



جامعة عين شمس
كلية البنات للآداب والعلوم والتربية
قسم علم النفس

فعالية برنامج تدريبي لتنمية الذكاء الاجتماعي كمدخل لتحسين جودة الحياة لدى طالبات الجامعة

()

عير محمد أبو القاسم بن كافو

تحت إشراف

د. رباب عبد المنعم سيف

أ.د. سناء محمد سليمان

مدرس علم النفس

أستاذ علم النفس التعليمي

كلية البنات

كلية البنات

جامعة عين شمس

جامعة عين شمس

2018م



جامعة عين شمس
كلية البنات للآداب والعلوم والتربية
قسم علم النفس

صفحة العنوان

:

:

:

:

2018 :



جامعة عين شمس
كلية البنات للآداب والعلوم والتربية
قسم علم النفس

رسالة دكتوراه

:

:

() :

:

-

:

-

..

.

2018/ / :

2018/ /

2018/ /

2018/ /

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

﴿وَقُلْ رَبِّ زِدْنِي عِلْمًا﴾

الصلوة
العظيمة

[114 :]

شکرتقدير

» :

[19 :]

﴿

"

" : ﷺ

/

/

/

/

/

.

.

.

...

مستخلص الدراسة

:

:

.

:

(22-18)

(150)

(50)

:

(60)

(30)

(30)

()

(2003)

)

(1998)

()

:

•

•

•

•

-

:

Abstract of the Study

Student's name: Abir Mohamed Abo El Kassem Bin Kafu

Thesis title: effectiveness of a training program for developing social intelligence as an approach to improve quality of life among university female students

Study Place: Ain Shams University, Faculty of Women for Arts, Sciences and Education, Psychology Department.

This study was conducted to investigate the relationship between the social intelligence and quality of life among the university female students and to verify the effectiveness of a training program for developing the social intelligence as an approach to improve quality of life among the university female students. The study sample consisted of second year female students in the faculty of education, Qasr Bin Ghashir, department of kindergarten and class teacher in Tripoli University whose ages ranged between (18-22) years. The pilot study group reached (50) university female students, the descriptive study group reached (150) university female students, and the experimental group reached (60): the experimental group that consists of (30) university female students and the control group that consists of (30) university female students. The study tools consisted of the battery of social intelligence (prepared by Hanan Hussein Mahmoud, 2003, modified by the researcher), the quality of life scale (prepared by the researcher), the form of cultural and social level (prepared by Aleya Munib, 1998, modified by the researcher), and a training program for developing the social intelligence as an approach to improve the quality of life among the university students (prepared by the researcher), and the current study found the following results:

- There is positive correlation relation between social intelligence and quality of life among the university female students.
- The mean scores of experimental group in pretest and posttest differ on the battery of social intelligence tests and quality of life scale among the university female students in favor of the posttest.
- The mean scores of experimental and control groups in the posttest differ on the battery of social intelligence tests and quality of life scale among the university female students in favor of the students of experimental group.
- The mean scores of experimental group don't differ in the posttest and consecutive test on the battery of social intelligence tests and quality of life scale among the university female students.

The keywords:

- The training program
- The social intelligence
- The quality of life
- The university female students

قائمة المحتويات

1	الفصل الأول مدخل الدراسة
2	
4	
6	
7	
8	
10	
12	الفصل الثاني الإطار النظري للدراسة
13	:
14	:
18	:
22	:
25	:
31	:
35	:
40	:
43	:
45	:
46	:
50	:
52	:
56	:
58	:

تابع قائمة المحتويات

61	:
64	:
70	:
70	
72	
74	
75	
77	الفصل الثالث دراسات سابقة
78	:
87	:
94	:
99	
100	
101	الفصل الرابع منهج واجراءات الدراسة
102	:
104	:
110	:
171	:
173	الفصل الخامس نتائج الدراسة ومناقشتها
174	
175	:
175	..
180	
181	:

تابع قائمة المحتويات

181	..
185	..
187	..
189	..
192	..
195	..
201	:
202	:
204	:
205	
206	:
221	:
225	
332	

قائمة الجداول

106		1
107		2
108		3
108		4
109	() (60=)	5
113		6
115		7
116		8
117		9
117		10
122		11
126		12
127		13
127	(50=)	14
128		15

تابع قائمة الجداول

128		16
130		17
130		18
131		19
131		20
131		21
132		22
133		23
133		24
165		25
174	(150=)	26
175	(150=)	27
176	(150=)	28
179	(150=)	29
179	(150=)	30
180		31
181		32

تابع قائمة الجداول

182	() (30=)	33
185	() (60=)	34
188	() (30=)	35
190	() (30=)	36
193	() (60=)	37
196	() (30=)	38
199		39
200		40

قائمة الأشكال

32		1
54		2
182		3
186		4
188		5
191		6
194		7
196		8

قائمة الملاحق

226	(2003)	1
250	()	2
255	()	3
260	(1998)	4
264	()	5
329		6