



IMPACT OF COGNITIVE RESTRUCTURING ON STRESS TOLERANCE AMONG PARANOID COUPLES

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ABSTRACT

The present study aimed to analyze the impact of Cognitive Restructuring on stress tolerance among couples having paranoia issues. Stress tolerance stands for the ability of a person to withstand the attack of stressors in life in an effective manner. Couples having marital disputes out of paranoia are a group supposed to be exposed to multiple stressors in life. Cognitive restructuring is a psychological intervention which enhances the positive thoughts of anyone having negative as well as distorted thought pattern. Present study is an experimental one and made use pretest post test control group design. Tools used were general data sheet and stress tolerance scale developed by Resmi & Sanandaraj (1999). Sample size of the study were 60 couples having marital issues where 30 in experimental group and 30 in control group. Computation of descriptive statistics, frequencies and percentages, mean difference analysis or t test were used as the main statistical techniques used. As per the results of the study, cognitive restructuring found to be an effective intervention for enhancing level of stress tolerance of couples having marital issues.

KEY WORDS ; Cognitive Restructuring, stress tolerance, marital issues, paranoia, experimental group, control group etc.

INTRODUCTION

Marriage is a contract which unite two lives into one soul, where similarities as well as differences of choices/ opinions of two people merge together. Some persons experience marriage as a 'tasty cup of tea' where others view marriage as a juice with bitter taste. Most of the marital disputes may be because of multi layers of misunderstanding and lack of proper communication between couples (Zacharias, et al ,2016). Paranoia can be cited as a major reason behind marital disputes which is characterized by extreme level of distrust and suspicion on others without any adequate justification. Distrust, social isolation, emotional disparity, hyper vigilance, rigid and augmentative attitude are some of the major characteristics of persons with Paranoia(Freeman,2007).

According to humanistic psychology all emotional issues emerged from defective thought pattern or cognitive distortions. Cognitive distortions are irrational and biased ways of thinking that can lead to negative emotions and behaviours. Cognitive Restructuring is a method coming under Cognitive Behaviour therapy. Stress tolerance can be considered as the ability to withstand stress creating events in life (Vasyakin,2018). It is the rate of defending power to hold the intensity of stressful thoughts and actions. The present study aimed to analyze the impact of Cognitive Restructuring on stress tolerance among couples having paranoia issues. Cognitive Restructuring can be considered as a psychological intervention which replaces cognitive distortions with positive thoughts (Clark,2018). Stress tolerance stands for the ability of

a person to withstand the stress creating events in life without drowned to a negative extend (Ong ,2017). In the present study stress tolerance of couples having the issue of paranoia were considered in an experimental way by having an intervention using cognitive restructuring. Cognitive restructuring is a therapeutic technique used to rectify cognitive distortions, which are illogical or unfair thought patterns that can lead to adverse emotions and behaviors.

Steps Involved In cognitive restructuring were

- Identification of distorted thought in a multidimensional way.
- Equip the person having stress to challenge that distorted thought.
- Generate alternative positive thoughts in order to replace negative/distorted thought pattern.
- Enable the sample to Practice, Evaluate and repeat the positive thoughts and replace negative thoughts.

OBJECTIVES OF THE STUDY

Following are the objectives coming under the study.

- To find out whether there exist any significant difference in the level of stress tolerance among couples having paranoia before intervention.
- To find out whether there exist any significant difference in level of stress tolerance among couples having paranoia after intervention.



- To compare the level of stress tolerance among couples having paranoia before and after intervention.

HYPOTHESES OF THE STUDY

- There exists no significant difference in the level of stress tolerance among couples having paranoia before and after intervention.

METHODOLOGY OF THE STUDY

Experimental method was the main method used in the study. Tools used were general data sheet and stress tolerance scale developed by Resmi & Sanandaraj (1999). Sample size of the

study were 60 couples having marital issues. Computation of descriptive statistics, frequencies and percentages, mean difference analysis or t test were used as the main statistical techniques used.

RESULTS AND DISCUSSIONS

The analysis of the study lead to the following findings. Summary of Mean Difference Analysis in case of stress tolerance are summarized and discussed below.

Data and results of the comparison of pretest scores are presented in in Table 1.

Table 1

Data and Results of the Comparison of Pretest Scores Between Experimental and Control group for the Total Sample

Sl. No.	Variables	N	Mean	SD	t- Value	Level of Significance
1.	Pretest (Experimental)	30	67.30	2.33	0.47	Not Significant
2.	Pretest (Control)	30	67.00	2.65		

The obtained t value is 0.47 and it is below the table value set for significance even at 0.05 level. Hence it can be concluded that there is no significant difference exists between pretest scores of experimental and control groups. Both of the groups are

comparable since the level of performance of participants found to have no significant difference.

Data and results of the comparison of posttest are presented in in Table 2.

Table 2

Data and Results of the Comparison of Post test Scores Between Experimental and Control group for the Total Sample

Sl. No.	Variables	N	Mean	SD	t- Value	Level of Significance
1.	Posttest (Experimental)	30	69.46	2.16	5.57	0.01
2.	Posttest (Control)	30	65.46	3.24		

The obtained t value is 5.57 and it is greater than the table value for significance at 0.01 level. Hence it can be concluded that there is significant difference exists in between post test scores of Experimental and Control group with respect to stress tolerance.

higher mean scores are attached with them. This means that couples who are intervened with cognitive restructuring differ significantly than couples who do not receive any particular kind of intervention. This shows the effectiveness of cognitive Restructuring among stress tolerance of couples having paranoia.

From the Mean Difference Analysis it is understood that couples in the experimental group show significantly better performance in terms of stress tolerance than students in the Control group as

Table 3

Data and Results of the stress tolerance of couple in experimental group with respect to gender

Sl. No.	Determinants	N	Mean	SD	t- Value	Level of Significance
1.	Male	30	69.53	2.16	0.16	0.01
2.	Female	30	69.40	2.22		

From Table 3, the obtained t value is 0.16 and it is lower than that of table value and significant at 0.01 level. Hence it can be concluded that gender cannot be considered as an influential factor which determines the level of stress tolerance among couples having paranoia.

IMPLICATIONS OF THE STUDY

- Basic underlying thought of a paranoid person is that he/ she may be replaced at any time, if other persons having a strong quality or attributes such as beauty, educational qualification, financial status etc influence their partner. This



ray of thought will lead to frustration and finally ends up in a disequilibrium condition.

- According to the method of cognitive restructuring, negative thoughts have to be replaced with positive thoughts. Distorted thoughts of a paranoid person will be replaced with strong positive thoughts like 'I AM UNIQUE' 'NO BODY CAN REPLACE ME' 'I AM THAT MUCH IMPORTANT AND PRECIOUS TO MY PARTNER' etc.
- Cognitive restructuring efforts have to be focused on eradicating inferiority complexes with logically correct the pattern of thoughts.
- Point out the positive activities done by the sample in order to enhance their level of confidence and eradicate their worthless feelings.
- Enumerate the skills and strengths of paranoid persons in order to arouse a feeling that he/she is worthy enough to be an eligible counter part of their better half.
- Replace the negative thoughts of client like 'MY PARTNER WILL BETRAY ME' with a positive thought like 'MY PARTNER WILL NEVER CHEAT ME'.
- Clients have to be provided with an insight about their cognitive distortions and must empower them with how to replace distressing illogical negative thoughts using logical positive thoughts.
- Cognitive restructuring efforts have to be focused on eradicating inferiority complexes with logically correct the pattern of thoughts.
- Point out the positive activities done by the sample in order to enhance their level of confidence.
- An alternative pattern of thoughts or positive imagery have to inculcated among the frustrated minds of samples.

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CONCLUSION

Cognitive Restructuring can be cited as an effective method with equip a person to correct their cognitive distortions using positive thoughts. Level of stress tolerance can be improved using this method. Paranoid persons will in an illusion state where they will create an imaginary world of distressing thoughts. Partners of paranoid persons will be in a miserable life where they need an absolute help of counselling to be stable and calm in the midst of traumas created by their paranoid partners. Present study aimed to find out the impact of cognitive restricting on stress tolerance among paranoid couples and found out that the same is effective to a large extend.

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