

The relationship between coping with stress and irrational beliefs with high-risk behaviors Students in Rasht

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Abstract The study population included all high school students, male and female sections of the second period Rasht. That first 6 High School (3 girls' high school, three high school boys) were ed, then each school one class and a total of 6 classes were ed, since this correlation study are to avoid being influenced by the inclusion of correlation coefficients the sample size of 150 patients (per variable or scales ago 50 people) is that random cluster sampling method as the sample is ed. In this study researchers used three types of questionnaires used and to assess reliability by distributing 30 questionnaires using Cornbrash's alpha test to determine the amount of alpha for the individual components that the results indicate that there is reliability in all variables and research is. In general, subjects with 1.sbkhay questionnaires coping Lazarus & Folkman 2. Irrational beliefs Ahwaz (IBT-A4), 3. Risk adolescents (IARS) were measured. Each component was calculated using a software package SPSS version 20. The results showed the effect of coping with stress and irrational tendency to high-risk behaviors.

Keywords : Key words: risk behavior, irrational beliefs, coping with stress

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