

الاستراتيجيات التي يستخدمها الطلبة للتعامل مع الضغوط النفسية
 "دراسة ميدانية على عينة من طلبة كلية التربية بجامعة دمشق"

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الملخص

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(155 - 115)	(270)
Rudolf H. Moss	
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(Marks & et al 2000) .

:Powell& Enright (1990)

%80

(Schafer, 1992 :112) .

(Powell&Enrigt,1990)

(1993)

(1991 -1981)

:1993-) .

.(372-335

.(58: 2000-) .

Hengil

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.(7: 1999 -
" : (2000)

.(17: 2003-) ."

Coping Strategies

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.(236 :1997-) .

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.(16 :1998-)

Lasarus

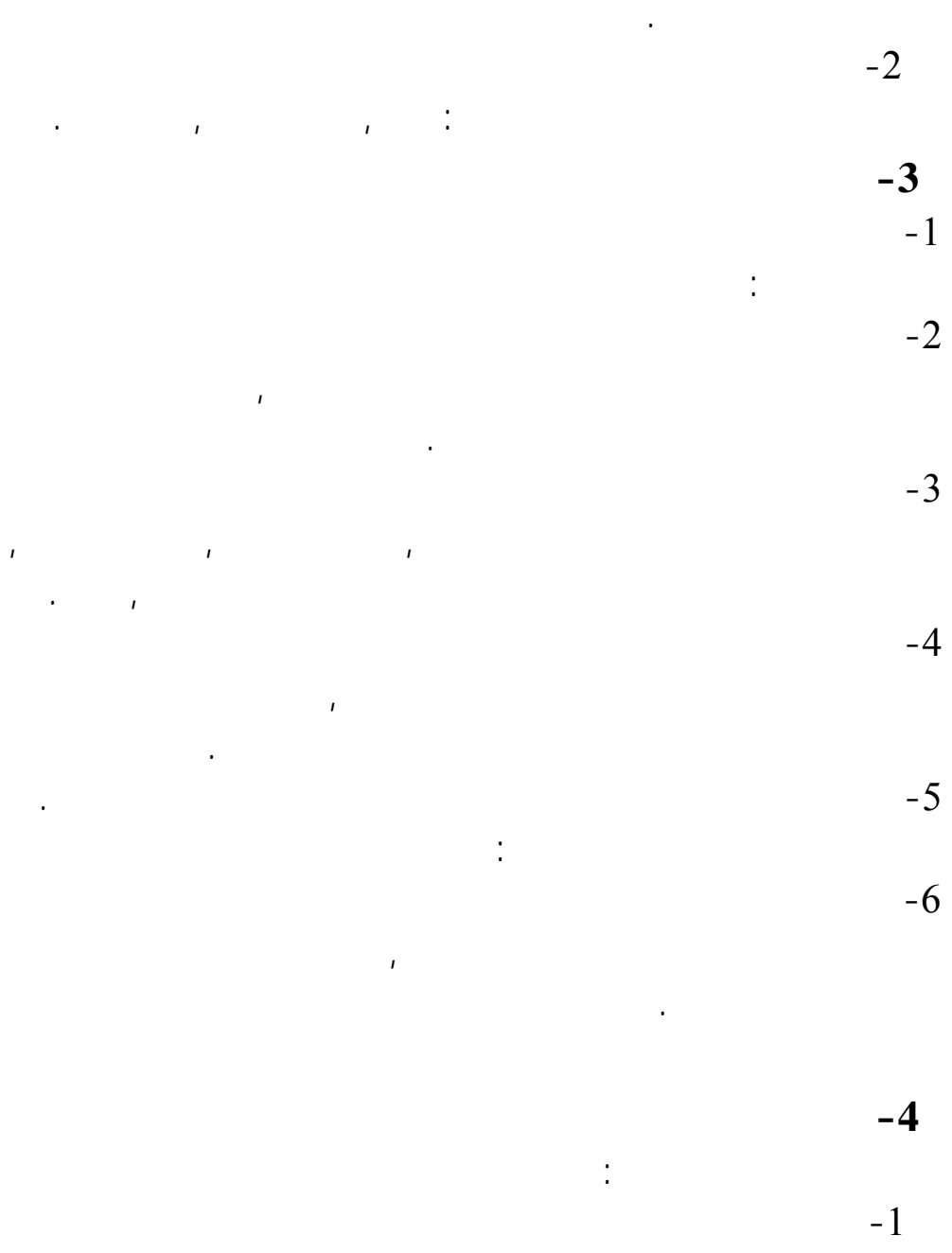
.(17: 1998-) ."

Whitman

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(Whitman-1987) .

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" : Moss

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(Moos-1988: 133)."

.Moos (CRI -Adult)

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.(45 :1993 -) .

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Murphy 1962

(Lazarous- 1984: 141) .

Carl Meniniger

":
(in Schuebel &et al- 1990: 131) ."

Lazarous & Folkman

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(Lasarus &Folkman1984: 141)

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Fleshman

.(27: 1994-) .

Router

(Ruter -1990: 181) .

Fredenberg (1999)

.(65: 2003-) .

Cooke &et al

(Cooke &et al 1995 :114) .

Luo & Shing 1996

Luo &) ."

(Shing-1996: 298

Wilkinson & et al

(Rahe 2000:533) (Wilkinson & et al 1997) .

Ching (2000)

.(19: 2004 –) .

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.(102: 1994-) .

Rudolf H.Moos -

Approach coping ()

.Avoidance coping ()

(Moos-1988:pp 133-158) .

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(Wenger-1990)

Wenger-)

(1990: pp 344-349

(Kumar)

(360=)

(Kumar-1990:pp227-230) .

(Degrauw, &Norcross -1990)

(469=)

(in Schfer-1992) .

(Fredenberg & Lewis-1991)

(643=)

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(Fredenberg & Lewis-1991:pp119-133)
(Groer,et al-1992)

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(Groer,et al-1992 pp209-217) .

(Ottens ,& Hruby -1994)

(215 =)

Ottens ,& :pp39-53) .

(Hruby -1994

(Frydenberg ,& Lewis- 1997)

' ' ' .
' ' ' .
(Frydenberg ,& Lewis- 1997) .

(Piko -2001)

(Piko, 2001: pp223-236) .

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(1992)

(68 =)

.(125 -104: : 1992 -) .

(1993)

(1094=)

(1997)

(244 =)

(2000)

(941)

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2005 – 2004

(1) .(119 :1991 -)

(1)

80	60	142	2450	
75	55	128	760	
155	115	270	3210	

(3210)

(270)

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- Coping Responses Inventory Adult form(CRI adult)
.1993 Rudolf H.Moos

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(43) (CRI)

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(0.699)

(0.741)

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(2)
(CRI)

0.59	
0.99	
0.99	
0.99	
0.74	
0.99	
0.99	
0.99	
0.99	
0.69	

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SPSS

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3.73	12.37	
3.067	12.20	
3.23	11.58	
3.20	11.28	
3.37	10.50	
3.34	9.20	
3.48	8.78	
3.29	8.42	
9.72	47.26	
8.69	36.78	

(3)

.(8.78) (12.37)

(3)

(12.37)

.(12.20)

(11.28)

(8.44)

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(8.87)

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1990 , 1990 , 1991 , 1988)
 (1993 1990
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.(4)

.(CRI)

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P							
0.810	268	0.240	3.15	12.16	2.95	12.25	
0.333	268	0.969	3.16	11.12	3.24	11.50	
0.974	268	0.033	3.16	11.58	3.33	11.57	
0.411	268	0.823	4.18	12.21	3.01	12.59	
0.723	268	0.355	9.74	47.08	9.73	47.50	

0.186	268	1.327	3.20	8.96	3.50	9.51	
0.701	268	0.385	3.28	8.37	3.31	8.53	
0.001	268	3.402	3.43	9.90	3.13	11.29	
0.000	268	3.964	3.26	9.49	3.55	7.83	
0.917	268	0.104	8.24	36.74	9.31	36.85	

(4)

0.05 > P (0.05) (3.402 =)

(0.05)

(3.964 =)

0.05 > P

.0.05 < P

(1994 , 1990)

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(2000 , 1997 ,1990)

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(1997)

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(CRI)

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P							
0.000	268	3.75	2.94	12.91	3.03	11.54	
0.000	268	3.99	2.96	12.07	3.24	10.56	
0.200	268	1.283	3.27	11.84	3.17	11.34	
0.064	268	1.861	4.23	12.81	3.16	11.97	

0.000	268	3.951	9.46	49.65	9.48	45.09	
0.295	268	1.050	3.49	8.97	3.19	9.40	
0.602	268	0.523	3.26	8.55	3.32	8.34	
0.815	268	0.234	3.35	10.44	3.40	10.54	
0.053	268	1.943	3.22	8.35	3.67	9.17	
0.411	268	0.827	8.22	36.33	9.11	37.20	

(5)

$t = 3.99$ ()
 $t = 3.75$ ()
 $p > 0.05$ (0.05)

(2000)

(1997)

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.(6)

(6)
(CRI)

0.307	1.209	9.388	11.354	266	2497.138	3	34.062	
0.001	6.070	9.694	58.838	266	2578.526	3	176.515	
0.122	1.949	10.328	20.128	266	2747.322	3	60.385	
0.153	1.772	13.811	24.469	266	3673.812	3	73.407	
0.002	4.967	90.609	450.084	267	2479.619	3	1350.252	
0.181	1.640	11.100	18.199	266	2952.602	3	54.598	
0.312	1.195	10.819	12.925	266	2877.777	3	38.775	
0.039	2.828	11.161	31.565	266	2968.804	3	94.696	
0.132	1.887	12.028	22.695	266	3199.457	3	68.084	
0.037	2.872	74.121	212.878	267	19790.378	3	638.633	

(6)

(0.001)

(6.070 =)

0.05=α

(4.967=)

.0.05 =α

(0.002)

(6)

(2.828 =)

0.05 =α

(0.039)

=α

(0.037)

(2.872 =)

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0.05

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(7)

(7)

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2.7276	1.2969	0.926	0.934		
1.5233	5.8784*	0.963	2.255*		
1.3496	2.3810	1.282	1.1119		
1.2043	4.5815*	1.0562	1.3210		
4.0771	1.0841	1.3746	0.1778		
2.8729	3.4974	0.3184	1.143		

(7)

(2.255*)

(5.8784*)

(4.5815*)

(7)

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(8)

(8)

0.085	2.229	188.967	3	566.900	×	
0.506	0.780	70.991	3	212.973	×	
0.128	1.912	140.321	3	420.962	×	
0.158	1.744	128.63	3	385.890	×	

(8)

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0.05= α

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(8)

(8)

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.0.05= α

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	(1998)	-
	(1991)	-
	(1993)	-
	(1992)	-
,2 ,22	.125-104 :	
	(1993)	-
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		(1998)	-
		(2000)	-
		(1999)	-
		(1998)	-
		(1993)	-
1991 -1981		1993	-
		(1997)	-
	(3)	(2004)	-
		(1997)	-

(2000)

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