

**RELATIONSHIP BETWEEN BELIEF SYSTEMS AND EMOTIONAL  
DISTURBANCES AMONG UNDERGRADUATE STUDENTS IN TAIZ  
UNIVERSITY, YEMEN**

**By**

**NASER ABDUL HAFEETH**

**Thesis Submitted to the School of Graduate Studies, Universiti Putra Malaysia,  
in Fulfilment of the Requirements for the Degree of Master of Science**

**February 2006**

## **DEDICATION**

It is pleasure to express my great thanks and appreciation to my mother, father, three sisters and three brothers, particularly my oldest brother, Ahamed Abdul Hafeeth and his son. I am immensely indebted to their great encouragement, financial support and generous assistance.

Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfilment  
of the requirements for the degree of Master of Science

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Chairman: Haji Othman Bin Dato' Hajji Mohamed, PhD

Faculty: Educational Studies

Problems such as low academic achievement, maladjustment with self and others, irrational cognitive systems and emotional disturbances have not been investigated among university students in Yemen. Four instruments were therefore selected and distributed to an overall sample of 800 subjects with 456 of the instruments returned. Nevertheless, the  $n= 456$  met the minimum required sample size (Cohen, 1988; Othman, 2001).

The current study comprises descriptive correlational research to explore the relationship between a set of belief systems and a set of emotional disturbances among undergraduate students at Taiz University in Yemen.

The results of the research indicated that the set of belief systems as the predictive variables intercorrelated within the same set and with the set of criterion variables are

also intercorrelated within the same set as proved by Canonical Correlation Analyses (CCA).

The four methods of Pillais's, Hotelling's, Wilks's and Roy's canonical correlation were explored to evaluate the full canonical model. However, in this research, Multivariate Analysis with Wilks's Lambda  $\lambda$  was used, as it tends to have the most general applicability. The full model was statistically significant with a Wilks's Lambda  $\lambda = .903$ ,  $F(16, 892.00) = 2.906$ ,  $p < .001$ . There was a correlation of  $r = .25$  between the predictive and the criterion variables. However, this correlational level was less than  $r = .30$ , which is generally recommended as significant for canonical correlation analysis. Nevertheless, this nonsignificance is consistent with second-generation assessments in Rational Emotive Behavioral Therapy. The second canonical correlation model revealed that some demographic variables such as gender, marital status, age and faculty are also related with belief systems.

The multivariate significant differences were found among the variables: in need for approval, demand for comfort, demand for fairness and depression with social anxiety across male and female students. Also, significant differences were found in belief systems across some demographic variables such as high and low cognitive distortion, type of study, faculty, age and year of study.

Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi keperluan untuk ijazah Master Sains

PERHUBUNGAN DI ANTARA SISTEM KEPERCAYAAN DAN  
DIPRESI DENGAN KEGELISAHAN SOSIAL YANG MELANDA  
MAHASISWA DI YEMEN

Oleh

NASER ABDUL HAFEETH

Februari 2006

Pengerusi : Haji Othman Bin Dato' Haji Mohamed, PhD

Fakulti : Pengajian Pendidikan

Masalah seperti pencapaian akademik yang rendah, salah penyesuaian swadiri dan sebagainya, sistem kognitif yang tidak rasional dan gangguan emosi masih belum dikaji puncanya di kalangan pelajar universiti di Yeman . Empat instrumentasi kajian telahpun dipilih dan diedarkan kepada 800 pelajar sebagai subjek persampelan. Walau bagaimanapun, hanya 456 soal selidik instrumentasi dikembalikan dimana  $n = 456$  responden memenuhi saiz persampelan kajian (Cohen, 1988; Othman, 2001).

Kajian keperihalan korelasi ini bertujuan untuk meneroka perhubungan di antara satu set sistem kepercayaan dengan satu set gangguan emosi di kalangan pelajar praijazah di Universiti Taiz di Yemen.

Hasil kajian menunjukkan bahawa set pembolehubah ramalan tentang sistem kepercayaan yang mempunyai kaitan dalam set yang sama dan dengan set pembolehubah tidak bersandar juga berhubungan dengan set yang sama seperti yang telah dibuktikan oleh Analisis Kolerasi Kanonikal (AKK).

Empat kaedah, iaitu Pillai, Hotelling, Wilks dan Kolerasi Kanonikal Roy digunakan bagi meneroka model kanonikal sepenuhnya. Walaubagaimanapun, kajian ini menggunakan Analisis Wilks Lamda  $\lambda$  oleh kerana ianya mempunyai aplikasi yang lebih umum. Model sepenuhnya menunjukkan statistik yang signifikan dengan Wilks Lamda  $\lambda=0.903$ ,  $F(16, 892.00)=2.906$ ,  $p < .001$ . Terdapat korelasi  $r=0.25$  di antara pembolehubah ramalan dengan pembolehubah bersandar. Walaubagaimanapun aras korelasi ini kurang daripada  $r=.30$  yang biasanya diperakukan sebagai signifikan bagi analisis korelasi kanonikal. Namun aras yang tidak signifikan ini selari dengan pentaksiran generasi kedua Terapi Rasional Emotif Perlakuan. Model korelasi kanonikal yang kedua telah menunjukkan bahawa sebilangan kepelbagaian demografi tidak bersandar seperti jantina, status perkahwinan, umur dan fakulti juga berkaitan dengan sistem kepercayaan.

Selain itu, perbezaan yang signifikan pelbagai variat ditemui di kalangan pemboleh ubah dalam keperluan untuk diterima, permintaan untuk penyelesaian keperluan, keadilan dan kemurungan dengan kegelisahan yang merentas pelajar lelaki dan pelajar perempuan. Perbezaan yang signifikan boleh juga ditemui dalam sistem kepercayaan daripada kepelbagaian demografik yang ditunjukkan seperti tinggi dan rendahnya keherotan kognitif, aliran utama dalam pembelajaran, fakulti, umur dan tahun pengajian.

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I certify that an Examination Committee has met on 21st February 2006 to conduct the final examination of Naser Abdul Hafeeth on his Master of Science thesis entitled " Relationship Between Belief Systems and Emotional Disturbances Among Undergraduate Students in Taiz University, Yemen" in accordance with Universiti Pertanian Malaysia (Higher Degree) Act 1980 and Universiti Pertanian Malaysia (Higher Degree) Regulations 1981. The Committee recommends that the candidate be awarded the relevant degree. Members of the Examination Committee are as follows:

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Date:

## DECLARATION

I hereby declare that the thesis is based on my original work except for quotations and citations which have been duly acknowledged. I also declare that it has not been previously or concurrently submitted for any other degree at UPM or other institutions.

---

NASER ABDUL HAFEETH

Date:

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