

The effect of early maladaptive schemas on interpersonal intelligence and social interactions

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research questionnaire on Yang's early maladaptive schemas.findings:

Self-blame variables; the reception ; Abandonment, instability, mistrust, social isolation, imperfection and shame; Positive reassessment; And other variables were examined. As a result, we found that maladaptive schemas of social isolation, disability and shame have the greatest impact on the weakness of our interpersonal intelligence, and this cycle begins at birth and in social life. We will be effective.

Keywords: Schema, Early maladaptive schemas, Intelligence, Interpersonal intelligence, Social interactions, Schema therapy, Jeffrey Young.

1. Introduction:

Problem statement:

As a social creature , one grows in different processes of communication in society and needs to interact with other people to meet their needs . Interaction is a key element for the continuation of social life and the continuation of survival that is made by personality , culture , social structure , and other human achievements . [1,2,3,4,5,6]

due to the development of communication channels today one of the problems of social interaction among individuals is that the weakness of interpersonal intelligence is one of the causes of this issue .. [7,8]

Abstract

Background and Purpose:

The phenomenon of intelligence is a remarkable title that has attracted the attention of the majority of experts to the discussion in this field that so far intelligence has been studied with different variables, dimensions and topics.

In the present article, we have studied the early maladaptive schemas and their impact on interpersonal intelligence and social interactions.Method:

For this purpose, using a review and descriptive method, we benefited from in-depth research in related fields. We also conducted a descriptive

Individuals are capable of better interaction with the world around them and understand motives and targets , and in fact , those who have high personal intelligence have the ability to influence people and look around for better understanding of others in the world around them . [9,10]

We have several types of intelligence , one of Gardner " s multiple intelligences that Gardner developed for the first time , which is the ability to create an effective work or service valuable and valuable service in a society and culture . [11,12]

Gardner introduced emotional intelligence through multiple Intelligences as an intelligence that makes us understand our feelings and enhance our perception of our interactions with others , and that in general it helps the individual in society have better interactions , so intelligence has a direct relationship between the individual and our interactions , thus reducing our interactions between the individual and our interactions . [11,12]

in our studies and studies we found that the root of emotional intelligence of many people of the society is rooted in their schema and this article discusses this issue .

one of the main reasons for reducing interpersonal intelligence and consequently reducing social interactions among individuals is the lack of psychological disorders and personality disorders , which in jeffrey young 's belief is the source of these disorders in mental schema of people who are formed from birth to adolescence and healthy schema increases organizing and interpreting information so that we can create extensive information and experiences in our lives . [13, 14]

Incompatible schemas is a term used by Yang in the field. Yang describes those schemas that lead to psychological problems . He calls early maladaptive schemas and believes that schemas refer to a continuous pattern of memories,

feelings, cognitions, senses, and perceptions that guide behaviors ..These schemas are long-term and constant issues that arise in childhood and lead to attitudes in adult life and are largely traumatic .[14]

Studies have shown that schemas can cause chronic personality disorders and are associated with a wide range of interpersonal problems, which Yang, Raphael, and Bernstein classify disorders into five categories::

- ❖ **Disconnection & rejection:** Rooted in dissatisfaction with basic needs such as a sense of security and empathy that the central schemas of abandonment / instability, mistrust / abuse, emotional deprivation, disability / shame, social isolation / alienation. includes.
- ❖ **Impaired autonomy and performance:** It is rooted in families that reduce the child's confidence through their behavior and relationships and fail the child's independent functioning. The central schemas of dependence / inadequacy, vulnerability to illness includes self-evolving / caught and failure.
- ❖ **Impaired limits:** Rooted in lack of responsibility and non-compliance with the rights of others, lack of commitment and goal setting, which include the central schemas of entitlement / magnification and insufficient self-control.
- ❖ **Directed Other directedness:** It is rooted in over-paying attention to others and ignoring one's priorities and needs, which include the central schemas of obedience, sacrifice, and approval / attention-seeking.
- ❖ **Over vigilance and inhibition:** It is rooted in an overemphasis on emotional retaliation and the central schemas of negativity / pessimism, emotional inhibition, stubbornness / over-criticism, and finally punitiveism. has it. The early of social isolation and defect (

shame) has the greatest effect on reducing social interaction , effective orientation and understanding of those around , which Young has pointed out , and the distinguishing characteristics of the two schema are among the main signs of the weakness of interpersonal intelligence . [11,12,14,15,16]

But what to do with these schemas? Schema therapy deals with the deepest level of cognition and targets the initial maladaptive schemas and helps patients to overcome the mentioned schemas by using cognitive, experimental (emotional) behavioral and interpersonal strategies. The primary goal of this model of psychotherapy is to create psychological awareness and increase conscious control over schemas, and its ultimate goal is to improve schemas and coping styles, through which we can correct the schemas in individuals to eliminate the weakness of interpersonal intelligence. Reduce or eliminate .[17]

2. Research methods:

This research was descriptive, non-experimental and review.

The books are:

- 1_Gardener Multiple Intelligence (Howard Gardner)
- 2- Intelligence and its types (Goddess of Surgeon)
- 3- Social intelligence (Daniel Gelman)
- 4_Therapeutic plan (Jeffrey Young, Janet Closco, Marjorie Vishar)
5. Clinical guidelines for schema therapy (John Farrell, Neil Reese, Ida Shaw)
- 6- Comprehensive book of schema therapy (Michel van Veriskojik, Jenny Brewerson, Marjon Nadort)
- 7- Therapeutic plan (Martin R. Bamber)
- 8_Emootional Therapy Plan (Robert Leahy)
- 9_Therapeutic plan (Gita Jacob, Honey van Zendern, Laracz Bauer)

Using the keywords of interpersonal intelligence, schema, schema therapy, early maladaptive schemas, maladaptive schemas, social interactions, social communication, intelligence in reputable scientific databases such as Majiran, SID, Google scholar, SienceDirect, Civilica The current was examined and studied.

3. Importance and necessity of research:

The necessity of this research is that due to the increase of communication channels and social spaces, the amount of interactions and perceptions of people in society has decreased, and this causes a social disease, in which case we will have a sick society.

4. Questions and Hypotheses:

- 4-1: What effect do early maladaptive schemas have on reducing or increasing our interactions?
- 4-2: Due to the increase in communication channels, why has the level of interactions and people's understanding of each other decreased?
- 4-3: What is the reason for the effect of early maladaptive schemas on interpersonal intelligence?
- 4-4: What is the relationship between interpersonal intelligence and maladaptive schemas?
- 4-5: What effect does the schema therapy process have on social behavior patterns?
- 4-6 :Is the teaching of schema therapy techniques on families and teachers in preventing and correcting the occurrence of early maladaptive schemas correct or not?

5. findings:

- 5-1 :A group of people who fall into the category of disconnection & rejection due to dissatisfaction with the need for empathy and a sense of security, abandoned / instability, mistrust / abuse, emotional deprivation,

disability / shame, social isolation / They become alienated because these schemas have a great impact on communication and social interactions. Among the schemas in this category, the social isolation / alienation schema and the defect / shame schema have the most negative effect on interpersonal intelligence. 5-2 :Scheme of social isolation / alienation means lack of sense of belonging and sense of anonymity or limited identity and is in fact a state of complete or almost complete lack of contact between an individual and society in which the individual experiences complete disengagement and separation. It feels with the values of society and this reduces interpersonal intelligence[14].

5-3 :Scheme of defect and shame means feeling incomplete or having a defect that people with this schema, because others may see their defects, withdraw from intimate relationships or social situations and do not Can communicate well with others; Or he tries to constantly prove himself to others, and this reduces interpersonal intelligence, which, of course, is a very pervasive schema involving many people in society. [14]

5-4 :By teaching basic schematic therapy techniques to families and teachers, we can be effective in the way they deal with children, and by further showing the importance of

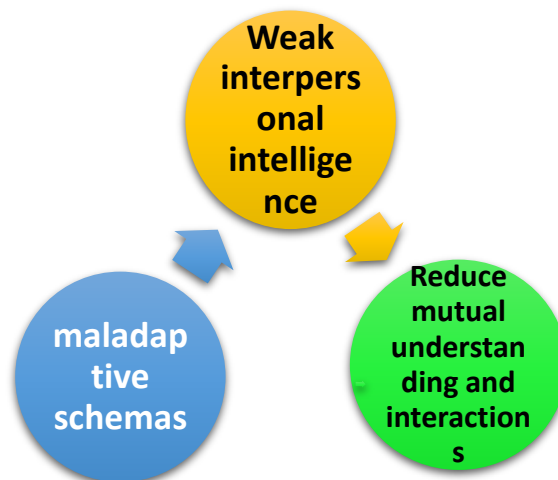
specialized schematic therapy as a root and deep therapy, the causes of poor intelligence. It eliminated interpersonal and prevented the occurrence of numerous other personality problems and disorders so that we have a healthy society free from mental disorders.

6. Objectives

The purpose of this study is to find the root of weakness in interpersonal intelligence that reduces interactions and perceptions between people in society.

7. Discussion and Conclusion:

A society in which people do not have a perceptual and warm interaction with each other will certainly not be a healthy society and it is approaching its collapse day by day, and the people of this society will suffer from all kinds of mental illnesses and original cultures and values. That society is disappearing. One of the main reasons for the decrease in social interactions is the weakness of interpersonal intelligence, which makes it impossible for us to understand each other and establish warm and correct relationships. They have the greatest impact on the weakness of our interpersonal intelligence, and this cycle begins at birth and will affect our social life.



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