



جامعة عين شمس

كلية البنات للآداب والعلوم والتربية

قسم علم النفس

تنمية مهارات التفكير الإيجابي كمدخل لتحسين الحب والانتماء لدى طالبات الجامعة

()

ناجية رحومة سالم البصير

تحت إشراف

أ.د. سناه محمد سليمان د. منال محمود إسماعيل

أستاذ علم النفس التعليمي مدرس علم النفس التعليمي
كلية البنات كلية البنات
جامعة عين شمس جامعة عين شمس

2018م



جامعة عين شمس
كلية البناء للآداب والعلوم والتربية
قسم علم النفس

صفحة العنوان

:
:
:
:
:

2018 :



جامعة عين شمس
كلية البنات للأداب والعلوم والتربية
قسم علم النفس

رسالة دكتوراه

() :

2018/ / :

2018/ /

2018/ /

2018/ /

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

﴿لَقَدْ كَانَ لَكُمْ فِي رَسُولِ اللَّهِ أُسْوَةٌ حَسَنَةٌ لِمَنْ كَانَ يَرْجُو
اللهَ وَالْيَوْمَ الْآخِرِ وَذَكَرَ اللَّهَ كَثِيرًا﴾

الصلوة
الخطيب

[21 :]

شکر و تقدیر

۳ :

[19 :]



" : ﴿

/

/

/

/

/

مستخلص الدراسة

(60)	(50)	(170)
.	.	.
(1998)	(2014)	(2014)
(1998)	(2014)	(1)
(1998)	(2014)	(2)
(1998)	(2014)	(3)
(1998)	(2014)	(4)
(1998)	(2014)	(5)
.	.	.
Positive Thinking Skills		•
Love		•
Belongingness		•

Abstract of the Study

Student's name: Nagia Rahouma Salem Al Bosair

Thesis title: Developing Positive Thinking Skills as an Approach to Improve Love and Belongingness among University Female Students

Supervision:

Prof. Dr. Sanaa Mohamed Soliman Professor of Educational Psychology - Faculty of Women - Ain Shams University

Dr. Manal Mahmoud Ismail, Lecturer of Psychology - Faculty of Women - Ain Shams University

Research Authority: Ain Shams University – Faculty of Women for Arts, Sciences and Education - Department of Psychology.

This study was conducted in order to reveal the relationship between the positive thinking skills, and love and belongingness, to know the effectiveness of a training program for developing the positive thinking skills as an approach to improve the love and belongingness among the university female students.

The sample of the study consisted of (170) female students in the second year of psychology department, sister faculty of arts and sciences, Al Jabal Al Gharbi University, as it is the descriptive study group, and the pilot study group. It consisted of (50) female students in the second year, psychology department and the two groups of experimental study whose number amounts (60) female students of second year, psychology department, sister faculty for arts and sciences.

The researcher used the following tools:

1. Scale of positive thinking skills among the university female students (prepared by the researcher).
2. Scale of love among the university female students (prepared by Manal Mahmoud, 2014).
3. Scale of belongingness among the university female students (Manal Mahmoud, 2014).
4. Social-Cultural Level Form (Prepared by Aleya Al Monib, 1998).
5. A training program for developing the positive thinking skills as an approach to improve love and belongingness among the university female students (prepared by the researcher).

The results of the study indicated that:

- There is a positive correlation between the positive thinking skills and love.
- There is a positive correlation between the positive thinking skills and belongingness.
- The effectiveness of the program used for developing some positive thinking skills to improve love and belongingness among the female students of the experimental group.

Keywords:

- Positive Thinking Skills
- Love
- Belongingness

قائمة المحتويات

1	الفصل الأول مدخل الدراسة
2	
4	
6	
7	
7	
8	
13	الفصل الثاني الإطار النظري للدراسة
14	:
15	
16	
17	
18	
20	
20	:
25	:
34	:
40	:
41	
43	
47	
50	
55	

56	
60	:
60	
66	
69	
84	
90	:
90	
91	
92	
93	
94	
96	الفصل الثالث دراسات سابقة
97	:
106	
107	:
110	
111	:
114	
115	
116	
116	
118	الفصل الرابع منهج واجراءات الدراسة
119	:
122	:
122	:

128	:
191	:
192	الفصل الخامس نتائج الدراسة ومناقشتها
193	
194	:
194	
201	:
201	
203	...
206	...
209	...
211	...
213	...
216	...
218	...
221	...
223	...
225	()
228	:
229	:
230	:
231	
232	:
242	:
246	
430	

تابع قائمة المحتويات

431	

قائمة الجداول

124		1
125		2
125		3
126		4
127		5
131		6
135		7
137		8
137	(50=)	9
139	(50=)	10
139		11
142		12

تابع قائمة الجداول

143		13
144		14
145		15
146		16
147	(50=)	17
148	(50=)	18
149		19
151		20
152		21
153		22
154		23
155		24
156	(50=)	25
158		26

تابع قائمة الجداول

	(50=)	
158		27
159		28
160		29
160		30
161		31
161		32
161		33
162		34
163		35
186		36
194		37
195	(170 =)	38
196	(170 =)	39
199		40
	(170=)	
199		41
	(170=)	
200		42
	(170=)	
201		43
202		44

تابع قائمة الجداول

202		45
203		46
206		47
209		48
212		49
214		50
217		51
219		52
221		53
223		54
225		55
226		56
227		57