males and one center for females, especially women addicted, are active in Kurdistan Province that despite two thousand and 800 beds, substantial services in the field of treatment of drug addicts in the province are offered (Mehr News Agency, July 1393).

4. Research Objectives

4.1 General Objectives

Identifying the relationship between early maladaptive schemas and addiction talent in youths at Qorveh city.

4.2 Secondary objectives

- ➢ Identifying areas of exclusion and disconnection and addiction talent among young people.
- ➢ Identifying areas of impaired autonomy, disturbed performance and potential addiction talent among young people.

➤ Identifying areas of disturbed limitations and potential addiction talent among young people.

➤ Identifying areas for enjoyment and addiction talent among the youth.

➤ Identifying areas of excessive vigilance and preventing drug abuse among talent youth.

5. Hypotheses

5.1 main hypotheses

There is a relationship between early maladaptive schemas and addiction talent among the youths art Qorveh city.

5-2: Secondary hypotheses

➤ There is a relationship between exclusion area and addiction talent among the youth.

➤ There is a relationship between autonomy area and disturbed performance and addiction talent among the youth.

➤ There is a relationship between disturbed limitations and addiction talent among the youth.

➤ There is a relationship between orientation area and addiction talent among the youth.

6. Schema

Schema is the abstract representation of distinguishing characteristics of an event. In other words, a general outline of outstanding element of an event is called schema. In psychology, the term may be associated with Piaget's work.Because he discussed in detail on the scheme at different stages of cognitive development.This treatment method provide a new system of psychotherapy that is especially suitable for patients with chronic and persistent mental disorders that has so far considered a complicated issue in the treatment (Young, 2007).

Schema has a rich and prominent history in psychology and more widely in the cognitive field. In the field of cognitive therapy, Beck (1967) pointed out in his earliest writings to the scheme. However, in the context of psychology and psychotherapy, schema is generally considered as the organizing principle that is necessary to understand the experiences of life. One of the serious and fundamental concepts of the field of psychotherapy is that many schemas formed early in life continue their movement and impose themselves later in life experiences, even if it does not have any other use. This issue is what is sometimes referred to as the need for cognitive consistency, i.e. maintain a stable view about themselves or others, even if it is false or distorted. With this general definition, the schema can be positive or negative, compatible or incompatible and

can also be formed early in life or in the course of life.

According to Yang, "Schema are deep and strong individual beliefs about themselves and the world and are the result of the teachings of the early years of life.Schema are our knowledge about ourselves and the world and tell us how we and the universe are."(Young,2003). Also, early maladaptive schema creates special vulnerability to various forms of psychological distress and personality pathology (Lotfi et al., 2007).

7. Addiction talent:

Drug use was formed since the Qajar dynasty by colonial activities and in fact the black form of drug use starts from this time. Conspiracy of doctors and foreign advisors and widespread rumors on numerous properties of opium in various grounds caused more widespread use and started poppy cultivation in different regions of the country. Heroin was also made known in Iran. This material, made in 1898 by Swedish chemist to treat addicts, was itself more devastating and provided human destruction. The spread and promulgation of this material was so spread that in the short time, our country was among the addicted countries. The reason for this issue was rapid development of opium into morphine and heroin in laboratories in Pakistan and Afghanistan and delivering and producing them through Iran and consumption of these goods in our country.

- Literature review

8-1- Domestic literature review

In a research on the relationship between emotional intelligence and addiction talent in male pre-university students in Shahre Kord, Ghanbari Talab, (2013), in the research carried out on patients under treatment for addiction renunciation, it was determined that a failure in controlling anger is the most prominent emotional pattern among these people. Accordingly, the people who do not have the ability to regulate emotions will be likely affected by environmental factors and the environment itself will damage them.

In a study entitled comparison of early maladaptive schema in secondary school children with school anxiety and that of normal children, Arefnia (2012),conducted a study aiming to compare early maladaptive schema in secondary school students with symptoms of school anxiety and the ones without anxiety. In a cross-sectional study, 360 students were selected in multistage cluster sampling method among Maku city schools and after screening, they were replaced in two groups of high and low school anxiety symptoms. Research data were obtained by field method and through

gathering (SIC) and Schema Questionnaire for Children (SAS) and Phillips school anxiety questionnaire. The data were also analyzed using multivariate analysis of covariance. Results showed that the average scores of all early maladaptive schemas in students with symptoms of high school anxiety was more than the one with low school anxiety. Girls in the involved incompatible scheme gained more scores than boys.So early maladaptive schemas are associated with school anxiety and is effective in them.

In a study entitled studying dominant schemas and the effectiveness of therapeutic schemas in patients with borderline personality disorder in women, Salavati (2007) also showed that therapy schema significantly decreased borderline personality disorder except for impulsivity and feeling of emptiness. Also, anger has little effect on short-term treatment. Also, the research findings showed that this treatment model would adjust non-adaptive schemas scheme in 5 of the patients.

2.8. Foreign review of literature:

Soygert et.al (2009), citing from Amini (2010) showed in a research that there is a positive correlation between early maladaptive schemas and emotional deprivation,failure, deserve, abandonment,

defects / shame, vulnerability to injury or illness, unfair criteria or anxiety.

Arntz (2008) study aimed to compare the difference in the effectiveness of group therapeutic schema and psychotherapy focuses on the transfer which 86 of the patients in both groups were treated for 3 years. The results showed that in the treatment of psychoanalysis, subject loss was higher and less effective compared with schema therapy. This research which is still underway by Arntez team and his colleagues (2008-2012) also started schema-based treatment for forensics patients with personality disorders also. The results show that 9 out of 18 patients with borderline personality disorder have shown significant improvement.

Morris (2006), in the study of early maladaptive schemas, tested a sample of 173 people which the results showed that harmful cultural practices is associated with the presence of early maladaptive schema.Also, the neurotic personality traits and psychological problems such as anxiety disorders, depression, disturbed behavior, eating problems and drug use was significantly associated with schemas.

In exploring personality disorders in group C, Hoffart and Sexton (2002) found that schema therapy is effective in increasing self-

awareness and mental decline of this group of patients.

9. Research Type and Methods

Scientific method of research is a set of rules and procedures that the investigator are looking to gather facts and reality to subsequently interpret, explain and prove them (Sarmad 2006). Due to the nature of the research subject, current research method was descriptive and correlational.

10. Statistical population

The study population of this study is the youths living in Qorveh city in different age groups older than 20 years who are chosen randomly and will be investigated. Due to the large youth population and addiction talent among them, as well as the main purpose of this study which identify the relationship between early maladaptive schemas and addiction talent among young people in Qorveh city, the statistical population is as approximate and given the availability of youth that may be higher in them due to their age is 280 people and will be selected randomly.

11. Research measurement tool

Data collection tool in this questionnaire in this research is questionnaire that includes demographic questionnaire and short form Young Schema Questionnaire can be used in this study. Early maladaptive schema

questionnaire (Short Form) is a 75-item questionnaire developed made by Young (1988) for the evaluation of 15 early maladaptive schemas. These schemas are as follows: Abandonment / instability, mistrust / misbehavior, social isolation / alienation, defectiveness / shame, emotional deprivation, dependence / incompetence, vulnerability to disease, not self-developed / suffering, failure, entitlement / grandiosity, lack of self-control, obedience, sacrifice, emotional inhibition, unrelenting standards /over-criticality. Each question is scored on a scale of 6 points (1 for false, 6 for quite correct). In this questionnaire, each 5 questions measures one schema.

In addition, in this study, APS test scale is used. APS scale addiction potential as an indicator of factors associated with addictive disorders by Wade and others, 1992 was made and aims to identify personality traits and lifestyle associated with drug abuse.

12. Questionnaire

Young Schema Questionnaire (short form -75 items):

According to Yang theory (1990), early maladaptive schemas are deep cognitive structures that are formed with beliefs about themselves, others and the environment. Schema distort information about the relationship between the individual and the

environment that cause negative automatic thoughts and mental distress.

1. The 205-item self-report questionnaire was initially prepared to assess 16 EMS subscales (Young, 1994). Schema Questionnaire subscales showed test-retest reliability and internal consistency and construct validity as well as a good differentiation.

Schema Questionnaire-Short Edition (SQ-SE) was created to shorter assess EMS. SQ-SE includes 75 items from the original 205 items. One study conducted to evaluate the psychometric features of English version of the questionnaire are adequate internal reliability for the 15 subscales (1-emotional deprivation, 2- abandonment, 3- mistrust / misbehavior, 4. social isolation / alienation, 5 defectiveness / shame, 6-failed 7-dependence / incompetence, 8- vulnerability against loss or illness, 9-involved, 10-obedience, 11-sacrifice, 12- emotional inhibition, 13 unrelenting standards, 14 entitlement, 15. restraint / inadequate self-discipline) showed short form Schema Questionnaire (each subscale items specified in the table below). High scores in this questionnaire indicate the presence of maladaptive schemas in person.

13. Addiction Potential Scale (APS)

A series of scales are made and evaluated to assess addiction risk and or addiction measurement. Among these conducted and evaluated tests, three subscales of milti-dimensional questionnaire of Minnesota MMPI-2, including revised scale Mi Bargi Mc Andrew MAC-R, addiction scale, APS and addiction acceptance scale AAS are more popular and applied.

APS scale has 38 questions that are measured with the options (true) or (false). The questionnaire contains of two questions: questions 1-5-6-11-12-18-19-23-24-28-31-32-33-34-36 are scored inversely, i.e. choosing the right option equals to zero and choosing wrong option will score zero.

Questions 2-3-4-7-8-9-10-13-14-15-16-17-20-21-22-25-26-27-29-30-35-37-38 will be scored directly, i.e. choosing the right choice will score 1 and the point of choosing wrong choice equals zero. Scale final score is the sum of all points obtained in the questionnaire. Based on studies, the exclusion score of this scale is >21.

14. Methods and tools for data analysis

In data analysis method, descriptive statistics as well as Pearson's correlation coefficient were used and also regression will be used for prediction that will be analyzed using software in two sections of descriptive and inferential statistics.

15. Statistical Methods

To analyze the data collected, descriptive statistics that explore research attached variables that includes education level, age, etc. will be investigated. Then in accordance with the assumptions considered and data analysis, it will be done using SPSS software.

16. Research Findings

Statistical analysis conducted in this chapter include: "descriptive analysis" and "inferential analysis", which will be described, respectively.

17. Descriptive statistics of variables

According to the Table (4-6), mean and standard deviation of variables in the subjects of the study are as follows:

Exclusion and abandonment area 1.196±3.37, autonomy and performance area 1.053±2.06, distributed limitations area 0.951±2.55 and direction area 1.010±2.45 and over-vigilance are and inhibition was achieved 2.02 ± 3.02.

Table 1: describing research variables

Variable	Mean	Minimum	Maximum	Standard deviation
Exclusion and abandonment area	3.37	1.2	4.86	1.196
autonomy and impaired performance area	2.06	1	5	1.053
Distributed limitations area	2.55	1.21	5	0.951
Direction area	2.45	1.36	4.96	1.010
Over-vigilance and inhibition area	3.02	1.23	4.89	2.02

17-1- Test of normal distribution of data

In order to determine the normal distribution of data variables, Kolmogorov-Smirnov test was used which the results are presented in the following tables:

Table 2: Evaluation of normality of internal marketing distribution using Kolmogorov-Smirnov test

Variable	Exclusion and abandonment area	autonomy and impaired performance area	Distributed limitations area	Direction area	Over-vigilance and inhibition area
Z	0.96	0.178	0.159	0.186	0.125
Significance level	0.24	0.61	0.53	0.48	0.32

In the event that the significant level of Kolmogorov-Smirnov is more than 0.05, it can be concluded that the distribution of data of variables is normal. As reported in the above table, significance level of research variables is more than 0.05, then it can be said that data distribution related to variables is normal.

17-2- Inferential statistics:

Main hypothesis:

There is a relationship between early maladaptive schemas and trends in drug use among youths in Qorveh city.

To examine the relationship between early maladaptive schemas and trends of drug use, Pearson's correlation coefficient was used.

The results of these tests is shown in Table (4-7).

Table 3: Relationship between early maladaptive schemas and susceptibility to drug use

		Early maladaptive schema	Addiction talent
Early maladaptive schemas	Pearson correlation	1	.196[**]
	significance level		.001
	Number	280	280
Addiction talent	Pearson correlation	.196[**]	1
	significance level	.001	
	Number	280	280

As indicates from output table, obtained correlation coefficient is 0.196 and since the decision criterion (sig) is obtained 0.01 and is smaller than 0.05, therefore, the correlation coefficient is significant. It is concluded that there is a relationship

between early maladaptive schemas and trends to drug use in youths at Qorveh city.

First secondary hypothesis:

There is a relationship between exclusion and abandonments area and the level of addiction talent among the youths.

Table 4: correlation results of exclusion and abandonment areas and the level of addiction talent among the youths

		Addiction talent	Exclusion and abandonment area
Addiction level	Pearson correlation	1	.232[**]
	significance level		.000
	Number	280	280
Exclusion and abandonment area	Pearson correlation	.232[**]	1
	significance level	.000	
	Number	280	280

As is clear from Table output, correlation coefficient is obtained 0.232 and since decision criterion (sig) 0.00 is less than 0.05, therefore, the correlation coefficient is significant. Consequently, there is a relationship between exclusion and

abandonment areas and drug addiction among young people.

Second secondary hypothesis:

There is a relationship between autonomy, impaired performance and the amount of addiction talent among the youths.

Table 5: Areas of autonomy, impaired performance and level of addiction talent among youth

		Addiction talent	Autonym and impaired performance
Addiction talent	Pearson correlation	1	.099
	significance level		.002
	Number	280	280
Autonym and impaired performance	Pearson correlation	.099	1
	significance level	.002	
	Number	280	280

As indicated from table outputs, correlation coefficient is obtained 0.099 which the standard value of decision has bene obtained (sig) 0.02 and smaller than 0.05. Therefore, the correlation coefficient obtained is significant. The result is that there is a relationship between autonomy, impaired

performance and addiction talent among the youth.

Third secondary hypothesis:

There is a relationship between the impaired limitations and addiction talent among the youths.

Table 6: areas of impaired limitations and addiction talent among the youths

		Addiction talent	Impaired limitations
Addiction talent	Pearson correlation	1	.226[**]
	significance level		.000
	Number	280	280
Impaired limitations	Pearson correlation	.226[**]	1
	significance level	.000	
	Number	280	280

As indicated from table outputs, correlation coefficient is obtained 0.266 which the standard value of decision has bene obtained (sig) 0.00 and smaller than 0.05. Therefore, the correlation coefficient obtained is significant. The result is that there is a

relationship between impaired limitations and addiction talent among the youth.

Fourth secondary hypothesis:

There is a relationship between the area of direction and addiction talent among the youths.

Table 7: areas of direction and addiction talent among the youths

		Addiction talent	Direction area
Addiction talent	Pearson correlation	1	.147[*]
	significance level		.014
	Number	280	280
Direction area	Pearson correlation	.147[*]	1
	significance level	.014	
	Number	280	280

As indicated from table outputs, correlation coefficient is obtained 0.147 which the standard value of decision has bene obtained (sig) 014 and smaller than 0.05. Therefore, the correlation coefficient obtained is significant. The result is that there is a

relationship between area of direction and addiction talent among the youth.

Fifth secondary hypothesis:

There is a relationship between over-vigilance and inhibition and addiction talent among the youths.

Table 7: areas of over-vigilance and inhibition and addiction talent among the youths

		Addiction talent	over-vigilance and inhibition area

Addiction talent	Pearson correlation	1	.147[*]
	significance level		.014
	Number	280	280
over-vigilance and inhibition area	Pearson correlation	.147[*]	1
	significance level	.014	
	Number	280	280

As indicated from table outputs, correlation coefficient is obtained 0.185 and since the standard value of decision has bene obtained (sig) 0.02 and is smaller than 0.05, therefore, the correlation coefficient obtained is significant. The result is that there is a relationship between over-vigilance and inhibition area and addiction talent among the youth.

17-2- multiple regression

Table 9- the regression coefficient

Model	Correlation coefficient R	Coefficient determination R2	Adjustment area R	Error value
Exclusion and abandonments area Impaired limitations	.232[a]	.054	.051	.92285
	.382[b]	.146	.140	.87845

Table 10: studying significant levels in two variables

Model		Total squares	df	Mean	F	Significance level
Exclusion and abandonment area	Regression	13.511	1	13.511	15.865	.000[a]
	Remained	236.760	278	.852		
	Total	250.271	279			
Impaired limitations	Regression	36.517	2	18.259	23.661	.000[b]
	Remained	213.754	277	.772		
	Total	250.271	279			

Table 11: level of significance relationship in variables

Model		Non-standard coefficients		Standard coefficients	t	Significance level
		B	Standard error	Beta		
	Fixed value	2.177	.161		13.550	.000
	Exclusion and abandonment area	.222	.056	.232	3.983	.000
	Fixed value	1.318	.219		6.008	.000
	Exclusion and abandonment area	.307	.055	.321	5.546	.000
	Impaired limitations	.295	.054	.316	5.460	.000

Table 12: studying level of correlation and significance level

Model	Beta In	t	Significance level	Partial correlation	Linear statistics tolerance
Areas of autonomy and impaired performance	-.001[a]	-.009	.993	-.001	.815
ρimpaired limitations	.316[a]	5.460	.000	.312	.922
Direction area	.158[a]	2.731	.007	.162	.998
Areas of autonomy and impaired performance	-.071[b]	-1.125	.261	-.068	.782
Direction area	.050[b]	.841	.401	.051	.856

As is clear from Table 11, the regression correlation coefficient in the area of exclusion and abandonment and impaired limitations has been achieved 0.222 and 0.295, respectively, and since the decision criterion of both variables has been obtained

(sig) 0.000 that is smaller than 0.05, therefore, the correlation coefficient is significant. It is concluded that there is relationship between areas of exclusion and abandonment and impaired limitations and addiction talent among the youths. It is noteworthy that in multiple linear regression analysis and stepwise method are calculated in significant variable and other variables are calculated non-significant.

18. Practical suggestions

1. Empowerment and educating young people associated with early maladaptive schema and its relationship to addiction and its role in reducing drug use.

2. Diverse and comprehensive teaching programs to strengthen primary components of early maladaptive in the city level.

3. Manual tasks relevant agencies to identify factors associated with substance abuse and addiction talent among young people should be developed.

4. Different methods should be created through which young people can develop the scope of information in the field of early maladaptive schemas and their role in reducing the potential and drug use.

5. Running workshops for young people and adolescents to strengthen early maladaptive schemas and reducing drug use.

6. Running workshops for families with the issue of early maladaptive schemas and its impacts on addiction issue.

1-18- Suggestions for future research

- It is recommended that another study with the same issue be conducted on university students and the results are compared.

- Because of the cross-sectional nature of this study, it is recommended for more accurate the results of this research, longitudinal studies along with interview be conducted to specify the effects of early maladaptive schemas and talent addiction among young people.

- It is suggested that in future similar studies in addition to the questionnaire, the interview should be used if possible.

- Since the early maladaptive schemas may be wrong in addiction talent diagnosis, it is better the relationship between the two variables be surveyed in a scientific research.

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