

Irrational Thoughts And Their Relationship To Emotional Equilibrium For The Elderly In Jericho Governorate

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Abstract:

This study aimed to identify the level of irrational thoughts and the level of emotional equilibrium among the elderly in Jericho Governorate, and to uncover the existence of a relationship between irrational thoughts and emotional equilibrium among the elderly in Jericho governorate, and to verify the difference in the level of irrational thoughts and emotional equilibrium among the elderly in Jericho governorate according to gender variables Social, economic level, type of housing, educational level.

To achieve these goals, the researcher used the Relational descriptive approach, the irrational thoughts scale and the emotional balance scale with a random sample of (300) elderly and elderly women from Jericho Governorate.

After conducting the statistical analysis, the results showed that the level of irrational thoughts among the elderly in Jericho Governorate came with a medium degree and an average score of (3.10), and that the level of emotional balance among the elderly in the Jericho Governorate came with a medium degree and an average score of (2.81).

The results showed that there is an inverse relationship with statistically significant between irrational thoughts and emotional equilibrium among the elderly in Jericho Governorate. The lower the level of irrational thoughts, the more emotional equilibrium level among the elderly in Jericho governorate.

The results showed that there were no differences in the level of irrational thoughts among the elderly in the Jericho governorate due to the variable of gender, and to the variable of the economic level, and it was found that there were differences in the level of irrational thoughts according to the variable of the type of housing and the differences were between the residence of the owner's and with one of the children in favor of the owner's residence, between housing with rent and with A son in favor of rented accommodation. And the presence of differences attributable to the variable of the educational level, and the differences were between Tawjihi and less and Bachelor's and above in favor of Tawjihi and less, and between the diploma and Bachelor and above for the benefit of the diploma.

It was clear that there were no differences in the level of emotional balance among the elderly in the attribution of the gender variable, and the variable of

the economic level, and the variable of the type of housing, while there are statistically significant differences in the level of emotional balance attributed to the variable of the educational level, and the differences were between the bachelor's degree or higher and the directive and lower in favor of Bachelor's and above, and between Bachelor and above and diploma in favor of Bachelor and above.

Accordingly, the researcher recommended working to reduce internal and external influences and factors that have a negative impact on irrational thinking and emotional equilibrium, especially those that lead to psychological and health disorders, and activate programs for the elderly that address changes in thinking style, and contribute to increasing their emotional control, and working to increase ideas Rationality in the elderly by definition that they still have the status and respect between people as before.