

الضغوط النفسية التي يتعرض لها الطلبة المتفوقون
واستراتيجية التعامل معها

*

**

المخلص

(256)

(1056)

:

"

":

"

"

:

":

"

"

:

(0.01)

:

*

**

2007 - -

.

.

-1

.(2004)

-2

- -

2007 - -

-3

-4

.....

:

-5

:

-1-5

-2-5

-3-5

:

-4-5

:

-6

:

-1-6

-2-6

-3-6

-4-6

.(-)

-5-6

.(-)

-6-6

.(-)

-7-6

.(-)

-7

:

-1-7

()

.

-2-7

()

:

.

.....

-8

:

-1-8

.2006/2005

-2-8

-3-8

-9

(Selye: 1980)

(Speck:1993)

:

.(Weiten: 1983)

" : (46 :1996)

"

": (9 :1998)
:

."
": (367-366 :1999)

."
": (7 :1999)

."
": (224 : 2006)
."

-1-9

) :
): (2004
:

: :
.

.....

:

-2-9

:

" : (1993)
"

(1094)

:

" : (1994)
"

(400)

(40)

(80)

:

" : (1995)

"

:

" : (1997)

"

(320)

:

" : (2000)

"

(941)

:

" : (2001)

"

:

" : (2002)

"

:

(87)

.....

: " : (2004)

"

(703)

: (George & William & White, 1991)

"

"

:

:

-10

-1-10

(1056)

2006/2005

-2-10

:

(%30)

(256)

:

(1)

85	21	22	20	22			
95	23	23	25	24			
76	20	19	18	19			
256	64	64	63	65			

-3-10

" (2002)

:

:

" : (2003)

."

"

.(1998)

:

(38)

.1

.

:

1	2	3	

3x38 :

. 38= 1x38 :

114=

.2

(18)

()

() ()

-4-10

: .1

:

.

: .2

(Test & re-test)

) (40)

(91)

(

.

(Test & re-test)

(40)
(81)

-5-10

-11

:

-1-11

(2)

:

(2)

0.700	1.56		20	0.553	2.70		1
0.710	1.55		21	0.818	2.34		2
0.675	1.53		22	0.813	2.00		3
0.615	1.52		23	0.747	1.82		4
0.747	1.48		24	0.779	1.80		5

0.627	1.47		25	0.823	1.76		6
0.710	1.47		26	0.663	1.76		7
0.614	1.46		27	0.654	1.70		8
0.735	1.46		28	0.822	1.70		9
0.649	1.42		29	0.776	1.69		10
0.718	1.38		30	0.737	1.67		11
0.521	1.33		31	0.757	1.66		12
0.604	1.33		32	0.741	1.63		13
0.547	1.28		33	0.743	1.63		14
0.532	1.27		34	0.743	1.61		15
0.546	1.27		35	0.743	1.61		16
0.464	1.24		36	0.691	1.60		17
0.511	1.23		37	0.763	1.57		18
0.393	1.14		38	0.660	1.57		19

(2)

(0.553) (2.70)
 (1.140) :
 George & ,1991) (0.393)
 ,(2004 1995 1994 William & White

-2-11

(3)

(3)

0.295	1.904		1
0.450	1.720		2
0.471	1.672		3
0.476	1.658		4
0.496	1.574		5
0.498	1.574		6
0.498	1.562		7
0.499	1.548		8

0.501	1.484		9
0.499	1.452		10
0.497	1.435		11
0.484	1.368		12
0.483	1.367		13
0.465	1.312		14
0.459	1.299		15
0.459	1.298		16
0.452	1.283		17
0.356	1.148		18

(3)

:

(0.295) (1.904)
 (1.148) " " :
 .(1993) .(0.356)

(1.5)

:

-3-11

.(-)

: (4)

(4)

:

	()				
0.022	5.382	907.815	1	907.815	
0.809	0.058	9.855	1	9.855	
0.724	0.125	21.061	1	21.061	x
-	-	1068.676	256	20915.85	
-	-	-	-	474764.00	

(0.01)

(4)

1994)

(1995)

(2004

(4)

:

(2002)
 .(2004 1995 1994) :
 : -9-6

.(-)

(-)

(-)

-)

.(

: (5)

(5)

	()				
0.162	1.978	140.384	1	14.382	
0.822	0.051	0.370	1	0.370	
0.292	1.119	8.138	1	8.138	x
-	-	7.272	253	901.719	
-	-	-	-	89124.00	

(5)

:

:

.(-)

-12

:

-1-12

-2-12

-3-12

		(2000)	—
:	(2006)		—
		1	
		" (2002)	—
3		" :	
	.244-199	2002 ()	4
		(1995)	—
		(2004)	—
:		(2004)	—
		" (1997)	—
		/ "	

.268-253	1997	2	24	
	(1993)			—
	"			—
	(1996)			—
"				
		.39		
(-)		(1999)		—
	(1998)			—
"	"			
				1
	(2002)			—
	(1994)			—
	:		(2003)	—
		3		
	"	(1999)		—
	"			
		.10	7	
		(2001)		—

-
- George, H. &William, G. &White, J.(1991), “Health and stress development in college student” **Journal of college student development**,30, 515-521.
 - Selye, H. (1980), **The Stress Concept Today**. (San Francisco: Jossey – Bass.
 - Speck, Brue.(1993), “Defining stress as ethical conflict”. **Bulletin of The Association for Business Communication**. Vol, 56, No. 1, 34-37.
 - Weiten, (1983), **Psychology applied to modern life adjustment in the 80(s)**. U.S.A. : Cole Publishing Company.

«2006/6/17	2006/1/21	»
------------	-----------	---