



**Predicting External Control Source Based On the Obedience
Schemas, Self-Sacrifice and Seeking Acceptance**

Revista Publicando, 5 No 15. (1). 2018, 216-229. ISSN 1390-9304

**Predicting External Control Source Based On the Obedience Schemas, Self-
Sacrifice and Seeking Acceptance**

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ABSTRACT:

Investigating the role of early maladaptive schemas on external control source as a component of factors associated with personality traits that manifest itself in all areas of life and social relationships of individuals can provide a clearer understanding of potential and important changes. Therefore, the purpose of this paper is to examine the contribution of obedience schemas, self-sacrifice and seeking acceptance to explain the changes of external control source. The statistical population of the research consisted of all referring to the Qom Counseling Center of the meaning of life in 2016-17. Based on the Morgan table, 110 people were selected using available sampling and were responded to Incompatible Schema Questionnaire of Yang (2001) and Rutter's External Control Source (1966). The factual and content validity of the questionnaires was confirmed by expert opinion. Cronbach's alpha coefficient of the research variables was obtained higher than 0.7, which indicated the internal coordination of the items and confirmation of the reliability of the questionnaires. Multiple regression analysis using SPSS software was used for data analysis. Findings showed that only obedience schema had a positive and significant relationship with external control source. In such a way that for each unit increase in the obedience score of the external control source score increases to 0.311 on the basis of the standardized beta coefficient, and this increase is significant. In the case of self-sacrifice and seeking acceptance schemas, the significant level was higher than 0.05%. Therefore, the relationship with the external control source was not significant.

Keywords: external control source, obedience schema, seeking acceptance, self-sacrifice, counseling centers



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1. INTRODUCTION

Schemas are deep and pervasive motifs and patterns, which come into existence from the memories, emotions, cognitive backgrounds and body feelings that rooted in childhood; they are on the path to life and are extremely inefficient. Schemas may form the core of personality disorder, mild cognitive problems, and many chronic disorders of the axis of one (Keshtkar and Talebizadeh, 2018). These schemas arise in relation to five basic tasks, and it is believed that, from the very beginning, a child must successfully complete these assignments in relation to parents and the environment during their evolution (Rafaeli, Bernstein, Young, 2011). These assignments are divided into five groups of Disconnection & rejection, impaired autonomy and performance, impaired limits, and other directedness / over vigilance and inhibition. Studies have shown that early maladaptive schemas are associated with a wide range of interpersonal problems, and usually schemas apply their influence on mental disorders with the help of other variables (Yang, 2003).

The obedience schema is not a sense of coercion toward the extreme transfer of control over others; this is usually done to avoid anger, emotional exclusion or criticism.

People, who have self-sacrifice schema, satisfy the needs of others with their own desire and even at the cost of losing personal satisfaction. The Acceptance / Attraction Scheme are characterized by extreme emphasis on status, appearance and social acceptance, money or progress (Keshtkar and Dadkhoda zadeh, 2018).

Regarding the complexity of early maladaptive schemas, several studies have tried to examine the role of effective variables in the relationship between early maladaptive schemas and its psychological outcomes. Although research literature has referred to a variety of variables in relation to early maladaptive schemas, the focus of this study is on the source control and its relation to the early maladaptive schemas. The source of conceptual control is a cognitive that individuals based on it recognize the reasons for events that are experienced or are in the control of them or attribute factors beyond their ability. In the initial formulation of this concept in the theories related to social learning of Rutter in 1954, the control source means to the expectation of a person to receive rewards or reinforcement for a behavior or acquisition of a position in his or her control, or not (Ramezani, 2010).



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Our control source will have an important impact on our behavior. Persons with an external control source who believes that their behaviors or skills do not affect the reinforcements they receive. As a result, they do not see the benefits of trying to improve their position. They do not believe in the source of control over their lives in the present or future. (Karimi, 2010). People with external control sources believes that the reinforcement is controlled by other people and they are unable to withstand these external forces (Shultz, Seyyed Mohammadi translation, 2009). Believers in the external control source have little value for any effort to improve their conditions. For these people, life is more like to chance game and they think success more depends on the luck or the favor of others (Ganji, 2012).

The external control source refers to the perception of the lack of environmental dominance by developing a cognitive bias that presents events beyond the control of the person (Chorpita & Barlow, 1998).

Investigating the role of primary maladaptive schemas on external control sources as part of factors associated with personality traits that appear in all areas of life and social relationships of individuals can provide a clearer understanding of potential changes. Researches have been conducted in this regard.

Keshtkar (2017) in their research showed that the growth and strengthening the internal control source is one of the suitable methods for expanding and reducing vulnerability. Besharat et al. (2011) showed that different aspects of anger including anger, anger excitation, situational anger, hostile attitude and internal anger and external control source had a significant and positive relationship with depression levels. Akbari Kia and Gasparian (2012) showed that early maladaptive schemas and control source are anticipated the Intellectual-Practical obsessive disorder. Jafari et al. (2013) showed that schema-based interventions can significantly modify all schemas except for decent / large secretarial schemas, social isolation / alienation and failure.

Keshtkar (2018) in their research stated that there is a significant difference between early maladaptive schemas and cognitive-emotional regulation strategies in people with obsessive disorder. Marmon et al (2004) have shown that early maladaptive schemas are inefficient mechanisms that directly or indirectly lead to psychological distress.



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Pinto-Govaya et al. (2006) found that the schemas of patients with social anxiety are different with other patients with other anxiety disorders and normal people. Gonzalez (2012) showed that the perception of individual control of the disorder is as an important determinant for the causation, continuity and maintenance of the disorder. In a study of 1052 non-teenage students, Calwout, Ouro and Hankin (2013) suggested that schemas anticipate more superficial anxious thoughts, and these thoughts themselves make schemas permanent. This two-way relationship was evident in the schemas in the disconnection & rejection section and for auto-negative thoughts about self-concept. In addition, it was discovered that other areas of schemas play a key role in creating and maintaining social anxiety.

Mairet, Boag, Wong, Wong, Wong, Wong and Wierburton (2014) in a research that was done aimed to investigate the importance of creativity in the relationship between social anxiety with early maladaptive schemas and coping styles on 360 non-migratory individuals, showed that in social anxiety, people with higher scores compared to those with lower scores show higher scores of early maladaptive schemas, especially schemas related to disconnection & rejection section.

However, the issue of the present research is that: Do they anticipate obedience schemas, self-sacrifice, and seeking acceptance of external control source? The present study is conducted on the referrals to the counseling center because the lack of awareness of early maladaptive schemas and non-interventional therapies will cause the person's problems to continue or even worsen. Van Vielerberg et al. (2010) studies showed that 9 out of the 15 identified maladaptive schemas during adolescence would remain at the same or more severe levels in adulthood.

2. METHODOLOGY

This research is applied in terms of purpose, it is descriptive in terms of nature of correlation type and in terms of method is survey. The statistical population of the research consisted of all referrals to Qom counseling center of meaning of life, during the first three months of 2017. Sample size based on Morgan table for population size (150 people) was estimated to be 110 people, which were selected through available and targeted sampling. Referring to the files in the counseling center of the meaning of life



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and obtaining the necessary permissions, the request for assistance was requested from those who are applying for a treatment group.

The early maladaptive schemas questionnaire of Yang and Brown (1990, 2001), has been created to measure 18 non-adaptive schemas, the fourth domain means the other directness (the schema of obedience, the self-sacrifice schema, and the seeking acceptance-attention schema) was used according to the subject matter of the present research. The questions in the 6-point Likert scale (1 = about me is completely false (completely wrong) to 6. It completely describes me (completely right). The Cronbach's alpha has been obtained in eighteen desirable scales and between 0.79 and 0.93 (Fetti et al., 2009). The results of the test, re-test with 15 days intervals, were reported on 18 schemas ranging from 0.67 to 0.84. This questionnaire is of formal validity and desirable judgment (Fetti et al., 2009).

Rotter's Control Center Questionnaire (1966) contains 29 articles to clarify the expectations of people about the source of control. Only subjects who to get score 9 or more will have an external control source and those who to get less score will have an internal control source. Many studies have been done on the validity and reliability of this scale, and the results suggest a high degree of credibility and stability. The initial reliability coefficient of this scale, using the Kooder Richardson formula and a sample of 100 students from the University of Ohio State University of US, has been reported equal to 0.73, and its internal stability is estimated to be 0.65-0.79, and in Iran the coefficient of the reliability of this scale has been reported equal to 0.75 (Darabi, 1997) and its re-test coefficient has been reported equal to 0.81 (Abbasi, 1994).

3. RESEARCH FINDINGS

Table 1: Default assumptions for normality of linear regression for the dependent variable studied

	Statistics	Significant level
Kolmogorov-Smirnov test	0.166	0.065
Shapiro-Wilk test	0.957	0.074



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Camera – Watson test	1.68	
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Regarding acceptance of the linear regression assumptions including the normal distribution of the studied items as well as the results of the Kolmogorov-Sprinov and Shapiro-Wilk statistical tests, the scores of above scales have a normal distribution and their elongation and skewness are normal. Therefore, multiple regressions were used and the external control score was considered as a dependent variable and the effects of different schemas were investigated.

Table 2: Correlation matrix between Rutter's external control scale and obedience scales, self-sacrifice and seeking acceptance schemas

Variables	Rutter's external control		obedience Scheme		Self-sacrifice Schema		Acceptance Scheme	
	r	Level Significance value	r	Level Significance value	r	Level Significance value	r	Level Significance value
Rutter's external control	1	-						
obedience Scheme	0.02	0.809	1	-				
Schema sacrifice	0.10	0.293	0.80	0.001	1	-		
Acceptance Scheme	0.05	0.612	0.77	0.001	0.75	0.001	1	-

According to Table 2, there was no significant correlation between Rutter's external control score and the scores of obedience, self-sacrifice and acceptance-seeking schemas. Also, there was a significant positive correlation between obedience, self-sacrifice and acceptance schemas ($p < 0.001$).



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Test of research hypothesis: it predicts the schemas of obedience, self-sacrifice and acceptance-seeking of external control source.

Table 3: Summary model of the correlation of self-sacrifice, obedience and acceptance-seeking schemas with external control source

Model	R	R Square	Adjusted R Square	Estimated standard deviation
External control	0.141	0.020	-0.009	4.2

Table 4: Multiple Linear Regression Model Results of scores of obedience, self-sacrifice and acceptance-seeking schemas on the Rutter's external control source scale by stepwise method.

Variable	Not standardized Beta value	standardized Beta value	standard error	P value	CI (B)
Obedience	0.645	0.311	0.354	0.001	0.298 up to 0.634
Self-Sacrifice	0.013	0.007	0.359	0.969	0.671 up to -0.645
Acceptance-seeking	0.188	0.078	0.0490	0.631	513 up to 890

the multiple linear regression, by stepwise method was used due to significant variables in the one-way analysis and the results of the regression model showed that only the obedience schema had a significant correlation with the Rutter's external control score,



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so that for each unit increment in the score of obedience, the external control source score increases to 0.311 based on the standardized beta coefficient, and this increase has been significant.

4. DISCUSSION AND CONCLUSION

The results of regression analysis showed that there is a relationship between schema of obedience and external control source. Results confirmed the positive and significant correlation between the schema of obedience and the external control source. The findings of this study indicate that the obedience schema, which is one of the other directness schemas, has a positive and significant relationship with the external control source. In clinical observations with clients, we see that, as a rule, everyone who identifies one or more schemas from retroactive schemas does not have any control over their situation. And external resources, like other important ones, are dominant over the situation. These people will inevitably seek satisfaction, affirmation and affection for the first psychological needs that are the main cause of Schemes of Scope 1 or non-conditional schemas. Thus, it seems that these other important effects influence the behavior of these people.

People who have schemas in this area instead of addressing their needs seek to meet the needs of others. They do this to achieve approval, continuity of emotional relationship, or avoiding revenge, etc. They have not been free in their childhood to follow their natural tendencies and in adulthood, instead of being directed from the inside, they are influenced by the external environment and obeyed by the wishes of others.

Obedience, self-sacrifice, and acceptance-seeking / attract attention are coverage for basic needs. An individual in the path of growth, if his/her secure attachment to other important person to be along with a problem,

Failure in the initial psychological needs, unconditional schemas is created in him. The feeling of loneliness / rejection and the feeling of distrust caused by the lack of security and stability, the feeling of emotional deprivation due to the lack of love, attention and empathy, and the feeling of defect and shame caused by the lack of self-esteem in a child create unconditional schemas that the most main of them include disconnection & rejection.



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Person finds himself in a defective circle in his early years who finds his escaping way knows to stick other important persons and one or more schemas are created from directness schemas, in which 3 schemas of 5 schemas are conditional are created in him. Scheme for another domain of directness includes extreme focus on the tendencies, emotions and responses of others in such a way that their own needs are ignored. This is done in order to receive love and acceptance, keep in relationship with others or avoid revenge and retaliation. In these schemas, person usually rejects his or her natural emotions and tendencies and is unaware of them. In the meantime, it can be referred to the intensity and depth of these schemas. In the schema of obedience, if the severity of the schema is mild and in terms of appearance is not deep, that is, in early childhood does not occur, the individual is aware of his need and excitement and his desires, and he builds up severe anger of obedience, but if the schema of obedience is severe and deep, a person will automatically obey if he / she receives the message or the will of the individual, even if he is not at the will of the individual. And this obedience will be unlucky in the accumulation of anger, and the person will become passive-aggressive. In the schema of self-sacrifice, if this scheme to be not intense and deep, a person will sometimes be tired and angry when interfering with his or her needs, but if this schema to be intense and deep, the person will enjoy the fulfillment of the needs of others, and makes him with valuable sense and failure to respond to the needs of others creates a sense of guilt in him. With this feature, person completely hides sense of self-esteem and this kind of need for the field of disconnection & rejection. In the schema of acceptance seeking / attract attention, if the intensity and depth of the schema to be low, the person goes a step beyond the others to accept and confirm them, and so, goes away of the suffering childhood frustrations if the intensity and depth of the schema to be greater and its appearance returns to early childhood, one does not even know what he really likes and what he does not like. The person has been advancing from the beginning to accept and approve others so that he is completely distanced from his own self and completely unaware of the situation. The false self with these schemas has verbal and behavioral strokes, so the individual is alien to his own self. Schemes of this area are usually created in families that have accepted the child on the conditions. In order to achieve love, attention and acceptance of others, the child should



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ignore the important aspects of his personality. In many of these families, the needs and preferences of parents and social status are more valuable than children's needs and feelings (Calvight et al., 2014).

Unconditional schemas are formed in the early stages of mankind's development, and are often in the center of cognitive structure, unconditional beliefs about themselves and others. There is no way out for the patient. It does not matter what the person does, because in any case the result is the same: a person is unworthy, incompetent, unlovable, miserable, at risk and bad, and nothing can change him/her.

Conditional schemas are then formed in the course of evolution and provide a window of hope for the authorities so that the authorities feel they have the ability to change the result, for example, he can obey and seek approval of others, he act order to self-sacrifice, and performs other things. It may even be possible to temporarily prevent negative outcomes. Conditional schemes are usually formed when a person wants to get rid of non-conditional schemas;

For example, obedience in response to the abandonment: the person believes if they do whatever others want, they will not leave him alone. Self-sacrifice in response to defect: the person believes that if I meet all the needs of others around me and ignore own self needs, despite all my defects, I feel others like me (Yang, 2003).

Conditional schemas are obedience, self-sacrifice, acceptance-seeking / attention attraction, emotional restraint, and stubborn criteria/Extreme reproach (Yang, 2003).

These people are sticking to their important people on the path to evolution to meet their basic needs. The fear of loneliness, the fear of abuse, the fear of humiliation and blame and the need for love sometimes make the person obey other important people, which is why they wait for external reinforcements (approval, attention, affection, love and intimacy) to guide their behavior. Most often, their psychic energy is spent on the satisfaction and approval of others. Therefore, they retreat from the main goals and self-flourish, and by following the wishes and needs of others and ignoring his/her needs and desires, they go away with their true selves day by day. When an individual distances himself from one's own desires, needs, and emotions in favor of another, he becomes angry. This, in turn, has the potential for emotional problems, mental and cardiovascular diseases, or types of psychological escape such as overeating, drug addiction, addiction



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to work, extreme activities: Reading books, poetry, pilgrimage trips, prayers, vows, and any unconscious activities, even if it is in the direction of one's abilities and interests. Individuals who have the obedience schema allow others to control him/her and surrender to them as they feel they are forced to do so. The function of the schema of obedience is usually to avoid anger, rejection, humiliation, misconduct, deprivation, revenge, or abandonment.

Usually it seems that ideas, feelings, and tendencies are not worthy or worthless for others. This schema often manifests itself in the form of extreme obedience with excessive sensitivity to the feelings of others. This schema generally results in anger that manifests itself in a series of maladaptive symptoms, including passive aggressive behaviors, uncontrolled emotional upsurge, psychotic symptoms, emotional deprivation, outsourcing, and drug abuse (Yang, 2003). Usually these people are distanced from his/her needs and desires to satisfy and confirmation of others. They feel angry and stressful from within. They are therefore physically weaker. Individuals who are obeyed are basically passive and most of their choices are influenced by other important people being under influence of them, represent their external control source. The most important reason for linking this schema with an external control source can be to believe that person feels his/her thoughts and feelings are not important or valid in comparison to others. For this reason, the probability of experiencing negative auto-opinion increases with the prediction that they will fail or negatively evaluated by others (Gross et al., 2012). Also, the schemas in this area include emotional suppression, which can be with external control source in the context of fear of shame for expressing emotions (Barlow & Durand, 2005).

Therefore, the individual obeys the needs and affections of others in order to escape the probable fear of loneliness, emancipation, negative evaluation, anger, mistreatment, humiliation, and blame, lack of love, attention, empathy, and rejection. And these findings were consistent with the Javan's results (2014), Etemadi and Mastery Farahani (2011), Marmon and his colleagues (2004).

Based on research findings, the following suggestions are presented:

- Teaching families, teachers, and school parents about how to create a control source will avoid the educational practices and behaviors that lead to external control



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source. It is clear that this prevents a schema of obedience and is associated with the external control location.

- The findings of this study can be a good guide for therapists who use schema therapy. Health care providers can also better understand the nature of maladaptive schemas and source control, and reduce their symptoms by focusing on the variables in the research.

- Since the schemas are carved into the mind and cannot be easily changed, it is better for parents and teachers to institutionalize more intelligent information and data in the individual.

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