

Irrational Thoughts and Their Relationship to Emotional Stability for The Elderly in Jericho Governorate

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Abstract: The aim of this study was to determine the level of irrational thoughts and emotional stability among the elderly in Governorate of Jericho, as well as the relationship between them based on gender, economic level, accommodation type, and educational level. The descriptive-analytical approach, the irrational thoughts scale, and the emotional stability scale were employed to achieve these objectives. The sample included (300) elderly people, males and females, who were chosen randomly from the elderly attending the social development centers and Grandparents' House in Jericho. Cronbach Alpha, Pearson Correlation coefficient, t- test, one-way ANOVA were calculated using the Statistical Package for Social Sciences (SPSS). The results of this study revealed that the elderly in Jericho Governorate have a moderate degree of both irrational thoughts and of emotional stability. The results also demonstrated an inverse statistically significant relationship between irrational thoughts and emotional stability among the elderly. The results also showed no differences in the level of irrational thoughts among the elderly in the Jericho governorate due to the variables of gender or economic level. It was found that there were differences in the level of irrational thoughts due to accommodation type and educational level. The results showed that there were no differences in the level of emotional stability among the elderly based on gender, economic level, or accommodation type, while there are statistically significant differences in the level of emotional stability attributed to the educational level.

Keywords: Irrational thoughts, emotional stability, elderly, the Governorate of Jericho.

الأفكار اللاعقلانية وعلاقتها بالاتزان الانفعالي لدى المسنين في محافظة أريحا

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المستخلص: هدفت هذه الدراسة إلى تحديد مستوى الأفكار اللاعقلانية والاتزان الانفعالي لدى المسنين في محافظة أريحا، بالإضافة إلى معرفة مستوى العلاقة بينهما استنادًا إلى النوع الاجتماعي والمستوى الاقتصادي ونوع السكن والمستوى التعليمي. ولتحقيق هذه الأهداف، استخدم الباحثان المنهج الوصفي التحليلي وكل من مقياس الأفكار اللاعقلانية ومقياس الاتزان الانفعالي. وقد اشتملت العينة على 300 شخص مُسن، ذكورًا وإناثًا، تم اختيارهم بطريقة عشوائية من بين المسنين الذين يترددون على مراكز التنمية الاجتماعية وبيت الأجداد في محافظة أريحا. واستخدمت الرزم الإحصائية (SPSS) لحساب معادلة ألفا كرونباخ، ومعامل ارتباط بيرسون واختبار (t) واختبار تحليل التباين الأحادي (one way ANOVA). أظهرت نتائج هذه الدراسة أن مستويات الأفكار اللاعقلانية والاتزان الانفعالي كانت

متوسطة لدى المسنين في محافظة أريحا. كما كشفت النتائج عن وجود علاقة عكسية ذات دلالة إحصائية بين الأفكار اللاعقلانية والاتزان الانفعالي لدى المسنين. وبينت النتائج كذلك أنه لا يوجد فروقات في مستوى الأفكار اللاعقلانية لدى المسنين في محافظة أريحا تعزى إلى متغيرات النوع الاجتماعي والمستوى الاقتصادي. وتم التوصل إلى أن هناك فروقات في مستوى الأفكار اللاعقلانية تعزى إلى نوع السكن والمستوى التعليمي. وأظهرت النتائج أنه لا توجد فروقات ذات دلالة إحصائية في مستوى الاتزان العاطفي بين المسنين تعزى إلى كل من متغير النوع الاجتماعي أو المستوى الاقتصادي أو نوع السكن. بينما أشارت إلى وجود فروقات ذات دلالة إحصائية في مستوى الاتزان الانفعالي تعزى إلى متغير المستوى التعليمي.

الكلمات المفتاحية: الأفكار اللاعقلانية، الاتزان العاطفي، المسنين، أريحا

Introduction.

When the individual grows up, he or she passes through various age stages, each with its own distinct characteristics that distinguish it from others. A person passes through childhood, youth till being very old age. This stage may be one of the most prominent and important stages of an individual's life, as it is the stage of intellectual maturity and an outcome of experiences, as well as the pinnacle of giving, after the elderly person's services and ideas have significantly and effectively contributed to the construction of his or her own world or society, rec and future generations. Understanding and researching it in all aspects is necessary to comprehend the elderly and their needs (Barakat, 2006).

The problem and the questions of the Study

Through our work as social counselors specializing in the field of serving the elderly, we discover an urgent need to study the irrational thoughts that are formed in them, to know the extent of their spread, and to know if they have anything to do with their emotional stability and their ability to control their emotions and feelings, which in turn affect their reactions when they are dealt with, or even referring to them and asking them to do something. Because the reactions are linked to emotional stability, which is influenced by the external factors, the difficult psychological, physiological, health and social conditions that the elderly face, as well as rapid breakthroughs in scientific and social fields have resulted in the creation of stressful conditions that have a negative impact on the elderly's life, in particular Psychological and social.

The following main question summarizes the study problem:

What is the relationship between irrational thoughts and emotional stability among Jericho Governorate' elderly?

The following sub-question make up the main question:

1. What is the level of irrational thoughts among the elderly in Jericho Governorate?
2. What is the level of emotional stability among the elderly in Jericho Governorate?
3. Is there a relationship between irrational thoughts and emotional stability among the elderly in Jericho Governorate?

4. Is there a difference in the level of irrational thoughts among the elderly in Jericho Governorate depending on the variables of (gender, economic level, accommodation type, and educational level)?
5. Is there a difference in the level of emotional stability among the elderly in Jericho Governorate depending on the variables of (gender, economic level, accommodation type, and educational level)?

The Importance of the study:

Theoretical importance:

1. The study focuses on two topics and two variables, emotional stability and irrational thoughts, and it clarifies the most important factors influencing them and their scientific explanation.
2. This study helps in reducing the psychological and social stresses that the elderly suffer, it is also one of the few studies that deal with the issue of the elderly, by dealing with three topics: irrational thoughts, their relationship to emotional stability in the elderly, and their use in other research in the same field.

Practical importance:

1. This study is based on scientific material and is intended for individuals in charge of development policies, organizations, and bodies that care about this group, adopt their rights and benefit developers of various treatment and development programs.

Study Hypotheses:

- 1- There is no statistically significant relationship at the significance level ($\alpha \leq 0.05$) between irrational thoughts and emotional stability among the elderly in Jericho Governorate.
- 2- There are no statistically significant differences at the significance level ($\alpha \leq 0.05$) in the degree of prevalence of irrational thoughts among the elderly in Jericho Governorate due to the variables of (gender, place of residence, educational level, and economic level).
- 3- There are no statistically significant differences at the level of significance ($\alpha \leq 0.05$) in the level of emotional stability among the elderly in Jericho governorate due to the variables of (gender, place of residence, educational level, and economic level).

Objectives of the study:

This study aims to achieve the following goals:

- 1- Identifying the level of irrational thoughts and emotional stability among the elderly in the Governorate of Jericho.
- 2- Determining the relationship between irrational thoughts and emotional stability among the elderly in the Governorate of Jericho.

- 3- Identifying the difference in the level of irrational thoughts among the elderly in Identify the difference in the level of irrational thoughts among the elderly in the Governorate of Jericho depending on the variables of gender, economic level, accommodation type, and educational level.
- 4- Verifying the difference in the level of emotional stability among the elderly in the Governorate of Jericho depending on the variables of gender, economic level, accommodation type, and educational level.

Study Limits:

The study is limited to the following limits:

- *Spatial limit:* the Governorate of Jericho.
- *Time Limit:* This study was conducted in the academic year 2018-2019.
- *Objective limit:* The study is limited to irrational thoughts and their relationship to emotional stability among the elderly in the Governorate of Jericho.
- *Human limits:* the group of old men and women who are over sixty years old in the Governorate of Jericho.

Terminology:

Emotional stability: it is defined as the method that assists an individual in reducing stress, satisfying motivation, and returning to the state in which his feelings are balanced with external stimuli that he perceives, when his thinking, feeling and behavior are often consistent and in harmony with his self-concept and motivation towards his achievement and some other tasks, as well as his attitude towards difficult situations that he faces (Issa, 2013, p. 8).

Procedurally: It is procedurally defined as the level of psychological, physical, and intellectual ability of the elderly in Jericho Governorate to control their behavior and emotions as a result of various life situations.

Irrational thoughts: they are defined as negative, false, unreasonable, and unrealistic thoughts that lack objectivity and subjectivity, that are influenced by personal whims, and based on false expectations and generalizations and on a mixture of conjecture, possibility, intimidation and exaggeration, which are inconsistent with the individual's real potentials (Eliis, 1979, p.18).

It is procedurally defined as a set of negative thoughts and beliefs held by the elderly in the Governorate of Jericho as a result of their emotional instability.

Elderly person is defined as someone who has reached the age of sixty and has had a series of changes that have affected his psychological and social compatibility, as well as his capacity to utilize his physical, mental, and psychological potential in dealing with the stresses of life (Hassan and Fahmy, 2000, p.1)

It is procedurally defined as someone above 65 years who lives in Governorate of Jericho and has irrational thoughts that affect his emotional stability.

Jericho Governorate is defined as one of the Palestinian National Authority within the Palestinian territories' governorates in the eastern regions of the West Bank, overlooking the Dead Sea and the Jordan Valley, with a population of 31,501 people.

Irrational thoughts, according to Albert Ellis (1977), the author of the emotional are a group of incorrect and illogical ideas characterized by a lack of objectivity and based on false expectations, predictions, and generalizations. One of their characteristics is that they rely on conjecture, prediction, and exaggeration to a degree inconsistent with the mental potential of an individual. It is used by the individual to change the characteristics and experiences he receives from the surrounding environment, as it is devoid of common sense and leads the individual to feel sad and depressed (Al-Qaadan, 2017).

Irrational thoughts, according to the researchers, are beliefs that the individual forms in an ill-considered manner, without applying a rational scientific process based on logic that depends on cause and effect, and without linking the relationships between matters and events that have occurred or are occurring. They believe that they are the most significant causes of the individual's failure, whether in social life, in general, or in professional and scientific endeavors. It may result in the development of pathological traits such as apathy, defeatism, reliance, narrow-mindedness and thought, and extreme sensitivity to daily occurrences, resulting in the dissemination of these thoughts in the form of beliefs and concepts that are disconnected from logic and reality.

Theoretical framework and previous studies:

Irrational thoughts predominate as a result of the belief that it is simpler to escape some challenges and responsibilities than it to face them, because avoiding and not solving irrational individual's problems may result in remaining unsolved. The individual becomes unaware that this leads to their buildup, as well as his belief that avoiding duties will allow him to avoid them. It takes less effort than completing it, but in reality escaping obligations leads to dissatisfaction with oneself and a loss of self-confidence, which could be a direct cause of the creation of a strong reaction among those with irrational thoughts. On the other hand, neglecting of tasks and responsibilities may lead to Several difficulties occur due to the accumulation of earlier problems. (Abu Maraq & Barakat, 2016)

There are psychological circumstances or factors that may increase the likelihood of an individual irrational thoughts, such as frequent complaining when completing various tasks, avoiding difficult matters and responsibilities, doing unnecessary and easy things, and neglecting some responsibilities, particularly if the irrational individual finds someone who is dependent on others. The situation causes the irrational individual to become more reliant and dependent, as well as a failure to learn and gain experience, a loss of freedom and independence, a loss of self-realization and satisfaction with it, and a

loss of security, because the individual is subject to the control and logic of those who rely on him. (Shahin and Hamdi, 2010): Emotion is a complex emotional state that can be accompanied by a physical or physiological activity and can be a complex behavior like behavioral emotion, whereas emotional disturbance is a condition in which emotional reactions appear in an inappropriate manner as a result of a specific stimulus, such as intense fear or failure, or the imposition of a group of different pressures, so the individual explains the state he is going through, which is essentially the emotional turmoil that he lives. Because the individual's personality is made up of an integrated collection of biological components such as genetic and physiological, he explains it according to his thoughts, whether in rational or irrational manner. It consists of an integrated set of physical features such as social and environmental, as well as the products of these components and their association with one another are considered as determinants of personality because they control the nature of the individual's interaction with the surrounding environment and with events. (Alizza, 2004)

According to the nature of the thoughts and beliefs emerging and dominating in the individual, the cognitive component, the products of perception, and thinking in the individual play the most prominent role in the creation of rational or irrational thoughts, such as rational, logical, realistic thoughts of life.

The emotional stability is a psychological term that describes the state of an emotionally mature individual who is flexible enough to adjust his emotional response to the event while remaining in tune with his surroundings. Emotional stability is one of the essential aspects of personality, extending from the positive pole, which represents emotional stability, to the negative pole, which represents the neuroticism. Here any person can be connected to both poles, and we can define it by its position based on the connection between the two poles, however, any location is feasible.

The individual with emotional stability is calm, steady, disciplined, non-aggressive, and optimistic person (Sarge, 2007). Furthermore, the individual must be able to control and manage his emotions. Flexibility is defined as an individual's capacity to adjust to new situations, as well as their appreciation of optimism, cheerfulness, non-volatility and moodiness, deliberation and impulsivity in emotions, and moderation rather than extremism in reactions so that his emotional responses are appropriate for the situation.

A person who is emotionally stability has a slow emotional response, meaning he quickly returns to his usual condition after being exposed to emotional arousal, as well as the ability to control and manage his emotions. A balanced personality is one whose owner enjoys mental sobriety, therefore, he is termed a happy person, and does his best to ensure the happiness of his family, friends, and community. He lives in harmony with his neighbors and surroundings to some extent. He has demonstrated that his tendencies, attitudes, abilities and motives are shared by the majority of people in his community.

Previous studies on the variable of irrational thoughts:

In their study, Bridges, & Harnish (2008) sought to discover the relationship between irrational thoughts and beliefs and the intensity of anxiety in the elderly, the researchers employed a scale developed by them to do so. The scale consists of 25 items assessing this relationship. They applied it to a group of (80) elderly people from New Kingston, in the United States of America. After the data was analyzed, the results revealed a strong positive relationship between irrational beliefs and thoughts, as these beliefs and thoughts were found to play a major role in increasing anxiety and many diseases. As a result, it causes an imbalance in the elderly, especially when they consider their current status, such as the reduction in physical ability, the decline in health practices, and the elderly's exposure to other diseases in addition to the sickness which they are afflicted.

Students from University of Hebron and Al-Quds Open University in Tulkarm in the West Bank participated in the study (Abu Murak and Barakat, 2016), which indicated the level of irrational thoughts and their relationship to self-deception. It investigated the nature of the relationship between these thoughts and self-deception, as well as verifying its findings. Gender, the employed teaching system, the academic level, location, and the academic specialization were among the statistical differences in the level of the participants' responses to irrational thoughts and self-deception. The researchers utilized the descriptive-analytical approach and two scales to achieve these goals: the scale of rational thoughts and irrational thoughts, and self-deception scale.

The researchers used the study tools on a sample of 235 male and female students drawn from both universities. The findings of their study revealed that the level of irrational thoughts and self-deception among the students of both universities was moderate, they also demonstrated that there were statistically significant differences in the level of irrational thoughts based on the variable of the employed teaching system in the university in favor of the traditional system, and that there were no fundamental differences at this level according to the rest of the study variables.

Studies on the emotional stability:

In his study, Adam (2004) aimed to identify the changes in emotional stability and its causes among the elderly, using an analytical method and interview instrument with a sample of (39) elderly people from the city of London. The findings indicated a moderate level of emotional stability among them. The most noticeable of these changes is the severity of their behavior, indifference, and inappropriate role-playing for them, and that the most significant factors leading to these changes were loneliness with a high influence, followed by a lack of activities with a moderate influence, then the difference in the level of care received

The study of Hegazy and Abu Ghali (2010) sought to identify the problems that the Palestinian elderly face in the Gaza's governorates, as well as to identify the level of psychological hardiness among

these elderly people, and to reveal the relationship between the problems that the elderly face and their level of psychological hardiness. The analytical descriptive approach was used in the study, and a questionnaire instrument were develop to be applied on a sample of (114) elderly male and female from Gaza. The findings showed that the aspects of the challenges and problems that the elderly face were ranked as follows: social and economic problems (63.7%), then psychological problems (57.5%), then physical health problems (56.4%). The findings also revealed that there were no statistically significant differences in the problems among the elderly based on gender, but there were statistically significant differences in the level of psychological hardiness in favor of males.

While the study Amara and Boaisah (2013) aimed to reveal the relationship between family dialogue and emotional stability among teenagers, with the aim of understanding family dialogue and emotional stability in relation to gender and family size. To achieve these goals, the study relied on the family dialogue and emotional stability scale on a sample of (197) fourth-year students in the Algerian city of Touggourt. The findings revealed a weak relationship between family dialogue and emotional stability, and it was clear that there were statistically significant differences between family dialogue and emotional stability in favor of females, as well as there were statistically significant differences between family dialogue and emotional stability in favor of families with five member and above.

In his study (2013), Issa attempted to discover the relationship between social intelligence and both of emotional stability and life satisfaction among Gaza police officers. His study aimed to identify the relative weight of social intelligence, emotional stability, and life satisfaction among participants, the study also sought to identify the statistically significant differences based on the variables of (educational level, age, years of experience, income, social status). To attain these objectives, the researcher employed the analytical descriptive approach, as well as three scales developed by the researcher: the social intelligence scale, the emotional stability scale, and the life satisfaction scale. He employed them on a sample of (150) police officers in Gaza. The study discovered a relationship between emotional stability and life satisfaction among police officers, with emotional balance having the lowest relative weight (78.9%) when compared with life satisfaction, control, self-control and life satisfaction. Except for the variable of experience, there were no statistically significant differences in emotional stability related to the study variables.

Study procedures.

The researcher used the analytical descriptive approach to achieve the objectives of the study. The study population consisted of all the elderly people in Jericho Governorate, which has roughly (3500) elderly, according to the statistics of the Palestinian Central Bureau of Statistics. 8.5% of the study population was chosen randomly from the elderly attending social development centers in the city of Jericho, as well as from the Grandparents' House in Jericho.

Distribution of the participants in the study sample:

The researchers used the scale of rational and irrational thoughts:

The Jordanian version of the scale which was Arabized by Suleiman Al-Rihani in 1987 was adopted. The scale had (52) items in its first version, with one axis measuring rational and irrational thoughts. It became (47) items after the arbitrators' modifications, and some of the items were adjusted to fit the theme of the study. It also was turned into a one-axis questionnaire according to Likert's five-point scale, the choices for each paragraph were divided into: (strongly agree, agree, neutral, opposing, strongly opposing), and its validity and reliability were verified.

The scale indicated in the study (Ryan, 2007) was used, the scale in its original form consisted of (116) items dispersed across five axes, each item was answered with two choices (Yes, No). After the arbitrators' modifications, (28) one-axis items were chosen and answered with five choices according to the five-point Likert scale as well, its validity and reliability were verified.

The researcher verified the tool's validity by constructing the questionnaire in its initial form, and then the validity of the tool was verified by presenting it to the supervisor and a group of competent and experienced educators and psychologists.

Pearson Correlation coefficient for the items correlation matrix for the level of irrational thoughts among the elderly in Jericho Governorate with a statistical function was of 0.001.

The researcher verified the tool reliability by calculating the reliability of the overall degree of the reliability coefficient for the fields of study using the Cronbach's alpha reliability equation. The level of irrational thoughts among the elderly in Jericho Governorate was (0.804), while the level of emotional stability was (0.839), indicating that this tool has a reliability that meets the purposes of the study.

After deciding the title for this study and developing the appropriate theoretical material, two scales were chosen to achieve its goals: the scale of rational and irrational thoughts and the scale of emotional stability. They were presented to a panel of arbitrators and finalized to fit the theme of the study, before being tested on a basic random sample of elderly people. Those who frequent social development centers in Jericho, as well as the beneficiaries of the Grandparents' House, the researcher randomly distributed (300) questionnaires to them. 300 of valid retrieved questionnaires were statistically analyzed, all the elderly in the study sample filled out the questionnaire. The researcher had attended these meetings. Table (1) shows the distribution of the participants of the study sample based on the variables of the study.

Table (1) Distribution of the participants of the study sample based on the variables of the study.

variable	Level	n	Percentage
Gender	Male	117	39.0
	Female	183	61.0
Economic level	Low	39	13.0

variable	Level	n	Percentage
	Moderate	226	75.3
	High	35	11.7
Accommodation type	Owned accommodation	95	31.7
	rented accommodation	174	58.0
	with a son	19	6.3
	Residential institution	12	4.0
Educational level	Tawjihi and less	91	30.3
	Diploma	127	42.3
	Bachelor's and above	82	27.3

Statistical treatment:

The data was statistical treated by extracting the means and standard deviations for each questionnaire item, the t-test, the one way ANOVA test, the Pearson correlation coefficient, and the Cronbach Alpha reliability equation were calculated using SPSS (Statistical Package For Social Sciences).

Results:

First question:

"What is the level of irrational thoughts among the elderly in Jericho Governorate?"

To address this question, the researcher calculated the means and standard deviations of the study sample participants' responses to the questionnaire items which express the level of irrational thoughts among the elderly in Jericho governorate. Table (2) shows the means and standard deviations of the study sample participants' responses to the questionnaire items expressing the level of irrational thoughts among the elderly in Jericho governorate.

Table (2) Means and standard deviations of the study sample participants' responses to the questionnaire items.

n	Items	μ	SD	Degree
2	To achieve perfection, a person must strive to achieve his goals.	4.08	0.931	High
27	Some people are evil in nature.	3.96	1.003	High
1	I don't hesitate to begin the sacrifice in my interests and desires to get the satisfaction and love of others	3.88	1.051	High
11	I think that there's a perfect solution for every problem which must be reached.	3.72	1.045	High
20	Despite the probability of failure, I prefer to depending on myself in many situations.	3.72	1.046	High
4	I get irritated when things go against my desire.	3.70	0.960	High

n	Items	μ	SD	Degree
29	I believe that fortune plays a significant influence in people's problems and misfortunes	3.70	0.946	High
30	A person must be cautious and sensitive to the likelihood of risks.	3.69	1.057	High
37	I prefer to follow my own thoughts and desires, even if they cause others to reject me.	3.69	1.009	High
26	I feel that I am worthless if I do not execute the tasks entrusted to me flawlessly, regardless of the circumstances	3.68	1.161	High
39	People who do harm and offend others should be held accountable and punished.	3.68	1.126	High
41	I believe that circumstances beyond a person's control frequently obstruct his pursuit of happiness.	3.68	1.031	High
13	It bothers me that I have a problem with my behavior, which makes me unacceptably close to others.	3.67	1.005	Moderate
40	I believe that a person get everything they set their minds to.	3.66	1.049	Moderate
16	I'm Always terrified of what's going on since it's not what I desire.	3.62	1.058	Moderate
42	I feel terrified just thinking about the likelihood of mishaps and calamities.	3.59	1.013	Moderate
36	I refuse to treat the other sex on an equal footing.	3.57	1.078	Moderate
32	I can't fathom myself without the assistance of those who are stronger than me.	3.52	1.065	Moderate
23	When I fail to discover a solution that I think to be perfect for the problems I confront, I become upset and agitated.	3.49	1.055	Moderate
8	It is kind of unfortunate that we a person who is dependent on individuals who are stronger than him.	3.48	1,099	Moderate
44	When I am alone in the face of my duties, I feel vulnerable.	3.46	1.073	Moderate
12	A person who is not serious and official in his or her interactions with others does not deserve their respect.	3.44	1.109	Moderate
21	A person unable to overcome the effects of the past even if he tries to do that.	3.41	1.016	Moderate
9	I believe that the past the human affects his behavior in the present and in the future	3.39	1.135	Moderate
48	It is a disgrace for a man to be submissive to a woman.	3.39	0546	Moderate
7	I prefer to avoid challenges rather than facing them.	3.37	1.218	Moderate
19	I think that happiness is reflected in a simple life that is free of bearing responsibilities and challenges.	3.37	1.088	Moderate
34	Other people's problems bother me and take away my happiness.	3.36	1.108	Moderate
47	People should constantly take themselves seriously.	3.34	0576	Moderate
35	It is foolish for a person to insist on finding what he perceives to be ideal solution to his problems.	2.64	1.030	Moderate
43	I am excited to confront some problems and responsibilities that make me feel challenging.	2.52	1.007	Moderate

n	Items	μ	SD	Degree
33	I Refuse to be swayed by the past's influence.	2.49	1.093	Moderate
46	It is logical for a person to evaluate more than one solution to his problems and to accept what is practical and attainable rather than insisting on what is regarded an ideal option.	2.44	1.079	Moderate
24	A person loses esteem and respect when he exaggerates in fun and joking.	2.43	0.991	Moderate
38	I believe that a person's inability to achieve perfection in their work does not lessen their worth.	2.40	1.088	Moderate
6	A person should not concern with the potential of disasters and risks.	2.39	0.994	Moderate
15	In terms of punishment, I prefer not to penalize those who commit evil deeds.	2.39	1.215	Moderate
22	It is unacceptable for the person to forbid himself from being happy because he believes he is incapable of making other sad people happy.	2.38	1.045	Moderate
45	I think that the desire to cling to the past is an excuse that some individuals use to justify their unwillingness to change	2.38	1.009	Moderate
28	If a person unable to change reality, he must accept it as it is.	2.35	1.039	Moderate
5	I believe that everyone has the ability to make themselves happy.	2.34	0956	Moderate
31	I believe that tackling challenges with all of my might is preferable to avoiding and evading them.	2.34	1.059	Moderate
10	A person must not let the problems of others to prevent him from being happy.	2.32	1.091	Low
18	I believe that worrying the possibility of awful things or disasters does not diminish the likelihood of their occurrence.	2.29	0.991	Low
17	I believe that the individual's thoughts have a vital influence in significant making him feel happy or sad.	2.27	0966	Low
25	I believe that total satisfaction of all people is unachievable.	2.26	1.065	Low
3	People should be reformed rather than punished	2.15	1.022	Low
14	I believe that an individual is valued based on his achievements even if he does not fulfill them.	2.11	0.997	Low
Total score		3.1081	015804	Moderate

Table 2, which shows the means and standard deviations of the participants' responses on the level of irrational thoughts among the elderly in Jericho Governorate, reveals that the mean of the total score (3.10) with a standard deviation (0.158), indicating that the level of irrational thoughts among the elderly in Jericho Governorate was Moderate.

Second question:

"What is the level of emotional stability among the elderly in Jericho Governorate?"

Table (3) Means and standard deviations of the participants' responses for the level of emotional balance among the elderly in Jericho Governorate

n	Items	μ	SD.	Level
2	I have to be respectful.	3.81	1.077	High
28	I adjust my thoughts and behaviors in response to my circumstances.	3.53	1.039	moderate
21	I curse and insult.	3.21	1.360	moderate
6	I have nightmares.	2.98	1.146	moderate
5	I cannot sleep.	2.92	1.194	moderate
23	At parties and social gatherings, I get nervous and irritated.	2.89	1.119	moderate
1	I can't sit quietly.	2.81	1.194	moderate
8	I have an unusual sensitivity.	2.79	1.183	moderate
7	I am jittered than most people.	2.78	1.112	moderate
12	I get very stressed while doing a new routine	2.78	1.130	moderate
25	I feel like quarrels when I'm upset	2.76	1.131	moderate
11	I feel overwhelmed by the problems, and I am unable to solve them	2.75	1.116	moderate
10	I always have headaches.	2.73	1.045	moderate
17	It is been claimed that I am feverish.	2.73	1.152	moderate
22	Regardless of what others wish, I act my own way.	2.73	1.118	moderate
4	I have a restless night's sleep.	2.71	1.065	moderate
9	I feel exhausted when I exert the least amount of effort.	2.71	1.104	moderate
19	If someone harmed me, I would retaliate as soon as possible.	2.71	1.199	moderate
3	I feel stressed.	2.67	1.143	moderate
16	It is been claimed that I am a hurried person.	2.67	1.034	moderate
18	I want to smash stuff when I'm upset.	2.67	1.191	moderate
13	My voice becomes louder even in a typical dispute.	2.66	1.144	moderate
20	It is fun for me to have control over other people.	2.65	1.104	moderate
24	I'm not very friendly with people who do things that I consider wrong.	2.65	1.051	moderate
15	I am more affected than others in embarrassing situations.	2.64	1.036	moderate
26	I feel that life is an unbearable burden.	2.64	1.158	moderate
14	People think that I am irritable.	2.63	1.151	moderate
27	I won't be able to take all factors into consideration before making a decision.	2.59	1.032	moderate
Total score		2.8137	0.48804	moderate

Table (3) shows that one of the items had a high degree, whereas (27) items had a moderate degree. The item "*I must be respectful*" had the highest mean of (3.81), followed by "*I adjust my thoughts and behaviors in response to my circumstances.*" with a mean of (3.53). The item "*I won't be able to take all factors into consideration before making a decision.*" got the lowest mean of (2.59), followed by the item "*People think that I am irritable*" with a mean of (2.63). The results also show that the emotional

stability among elderly in Jericho Governorate had a mean of (2.81) and, while the standard deviation was (0.488), indicating that the level of the emotional stability among the elderly in Jericho Governorate was moderate.

Third question:

“Is there a relationship between irrational thoughts and emotional stability among the elderly in Jericho Governorate?”

To answer this question, it was turned into the following hypothesis:

“There is a statistically significant relationship at the significance level ($\alpha \geq 0.05$) between irrational thoughts and emotional stability among the elderly in Jericho Governorate.”

Table (4) Pearson correlation coefficient and statistical significance of the relationship between irrational thoughts and emotional stability among the elderly in Jericho Governorate

Variables		<i>p</i>	Sig.
irrational thoughts	emotional stability	0.129-	0.025

Table (4) shows that the value of the Pearson correlation coefficient for the overall score was (-0.129) and the level of significance was (0.025), indicating that there was a statistically significant inverse relationship at the level of significance ($\alpha 0.05$) between irrational thoughts and emotional stability among the elderly in Jericho Governorate.

Fourth question:

“Is there a difference in the level of irrational thoughts among the elderly in Jericho Governorate depending on the variables of (gender, economic level, accommodation type, and educational level)?”

To answer this question, it was turned into the following hypothesis:

The results of the third hypothesis:

“There are no statistically significant differences at the significance level ($\alpha \geq 0.05$) in the level of irrational thoughts among the elderly in Jericho Governorate due to accommodation type variable”

Table (5) Means and standard deviations of the participants’ responses for the level of irrational thoughts among the elderly in Jericho governorate based on accommodation type variable.

Accommodation type	n	μ	SD.
Owned accommodation	95	3.1140	0.17962
rented accommodation	174	3.1230	0.13938
with a son	19	2.9638	0.14076
Residential institution	12	3.0729	0.15527

Table (5) shows that there are significant differences in the level of irrational thoughts among the elderly in Jericho Governorate due to the variable of accommodation type.

One-way analysis was used to identify the significance of these differences between the participants' responses for the level of irrational thoughts among the elderly in Jericho governorate due to the variable of housing type as shown in Table (6).

Table (6) Results of One-way analysis for the participants' responses for the level of irrational thoughts among the elderly in Jericho governorate based on accommodation type variable.

Variation source	Sum of squares	Freedom degree	Mean of squares	"p" value	Sig.
Between groups	0.452	3	0.151	6.360	0.000
Within groups	7.015	296	0.024		
Total	7.468	299			

Table (6) shows that p-value of the overall score was (6.360) and the significance level was (0.000), which was less than the level of significance ($\alpha \geq 0.05$), indicating that there are statistically significant differences in the level of irrational thoughts among the elderly in Jericho governorate due to the variable of accommodation type, so the third hypothesis was rejected.

The results of the (LSD) test were examined to identify the differences direction, and they were as shown in Table (7).

Table (7) Results of (LSD) test for post-comparisons between the means of the participants' responses based on accommodation type variable.

Variables		Differences in means	Sig.
Owned accommodation	Rented accommodation	-0.00893	0.650
	with a son	0.15022 *	0.000
	Residential institution	0.04112	0.384
Rented accommodation	Owned accommodation	0.00893	0.650
	With a son	0.15915 *	0.000
	Residential institution	0.05005	0.277
With a son	Owned accommodation	-0.15022 *	0.000
	Rented accommodation	-0.15915 *	0.000
	Residential institution	-0.10910	0.056
Residential institution	Owned accommodation	-0.04112	0.384
	Rented accommodation	-0.05005	0.277
	With a son	0.10910	0.056

The differences between owned accommodation and with a son were in favor of the owned accommodation, and between rented accommodation and with a son in favor of rented accommodation.

Results of the fourth hypothesis:

"There are no statistically significant differences at the significance level ($\alpha \geq 0.05$) in the level of irrational thoughts among the elderly in Jericho governorate due to educational level variable."

The fourth hypothesis was examined. Means were calculated for the participants' responses for the level of irrational thoughts among the elderly in Jericho Governorate due to the educational level variable.

Table (8) Means and standard deviations of the participants' responses for the level of irrational thoughts among the elderly in Jericho Governorate based on educational level variable.

Educational level	n	μ	SD.
Tawjihi or less	91	3.1124	0.14302
Diploma	127	3.1325	0.14571
Bachelor's or above	82	3.0653	0.18338

Table (8) shows that there were significant differences in the level of irrational thoughts among the elderly in Jericho Governorate due to the educational level variable. To identify the significance of the differences, one-way ANOVA test was used. The results were as shown in Table (9).

Table (9) Results of one-way ANOVA test for the participants' responses for the level of irrational thoughts among the elderly in Jericho Governorate based on educational level variable.

Variation source	Sum of squares	Freedom degree	Mean of squares	"P" value	Sig.
Between groups	0.228	2	0.114	4.673	0.010
Within groups	7.240	297	0.024		
Total	7.468	299			

Table (9) shows that the overall score had a p-value of (4.673) and the level of significance was (0.010), which is less than the level of significance ($\alpha \geq 0.05$), indicating that there were statistically significant differences in the level of irrational thoughts among the elderly in Jericho Governorate due to the educational level variable, leading to the rejection of the fourth hypothesis. The results of (LSD) test were examined to show the direction of the differences as shown in Table (10).

Table (10) Results of (LSD) test for post-comparisons between the means of the participants' responses based on educational level variable.

Variables		Differences in means	Sig.
Tawjihi or less	Diploma	-0.02014	0.348
	Bachelor's	0.04711 *	0.048
diploma	Tawjihi or less	0.02014	0.348
	Bachelor's or above	0.06725 *	0.003
Bachelor's or above	Tawjihi or less	-0.04711 *	0.048
	Diploma	-0.06725 *	0.003

Table (10) shows that the differences were between Tawjihi or less and Bachelor's or above in favor of Tawjihi or less, and between Diploma and Bachelor's or above in favor of Diploma.

Fifth question:

"Is there a difference in the level of emotional stability among the elderly in Jericho Governorate depending on the variables of (gender, economic level, accommodation type, and educational level)?"

To answer this question, it was turned into the following hypothesis:

The results of the first hypothesis:

"There are no statistically significant differences at the significance level ($\alpha \geq 0.05$) in the level of emotional stability among the elderly in Jericho Governorate due to gender variable."

Table (11) Results of the "t- test" for independent samples for the participants' responses on the emotional stability among the elderly in Jericho Governorate based on gender variable.

Gender	n	μ	SD.	"t" Value	Sig.
Male	117	2.7976	0.51045	0.455	0.649
Female	183	2.8240	0.47431		

Table (11) shows that the value of "t" for the overall score was (0.455) and the level of significance was (0.649), indicating that there were no differences in the level of emotional stability among the elderly in Jericho Governorate attributable to the gender variable. This led to the acceptance of the first hypothesis.

The results of the second hypothesis:

"There are no statistically significant differences at the significance level ($\alpha \leq 0.05$) in the degree of prevalence of irrational thoughts among the elderly in Jericho Governorate due to economic level variable."

Table (12) Means and standard deviations for the participants' for the level of emotional stability among the elderly in Jericho Governorate based on economic level variable.

Economic level	n	μ	SD.
Low	39	2.9844	0.47414
Moderate	226	2.7852	0.50269
High	35	2.8071	0.36372

Table (12) reveals that there are significant differences in the level of emotional stability among the elderly in Jericho Governorate attributable to the economic level variable. To identify the significance of the differences, the one way ANOVA was used and the results were as shown in Table (16).

Table (13) Results of one-way test for the participants' responses for the level of emotional stability among the elderly in Jericho Governorate based on economic level variable.

Variation source	Sum of squares	Freedom degree	mean of squares	"p" value	Sig.
Between groups	1.321	2	0.661	2.807	0.062
Within groups	69.897	297	.0235		
Total	71.218	299			

Table (13) shows that p-value of the overall score was (2.807) and the level of significance was (0.062), which is higher than the level of significance ($\alpha \geq 0.05$), indicating that there were no statistically significant differences in the level of emotional stability among the elderly in Jericho Governorate due to the variable of the economic level. This resulted in the acceptance of the second hypothesis.

Results of the third hypothesis:

"There are no statistically significant differences at the level of significance ($\alpha \leq 0.05$) in the level of emotional stability among the elderly in Jericho governorate due to accommodation type variable."

Table (14) Means and standard deviations of the participants' response of the study sample members to the level of emotional balance among the elderly in Jericho governorate due to the variable of housing type.

Accommodation type	n	μ	SD.
Owned accommodation	95	2.8342	0.46934
Rented accommodation	174	2.7882	0.52953
with a son	19	2.9023	0.25137
Residential institution	12	2.8810	0.21501

Table (14) indicates that there are significant differences in the level of emotional stability among the elderly in Jericho Governorate due to accommodation type variable. To determine the significance of the differences, one way ANOVA was used as shown and the results were as shown in Table (15).

Table (15) Results of one-way analysis to the participants' responses for the level of emotional stability among the elderly in Jericho Governorate based on accommodation type variable.

Variations source	Sum of squares	Freedom degree	mean of squares	"p" value	Sig.
Between groups	0.357	3	0.119	0.497	0.685
Within groups	70.861	296	0.239		
Total	71.218	299			

Table (15) shows that that p-value of the overall score was (0.497) and the level of significance was (0.685), which is higher than the level of significance ($\alpha \geq 0.05$), indicating that there were no

statistically significant differences in the level of emotional stability among the elderly in Jericho Governorate due to accommodation type variable, this led to the acceptance of the third hypothesis.

Results of the fourth hypothesis:

"There are no statistically significant differences at the significance level ($\alpha \geq 0.05$) in the level of emotional stability among the elderly in Jericho Governorate due to educational level variable."

Table (16) Means and standard deviations for the participants' responses for the level of emotional stability among the elderly in Jericho Governorate based on educational level variable.

Educational level	n	μ	SD.
Tawjihi or less	91	2.7578	0.43747
Diploma	127	2.7725	0.53285
Bachelor's or above	82	2.9395	0.45028

Table (16) shows that there were significant differences in the level of emotional stability among the elderly in Jericho Governorate attributable to the educational level variable. One-way variation analysis (ANOVA) was used to identify the significance of the differences; the results are shown in Table (17).

Table (17) Results of one-way analysis for the participants' responses for the level of emotional stability among the elderly in Jericho Governorate based on educational level variable.

Variation source	Sum of squares	Freedom degree	Mean of squares	"p" value	Sig.
Between groups	1.796	2	0.898	3.843	0.023
Within groups	69.422	297	0.234		
Total	71.218	299			

Table (17) that p-value of the overall score was (3.843) and the level of significance was (0.023), which is less than the level of significance ($\alpha \geq 0.05$), indicating that there were statistically significant differences in the level of emotional stability among the elderly in Jericho Governorate due to educational level variable. This led to the rejection of the fourth hypothesis.

Table (18) Results of LSD test for post-comparisons between the means of the participants' responses based on educational level variable.

Variables		Variations in means	Sig.
Tawjihi or less	Diploma	-0.01465	0.826
	Bachelor's or above	-0.18161 *	0.014
Diploma	Tawjihi or less	0.01465	0.826
	Bachelor's or above	-0.16696 *	0.015
Bachelor's or above	Tawjihi or less	0.18161 *	0.014
	Diploma	0.16696 *	0.015

The differences between Bachelor's or above and Tawjihi or less were in favor of a bachelor's and above, and between a bachelor's and above and Diploma in favor of a bachelor's or above.

Results and discussion:

First question:

“What is the level of irrational thoughts among the elderly in Jericho Governorate?”

The findings revealed that the elderly have a moderate level of irrational thoughts, which explains why the elderly go through that stage of aging, this stage of age is in itself difficult and different more than other stages so that they feel that they have lost the energy needed to live a normal life without relying on others. As a result, they get the feeling of deficiency and depending on others, and make incorrect judgments about others. This conclusion is consistent with an earlier study of (Abu Murak and Barakat, 2016).

Second question:

“What is the level of emotional stability among the elderly in Jericho Governorate?”

The findings indicated that the elderly have a moderate level of emotional stability. The result explained that in the case of the elderly, the reality of the situation is different; they are exposed to negative emotions that rob their abilities to form a high emotional stability, in addition to the deficiency they feel as a result of what their situation has become as they have grown older and their inabilities to meet their personal needs, which results in generating some negative feelings and stress that make them lose their emotional stability in some situation, this result is consistent with the study of (Adams, 2004).

Third question:

“Is there a relationship between irrational thoughts and emotional stability among the elderly in Jericho?”

The findings showed that there is an inverse relationship between irrational thoughts and emotional stability among the elderly in Jericho Governorate, as the irrational thoughts reduce the emotional stability; they also reduce its positive influence on the individual. Humans tend towards thinking rationally and irrationally. When they behave and think rationally, they become effective and productive. When they think irrationally, they become afraid and worried. A person should develop his ways of rational thinking. So, the method used by the elderly does not lead to link the causes and effects together to explain the event and the situation. This result is consistent with the study of (Hijazi & Ghali, 2013) and the study of (Bridges, & Harnish, 2008)

Fourth question:

"Is there a difference in the level of emotional stability among the elderly in Jericho Governorate depending on variables of (gender, economic level, accommodation type, and educational level)?"

To answer this question, it was turned into the following hypothesis:

First hypothesis:

"There are no statistically significant differences at the significance level ($\alpha \geq 0.05$) in the level of irrational thoughts among the elderly in Jericho governorate due to gender variable."

The findings revealed that there are no differences in the level of irrational thoughts among the elderly due to gender variable, this result explained that the elderly, both males and females, are viewed by society in the same way, whether positively in terms of assistance, carrying out their responsibilities, directing them, caring and respecting them, or negatively in terms of abandoning, obstructing, and giving up their responsibilities. This result is inconsistent with the study of (Bridges, & Harnish, 2008).

Second hypothesis:

"There are no statistically significant differences at the significance level ($\alpha \geq 0.05$) in the level of irrational thoughts among the elderly in Jericho Governorate due to economic level variable."

The findings revealed that there were no statistically significant differences due to the economic level variable, including that it is one of the general influences that has little impact, as the elderly with high incomes will have their needs met without making any effort as before. For the elderly with other economic levels, the family usually meets their needs. Some the elderly do not concern about the economic aspects, especially, those who rely on their children in managing their financial interests. As a result, the elderly's beliefs about the reality around them have the greatest impact. This result is inconsistent with the study of (Abu Shaar, 2007) in terms of the idea that the irrational thoughts are not influence by income levels.

Third hypothesis:

"There are no statistically significant differences at the significance level ($\alpha \geq 0.05$) in the level of irrational thoughts among the elderly in Jericho Governorate due to accommodation type variable."

The findings demonstrated that there are obvious differences in the level of irrational thoughts among the elderly attributable to accommodation type variable; the differences were in favor of owned accommodation. According to the researcher, the elderly in their own homes do not feel completely autonomous as they once did because there are surrounded by people who look after them. Their beliefs that they have become handicapped and they need the help of others increase their feeling of low self-esteem. It is also clear that there are differences in favor of rented accommodation; the researcher believes that in such circumstances the elderly feel alone, and they owe financial benefits, they do not feel

comfortable like others, so irrational thoughts increase because they were unable to get a separate home throughout their previous life. This result is consistent with a study of (Abu Shaar, 2007) in terms of the fact that the rational and irrational thoughts are not influenced by the accommodation type, this result are not related to the previous study.

Fourth hypothesis:

"There are no statistically significant differences at the level of significance ($\alpha \geq 0.05$) in the level of irrational thoughts among the elderly in Jericho Governorate due to educational level variable."

The findings revealed that the differences exist in favor of groups with lower educational levels (Tawjihi and Diploma), since these two groups may lack the sufficient knowledge about the causes of psychological stress and restricted thinking. Their educational levels may not provide them with the necessary information to deal with life's stresses and to comprehend the physical, mental, and biological changes that occur as a person progresses. Irrational thoughts increasingly dominate the elderly's interpretation of the facts of daily life around them as they grow older, this result is consistent with a study of (Hegazy, 2013) that found no statistically significant differences on the scale of irrational thoughts attributable to educational level variable of the parents rather than the elderly themselves.

Fifth question:

Is there a difference in the level of emotional stability among the elderly in Jericho Governorate depending on the variables (gender, economic level, accommodation type, and educational level?)

First hypothesis: "There is no statistically significant relationship at the significance level ($\alpha \leq 0.05$) between irrational thoughts and emotional stability among the elderly in Jericho Governorate."

The findings indicated that there were no differences in the level of emotional stability among the elderly in Jericho Governorate due to the gender variable. This result was explained by the fact that emotional stability is a psychological and mental condition at the same time, and it is one of the personality traits that indicates whether or not an individual is in agreement with this high stability, as in being characterized by it. The elderly have the courage to face the challenges and difficulties they face, or if they are timid, such as not making the right and important decisions in any situation, and represent the ability to control and control, and these aspects do not differ much in the of elderly people of both sexes, this result is consistent with the study of (Ghalib, 2012) in terms of the fact that there are no statistically significant differences between the mean of of emotional stability scores based on the gender variable.

Second hypothesis:

"There are no statistically significant differences at the level of significance ($\alpha \geq 0.05$) in the level of emotional balance among the elderly in Jericho governorate due to economic level variable."

The findings revealed that there are no differences attributable to the variable of the economic level, this result explains that emotional stability is influenced by meeting the psychological and mental needs more than the physical and economic aspects, this is dependent on the emotional experiences of the elderly, indicating that love and paying attention contribute more to emotional stability than purely economic aspects. This finding is consistent with the study of (Issa, 2013).

Third hypothesis:

"There are no statistically significant differences at the level of significance ($\alpha \leq 0.05$) in the level of emotional stability among the elderly in Jericho Governorate due to accommodation variable."

The findings showed that there are no differences due to accommodation type variable. According to the researcher, the personal values of the elderly and their way of thinking and dealing with life stresses may help him to overcome the impact of the accommodation type or the surrounding environment on his decisions and way of thinking, since accommodation type is one of various influences. The elderly regulate or rush the intensity of their emotions according to their values, knowledge, and way of thinking. According to Albert who argued that an individual's way of thinking influences other life aspects, including accommodation. Previous studies have not linked variable of accommodation type to emotional stability.

Fourth hypothesis:

"There are no statistically significant differences at the level of significance ($\alpha \geq 0.05$) in the level of emotional balance among the elderly in Jericho Governorate due to educational level variable."

In comparison to other groups, the findings revealed statistically significant differences attributed to the educational level variable in favor of a Bachelor's or above. This finding illustrates how learning is beneficial in acquiring knowledge and experiences that help the elderly overcome irrational thoughts, prevent negative thinking, and strive for emotional stability by solving problems and accepting themselves as aged people. Based on their mental awareness of their health, psychological, and social situation, and responding to it correctly, the elderly deal with their life and adapt to the variables mentioned. This finding is consistent with the study of (Issa, 2013).

Recommendations.

Based on the previous findings, the researcher recommends the following:

- Increasing attention to the elderly's feelings and psychological needs, as this has a significant impact on reducing the stress they experience from as a result of their advanced age.

- Working to eliminate the internal and external influences and variables that negatively affect their irrational thinking and emotional stability, particularly those that contribute to psychological and health problems.
- Training the elderly in rational thinking in a variety of ways and activating dedicated programs to familiarize them with the causes and variables that modify their ways of thinking depending on their age and contribute to strengthening emotional control to help loneliness.
- Educating the elderly on the necessity of managing emotions and making decisions based on rationality, since this has a good impact on their ability to interact with others.

Suggestions:

- Conducting studies that investigate both irrational and rational thoughts together because it is important to distinguish between the two types of thoughts, as well as making comparisons in this field that can help the researchers.
- Creating an awareness program highlighting the successful experiences of elderly people's achievements in all literary, craft, social and psychological fields.
- Designating a media channel for the elderly, particularly because they are such a huge population in our society, in which it explains how to deal with this group and assist them become active and self-sufficient members of society.

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Irrational Thoughts and Their Relationship to Emotional Stability Among the Elderly in Jericho Governorate

Dear Elderly People:

Greetings,,,

The researcher is conducting a field study entitled: "Irrational thoughts and their Relation to Emotional stability among the Elderly People in Jericho Governorate." As a result, we respectfully request that you fill this questionnaire in accordance with your point of view, keeping in mind that this questionnaire is being used for scientific reasons. Your information will be handled professionally and objectively.

Researchers