The comparison of early maladaptive schemas in secondary school students with and without school anxiety

S. Arefnia¹, P. Sarandi² & R. Yousefi³

Abstract

The aim of this study was to compare early maladaptive schemas in students with and without school anxiety. In a cross-sectional study, 360 students were selected by cluster sampling from among secondary school students of Maku city and after screening, were assigned to two groups, those with and those without school anxiety. Data were collected using the School Anxiety Scale (SAS) and Schema Inventory for Children (SIC). The statistical method of MANCOVA was used for data analysis. The findings showed that the mean scores of students with school anxiety on all early maladaptive schemas were significantly higher than those of normal students. Also the mean scores of girls on enmeshment maladaptive schema were significantly higher than those of boys. Therefore, early maladaptive schemas are associated with social anxiety and influence it.

Key words: early maladaptive schemas, student, school anxiety

1. MA in Psychology- Islamic Azad University, Tabriz Branch
2. Associate Professor of Islamic Azad University, Tabriz Branch
3. Corresponding author: Assistant Professor of Azarbaijan University of Shahid Madani (yousefi@azaruniv.ac.ir)