8th World Conference on Research in Education

01 - 03 November 2024 Copenhagen, Denmark

# The Mediating Role of Rational and Irrational Thoughts in The Relationship Between the Temperaments and Behavioral Problems of Adolescents

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## ABSTRACT

This research study aims to examine the mediating role of rational and irrational thoughts in the relationship between temperamental characteristics and behavioral problems during adolescence, a significant period marked by numerous changes, identity exploration, and confusion. The study sample consisted of 224 children aged 16, including 123 girls and 101 boys, attending high school. Data were collected using the "Shortened General Attitudes and Beliefs Scale," the "Nine Types of Temperament Scale - Adolescent Form (NTTS-A)," and the "Self-Assessment Scale for Youth Aged 11-18." This quantitative study utilized descriptive and relational models for data analysis. According to the results obtained, a positive correlation was found between children's temperaments and behavioral problems. Additionally, analysis results indicated that irrational beliefs significantly influence the relationship between temperamental characteristics and behavioral problems, particularly in the second and fourth temperament types.

**Keywords**: adolescence, behavioral problems, irrational thought, rational thought, temperament