



جامعة عين شمس  
كلية البنات للأداب والعلوم والتربية  
قسم علم النفس

تنمية مهارات مجابهة الضغوط النفسية  
كمدخل لتحسين الشعور بالرضا المهني  
لدى معلمي الأطفال الذاتويين

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يمنى محمد أحمد صالح قاطون

تحت إشراف  
أ.د. أسماء عبد المنعم إبراهيم      د. سحر فتحي الشعراوي  
أستاذ علم النفس      مدرس علم النفس  
كلية البنات      كلية البنات  
جامعة عين شمس      جامعة عين شمس

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## صفحة العنوان

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## رسالة دكتوراه

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

اللَّهُ نُورُ السَّمَاوَاتِ وَالْأَرْضِ مَثَلُ نُورِهِ كَمِشْكَوَةٍ فِيهَا مِصْبَاحٌ الْمُصْبَاحُ  
فِي زُجَاجَةٍ الْزُجَاجَةُ كَأَنَّهَا كَوَافِتُ دُرْرِي يُوقَدُ مِنْ شَجَرَةٍ مُبَرَّكَةٍ زَيْتُونَةٍ لَا  
شَرِقَيَّةٍ وَلَا غَرَبَيَّةٍ يَكَادُ زَيْتَهَا يُضِيَّءُ وَلَوْ لَمْ تَمَسَّسْهُ نَارٌ نُورٌ عَلَى نُورٍ يَهْدِي اللَّهُ  
لِنُورِهِ مَنْ يَشَاءُ وَيَضْرِبُ اللَّهُ أَلَّا مَثَلَ لِلنَّاسِ وَاللَّهُ بِكُلِّ شَيْءٍ عَلِيمٌ ﴿١٥﴾

الخطيب

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# شکر و تقدیر

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مستخلص الدراسة

## **Abstract of the Study**

**Student's name:** Yomna Mohamed Ahmed Saleh Katoun

**Thesis Title:** Developing skills for coping with psychological stress as an approach to improve professional satisfaction among teachers of autistic children.

**Supervision:** Prof. Dr. Asmaa Abdel Moneim Ibrahim, professor of psychology, faculty of women, Ain Shams University

Dr. Sahar Fathi Al Shaarawi, lecturer of psychology, faculty of women, Ain Shams University

**The study objectives:** The study aimed to develop the skills of coping with psychological stress as an approach to improve the sense of professional satisfaction among the teachers of autistic children.

**The study methodology:** The study used the experimental method, the design of experimental and control groups.

The study sample: it is divided into:

- a. **The sample population:** It consists of (40) male and female teachers of autistic children in El Saleh Institution for rehabilitation and production of teaching aids, Cairo, whose ages ranged between (22-40) years.
- b. **The study sample:** It consisted of (14) female teachers, experimental group (7), control group (7). They were selected from the teachers who have got the lowest scores on the dimensions of the methods of coping with the psychological stress scale among the teachers of autistic child and the professional satisfaction scale among the teacher of autistic child. The equivalence between the two groups was considered in the variables of age, years of experience, socio-economic level, the level of methods for coping with psychological stress and the level of professional satisfaction.

**The study tools:** The study used the following tools:

1. The scale of the methods for coping with psychological stress among the teachers of autistic child (prepared by the researcher).
2. The scale of professional satisfaction among the teachers of autistic child (prepared by the researcher).
3. The socio-economic level scale (prepared by Abdel Aziz Al Sayed Al Shakhs, 2014).
4. The training program to develop the skills for coping with psychological stress as an approach to improve the sense of professional satisfaction among the teachers of autistic children's (prepared by the researcher).

**The study findings:** The study found the effectiveness of training program in developing the skills for coping with psychological stress and improve the sense of professional satisfaction among the teachers of autistic children.

**The keywords:**

- The skills for coping with
- The professional satisfaction
- The teachers of autistic children

قائمة المحتويات





## قائمة الجداول

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## قائمة الأشكال

	(Pratt, 1978)	
	(Kyriacou & Sutcliffe, 1978)	