

Abstract

The present study aimed to develop an indigenous scale on Irrational Romantic Beliefs among University Students. Sample of the study consisted of 500 University students. Sample was collected from different Universities of Lahore. Subjective Happiness scale and Relationship belief inventory were used to establish divergent and convergent validity respectively. Reliability of scale was .92 which is significantly high. Moreover, findings indicated that the measure is quite valid as well. Findings of the study may facilitate mental health practitioners to develop appropriate treatment programs to better manage people having difficulties in establishing and maintaining relationships.

Key words: Irrational beliefs, Romantic beliefs