

**Cairo University  
Institute of Educational Studies  
Department of counseling Psychology**

**Self-esteem and its relationship to  
social anxiety and future anxiety of  
the blind secondary stage students in  
Saudi Arabia**

**A thesis for the fulfillment of the requirement for the  
Master Degree in education**

**(Special education)**

**Submitted by  
Abdulmajeed Mohammed Hussein AlBariqi**

**Supervised by**

**Dr / Samira Abu El-Hassan Abdel-Salam**  
Associate Professor of Counseling Psychology  
Institute of Educational Studies  
Cairo University

**Dr / Amal Zakaria Mansy El Namr**  
Lecturer, I Counseling Psychology  
Institute of Educational Studies  
Cairo University

**2010 / 1431**

# Summary

## Introduction

If the ordinary child-rearing has become a task that requires scientific training to prepare parents to provide specialized care and upbringing of their disabled children is more difficult and requires greater awareness and scientific preparation to act and attribute to characteristics of there children and build positive self-esteem to protect them from many forms of anxiety that they my suffer from , such as social anxiety future anxiety .

## Problem of the study

It can be determined in the following question: "What is the effect of visual impairment on self-esteem of the blind, by comparing the self-esteem of blind adolescents and ordinary adolescents and its relationship to social future and anxiety.

## Aim of the study

The present study aims to shed light on the relationship between self-esteem and social anxiety and future of blind adolescents, in order to identify some personality traits and characteristics of this category, and impact of disability on them, and the differences between them and ordinary adolescents in these variables.

## Importance of the study

This study shows the importance of the role of self-esteem in building character, and what can be provided by the study of this variable in identifying an in-depth on some characteristics of the personality of blind adolescents and determine its impact on the manifestations of anxiety associated with the social aspect and dimension of their future, which could provide much information and important information about this category, which is still has little interest in the specific studies in the Saudi society.

## Hypotheses of the Study

- 1 - There are significant differences between the mean scores of self-esteem of blind students and normal students.
- 2 - There are significant differences between the mean scores of social anxiety to the blind and normal students.
- 3 - There are significant differences between the average degrees of concern to the future of blind students and normal students.
- 4 - There is a correlation function between the self-esteem and social anxiety of blind students.
- 5 - is a correlation function between the self-esteem and future anxiety of blind students.

- 6 - There are significant differences between the average scores of high and low social anxiety students on the scale of self-esteem of students in the direction of low ones .
- 7 - There are significant differences between the average scores of high and low futures anxiety students on the scale of self-esteem of students in the direction of low ones.
- 8 – We can predict self-esteem of blind students through the dimensions of social anxiety scale and the measure of future and anxiety.

### **The study sample**

The Sample consists of (120) of Saudi adolescents between the ages of 16 and 19 years, of whom (60) ordinary and (60) Blind

### **The tools of the Study :**

The study used the following tools to collect data:

- 1 - A measure of self-esteem (Prepared by Abdel Wahab Kamel, 1999).
- 2 – A measure of social anxiety (Preparation by Ayman al-Nasser, 2001)
- 3 - A measure of future anxiety (Prepared by Samira Abu El-Hassan Abdel Salam, 2005).
- 4 – A measure of social-economic cultural stander of the Saudi family (Prepared by the researcher)
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### **Statistical methods**

- Averages.
- Standard deviations.
- Test "T" t "Test for groups receiving.
- Pearson correlation coefficient .

### **Results of the study**

The results of the study show that :

- 1 - There are significant differences between the mean scores of self-esteem of blind students and normal students.
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### **Procedures study**

The researcher has taken the following steps to fulfill his study

- 1 - Review the Literature and previous studies in the field of visual impairment and self-esteem and social anxiety and concern the future.
- 2 - Selection of the sample of ordinary and the visually impaired accordance .
- 3 - Preparation of study tools
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- 10 - Add the references and appendices.



**Institute Of Educational Studies  
Department of Psychological guidance**

# **Self-esteem and its relationship to social anxiety And concern the future of the students are blind phase Secondary, Saudi Arabia**

**Submitted for Master Degree in Education  
(Specializing in psychological counseling)  
(Special Education)**

Submitted by:

**Abdul Majid Mohamed Hussein El-Barky**

**Supervised by:**

**Dr. Samira Abu Hassan  
Abdel-Salam**  
Assistant Professor of Psychological  
Counseling  
Institute Of Educational Studies  
Cairo University

**Dr. Amal Zakaria Mansy  
Al-Nemr**  
Lecturer, Department of Psychological  
Counseling  
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Cairo University

2010



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معهد الدراسات التربوية  
قسم الإرشاد النفسي

## **تقدير الذات وعلاقته بالقلق الاجتماعي وقلق المستقبل لدى الطلاب المكفوفين بالمرحلة الثانوية بالمملكة العربية السعودية**

رسالة مقدمة للحصول على درجة الماجستير في التربية  
قسم الإرشاد النفسي (تخصص تربية خاصة)

إعداد الباحث

**عبد المجيد محمد حسين البارقي**

**إشراف**

**د. آمال زكريا منسي النمر**

مدرس بقسم الإرشاد النفسي  
معهد الدراسات التربوية  
جامعة القاهرة

**د. سميرة أبو الحسن عبدالسلام**

أستاذ مساعد بقسم الإرشاد النفسي  
معهد الدراسات التربوية  
جامعة القاهرة

٢٠١٠م / ١٤٣١هـ

**تشكيل لجنة المناقشة والحكم  
على رسالة الماجستير في التربية  
قسم الإرشاد النفسي**

للطالب / عبد المجيد محمد حسين البارقي

عنوان الرسالة : " تقدير الذات وعلاقته بالقلق الاجتماعي وقلق المستقبل لدى الطلاب المكفوفين بالمرحلة الثانوية بالمملكة العربية السعودية " .

قد وافق السيد الأستاذ الدكتور رئيس الجامعة على تشكيل لجنة المناقشة والحكم على الرسالة على النحو التالي :

**أ.د. حسنين محمد حسنين الكامل**

**رئيساً**

أستاذ علم النفس بكلية التربية – جامعة حلوان

**أ.د. محمد درويش محمد**

**عضواً**

أستاذ ورئيس قسم الإرشاد النفسي بالمعهد

**د. سميرة أبو الحسن عبد السلام**

**مشرفاً وعضواً**

أستاذ مساعد بقسم الإرشاد النفسي بالمعهد

استمارة معلومات الرسائل التي تمت مناقشتها

الكلية/المعهد: معهد الدراسات التربوية

قسم الإرشاد النفسي

دكتوراه

☒

ماجستير

١-الدرجة العلمية:

٢-بيانات الرسالة :

عنوان الرسالة باللغة العربية :

" تقدير الذات وعلاقته بالقلق الاجتماعي وقلق المستقبل لدى الطلاب المكفوفين بالمرحلة الثانوية بالمملكة العربية السعودية " .

• عنوان الرسالة باللغة الانجليزية:

" Self-esteem and its relationship to social anxiety And concern the future of the students are blind phase Secondary, Saudi Arabia " .

• التخصص الدقيق: تربية خاصة

• تاريخ المناقشة: ٢٥/٢/٢٠١٠

٣-بيانات الطالب:

الاسم: عبد المجيد محمد حسين البارقي

الجنس : ذكر

الجنسية : سعودي

العنوان :

محمول : ٠١٠٠٦٠٨٧١٨

رقم التليفون:

البريد الإلكتروني:

الفاكس:

جهة العمل: مدرس بوزارة التربية والتعليم المملكة العربية السعودية

٤- المشرفون على الرسالة :

الاسم	القسم	الكلية	الجامعة
١- د. سميرة أبو الحسن عبدالسلام	إرشاد نفسي	معهد الدراسات التربوية	القاهرة
٢- د. آمال زكريا منسي	إرشاد نفسي	معهد الدراسات التربوية	القاهرة

## ٥- مستخلص الرسالة :

١-٥ باللغة العربية:

تهدف الدراسة الحالية إلى تقدير الذات وعلاقته بالقلق الاجتماعي وقلق المستقبل لدى الطلاب المكفوفين بالمرحلة الثانوية بالمملكة العربية السعودية، وإذا كانت تربية الأطفال العاديين قد أصبحت اليوم من المهام التي تتطلب تدريباً علمياً وإعداداً متخصصاً يهيئ الآباء لرعاية وتربية أبنائهم بالطريقة السليمة ، فإن رعاية الأبناء المعاقين تعد أمراً أكثر صعوبة ويحتاج لقدر أكبر من الوعي والإعداد العلمي المتخصص الذي يهيئ الإباء للتصرف على سمات وخصائص أبنائهم والأساليب السليمة لرعايتهم وبناء مفهوم وتقدير الذات ايجابي لديهم لأن تقدير الذات ينتج من الخبرات الشخصية وليس أمراً فطرياً أو تلقائياً لدى الأفراد ، ويساعد تنمية تقدير الذات على الأفراد المكفوفين علي حمايتهم من كثير من صور القلق التي يتعرضون لها ، والتي من أهمها القلق الاجتماعي وقلق المستقبل .

## أهداف الدراسة :

- التعرف على بعض سمات الشخصية المميزة لهذه الفئة ، وتأثير الإعاقة عليهم ، والفروق الموجودة بينهم وبين المراهقين العاديين

## عينة الدراسة :

تكونت عينة الدراسة من ( ١٢٠ ) من المراهقين السعوديين الذين تتراوح أعمارهم بين ١٦ سنة و ١٩ سنة ، منهم ( ٦٠ ) عاديين ، و ( ٦٠ ) مكفوفين.

## أدوات الدراسة :

- ١ - مقياس تقدير الذات ( إعداد عبد الوهاب كامل ، ١٩٩٩ ) .
- ٢ - مقياس القلق الاجتماعي ( إعداد ايمن ناصر ، ٢٠٠١ )

## الكلمات الدالة :

- تقدير الذات وعلاقته بالقلق الاجتماعي.
- قلق المستقبل.
- الطلاب المكفوفين بالمرحلة الثانوية.
- المملكة العربية السعودية

٥-٢ باللغة الأجنبية:

**Summary:**

The Self-esteem and its relationship to social anxiety And concern the future of the students are blind phase Secondary, Saudi Arabia If the ordinary child-rearing has become a day of tasks that require scientific training and to prepare parents to provide specialized care and upbringing of their children the right way, the care of disabled children is more difficult and requires greater awareness and scientific preparation specialist who will provide the parents to act on the attributes and characteristics of children and methods of sound for their care and the concept of building self-esteem and positive self-esteem because they result from personal experiences and is not inherently or automatically by individuals, and helps develop self-esteem individuals blind to protect them from many forms of anxiety that they suffer, and most importantly social anxiety and concern the future.

**Keywords:**

- Self-esteem and its relationship Social anxiety.
- Concern the future.
- The students are blind phase Secondary.
- Saudi Arabia.