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عمادة الدراسات العليا  
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## ملخص الدراسة :

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**The Efficacy of a Counseling Program Based on the Model of Rational and Emotional Performance to Reduce Anxiety among the Students of Field Training in Nablus Branch.**

**By Amgad .R. Al-Sieh**

**Supervised by Suheer .S.Sabbah**

**Abstract :**

The study aims at revealing the effectiveness of counseling Program based on rational model in reducing performance anxiety level among the students of the course field training (2) at Al-Quds Open University in Nablus Branch in the year 2013. For the purpose of the study, the researcher used anxiety scale which he Prepared. The test was subjected for reliability and for suitability of the environment in Palestinian. It's reliability factor reached 0.86%. The study sample consisted of 50 students from the Faculty of Social Development at Al-Quds Open University, enrolled in the field training course (2), and were randomly distributed into two groups: the experimental group which was indicative to the program rational and emotional, and the control group which was confined to training without exposing them to the program in accordance to the usual way. The results of the study showed the effectiveness of Albert Alice counseling theory of rational and emotional performance in reducing anxiety during the field training for the students of the Faculty of Social Development. The results also indicated that there were effective and statistically significant effects on reducing the level of concern performance during field training for field training students in a dimensional measurement. The results of the study confirmed that the experimental group ,which exposed to rational and emotional Program , showed lower(anxiety in performance)for the members of the group during training in contrast to the control group which didn't show lower concern performance for its members during training.

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(Mersch Twaddle & Scott ,1991)

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**:( Ellis, Michael V.; Kregel, Maxine; Beck Michael ,2002) -**

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0.43	3.00	25		
0.56	3.20	12		
0.51	3.06	13		
0.53	3.12	25		

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0.342	0.923	0.221	1	0.221	
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		0.239	46	10.999	
			49	11.405	

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0.44	3.13	12		
0.42	3.07	13		
0.42	3.10	25		
0.64	3.13	12		
0.47	2.82	13		
0.57	2.97	25		

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0.373	0.809	0.202	1	0.202	
0.194	1.735	0.433	1	0.433	
0.382	0.780	0.195	1	0.195	×
		0.250	46	11.487	
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( $\alpha \leq 0.05$ )

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0.33	2.53	25		

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يتم تقسيم المشاركين إلى مجموعات عمل لمعرفة مفهومهم عن القلق (قلق الأداء، مفهوم

( JIGSAW ) (

يتم عرض عمل المجموعات على حائط القاعة وكل مجموعة تدور بشكل شبه دائري وتسير مع كل ورقة وتحاول إضافة نقاط أو حذف بعض النقاط الموجودة، ومن بعد ذلك نقاش جماعي حول القلق.

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العضلي عند التعرض للموقف التدريبي

المعلق .

الفنيات والأساليب المستخدمة بالجلسة:

المناقشة الجماعية، تفرغ المشاعر، العصف الذهني، السلم الهرمي، اللوح والأقلام، الواجب المنزلي.

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.(A) Activating Event -1

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-( C ) Emotional consequence

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Ref :

الرقم : فـن / 1195 / 2012

Date :

التاريخ : 2012 / 12 / 24

د. يوسف اوانمة  
 24 / 12 / 2012

حضرة أ.د. يونس صبري حفظه الله / رئيس الجامعة.

بوساطة أ.د. يوسف ذياب / مدير فرع نابلس،

تحية طيبة وبعد،

الموضوع: طلب الموافقة على إجراء دراسة

أرجو من حضرتكم الموافقة على إجراء تطبيق دراسة بعنوان إحاطة برنامج وشايفي يستند إلى التمويل الإلكتروني في شعبة العلوم لدى طلبة التدريب المستمر (2) في محافظة نابلس.  
 وهي رسالة الماجستير التي أدم بها لاستكمال درجة الماجستير بالارشاد التربوي والنفسي من جامعة القدس أبو ديس.

وتفضلوا بقبول فائق الاحترام،

أ. أمجد الشح  
 الباحث الاجتماعي

د. سمير أبو ديس  
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جامعة القدس المفتوحة - نابلس مازقة: ..... 24-12-2012 رقم الحساب / التاريخ: 019/2012/12/24
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بعض صور المجموعة الإرشادية



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