



جامعة عين شمس  
كلية البنات للأداب والعلوم والتربية  
قسم علم النفس

## تنمية الكمالية السوية كمدخل لتحسين تقدير الذات والفاعلية الذاتية لدى طالبات الجامعة

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## صفحة العنوان

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## رسالة دكتوراه

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Normal Perfectionism  
Self-esteem  
Self-efficacy

## **Abstract**

Student Name: Sara Mohammed Sayed Mohammed Shahin

Title Search: Developing The Normal Perfectionism as an Entry Raising self-Esteem and Self-Efficacy for Students of University.

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

Prof. Dr.Asma Abdel Moneim Ibrahim Professor of Psychology - Faculty of Women – Ain Shams University

### **The Study Objectives:**

The Study is aimed to define the relationship between the normal perfectionism, self-Esteem and Self-Efficacy, and Identify how the Effectiveness of the development of Normal Perfectionism as an Entry Raising Self-Esteem and Self-Efficacy for Students of University.

The Sample Consisted of (300) Students.

Consisted of (50) Students, Experimental Sample Consisted of (60) Students, Sample was Divided Group Consists of (30) Students and The Control Group Consists of (30) Students.

### **The Tools of The Study:**

This Study Tools Included the Following:

- 1- Measure of Normal Perfectionism for Students of University.
- 2- Measure of Self-Esteem for Students of University.
- 3- Measure of Self-Efficacy for Students of University.
- 4- The Social, Cultural Leuel From.
- 5- Developing Program the Normal Perfectionism as an Entray Raising Self-Esteem and Self-Efficacy for Students of University.

### **The Results of the Study:**

The Result Reveal to:

- There is Relationship Between the Normal Perfectionism and Self-esteem.
- There is Relationship Between the Normal Perfectionism and Self-Efficacy.
- The Effectiveness of the Program Used to Develop Norma Perfectionism as an Entry Raising Self-Esteem, and Self-Efficacy for Students of University.

### **Key Words:**

- Normal Perfectionism
- Self-esteem
- Self-efficacy

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