



فعالية الإرشاد الانتقائي

في خفض مستوى سلوك العنف لدى المراهقين

[دراسة تجريبية]

إعداد الباحث

إشراف الأستاذ الدكتور

دراسة مقدمة إلى قسم علم النفس بكلية التربية – جامعة أم القرى بمكة المكرمة

متطلب تكميلي لنيل درجة الدكتوراه في علم النفس تخصص [إرشاد نفسي]



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ ﴿٤١﴾

يَوْمَ يَقُومُ الْحِسَابُ ﴿٤١﴾

[سورة إبراهيم]

ملخص الدراسة

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The study abstract

The study title :

The effectiveness of eclectic integration counseling program for lessening the level of the aggressive behavior of a sample group of teenagers. in Makkah Al Mukkarama (An experimental study)

The study objectives :

To reveal the effectiveness of eclectic integration counseling program to lessen the level of violent aggressive actions of a sample group of teens in Makkah and to investigate to what extent this program will have an effect during the monitoring period and after finishing the counseling sessions .

The study sample :

The study consisted of teenagers studying in the second year secondary at a high school in Makkah . The sample groups were selected at random . Then they were randomly divided into two groups , the experimental group and the control group (teenagers for each group)

The study tools :

This study is based on the experimental approach and used the following tools :

The violence scale of the teenagers (Abood & Abood) and an eclectic integration counseling program set by the researcher to lessen the level of violence of the teenagers and the matrix test by Raven (Abu Hattab and others in) to control the intelligence level , a personal data form set by the researcher to control the demographical variables . the researcher could make sure of the psychometric effectiveness of the tools before applying them.

The study results :

The study results showed that there are differences of statistical significance between the experimental group and the control group in the level of the violent behavior and its consequences in favor of the experimental group . Also the results allude to the idea that there are differences of statistical significance between the experimental group and the control group as for the pre evaluation and the post evaluation in favor of the post evaluation and that there are differences of statistical significance between the experimental group and the control group after applying the eclectic integration counseling program (the post measurement .) and after the period of the follow up (the post evaluation .)

The study recommendations :

In light of the results of the study in hand , the researcher has presented us a group of recommendation as follows :

Due care should be directed to the application of the eclectic integration counseling programs and to using them collectively on a large scale in the three years of the secondary stage . Interest should be given to training the psychiatrist who acts in guidance jobs in applying the counseling programs as a model to face the violent behavior of teenagers . There should be an increase in the number of the psychiatrists in the secondary stage and we should provide all the facilities that help them to carry out the eclectic integration counseling programs effectively . We should offer all the eclectic integration counseling services even the early educational stage to achieve the effectiveness of the programs to face violence from the very beginning . we should hurry to set up and apply selective familial eclectic integration counseling programs and we should function the eclectic integration counseling programs of the teenagers so as to develop some kind of psychological fitness . We also should invest the school theatre to apply all the types of Psychodrama . We also should increase the youth clubs to be under supervision of the government . the government should support these clubs . There should be interest in the controlled entertainment . The teenager should be given the opportunity to shoulder responsibilities and to play different roles . There should be interest in forming an intimate relationship with the teenager and we should close to him . There should be a kind of integration between the efforts of education and mass media . We should declare the slogan " the integrate development of the character of the teenager . It's necessary to set up a national center for the psychological counseling in the kingdom . It should give priority to the scientific confrontation against the violent actions of the teenagers. . We should declare the slogan of " for the sake of a life clear of violence " so as to be a national counseling

project. The National Anniversary of the kingdom should be the onset of the application of eclectic integration counseling programs in all the educational institutes to stand against violence.

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الشكر والتقدير

﴿رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَىٰ وَالِدَيَّ وَأَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ

وَأَدْخِلْنِي بِرَحْمَتِكَ فِي عِبَادِكَ الصَّالِحِينَ﴾ [:] .

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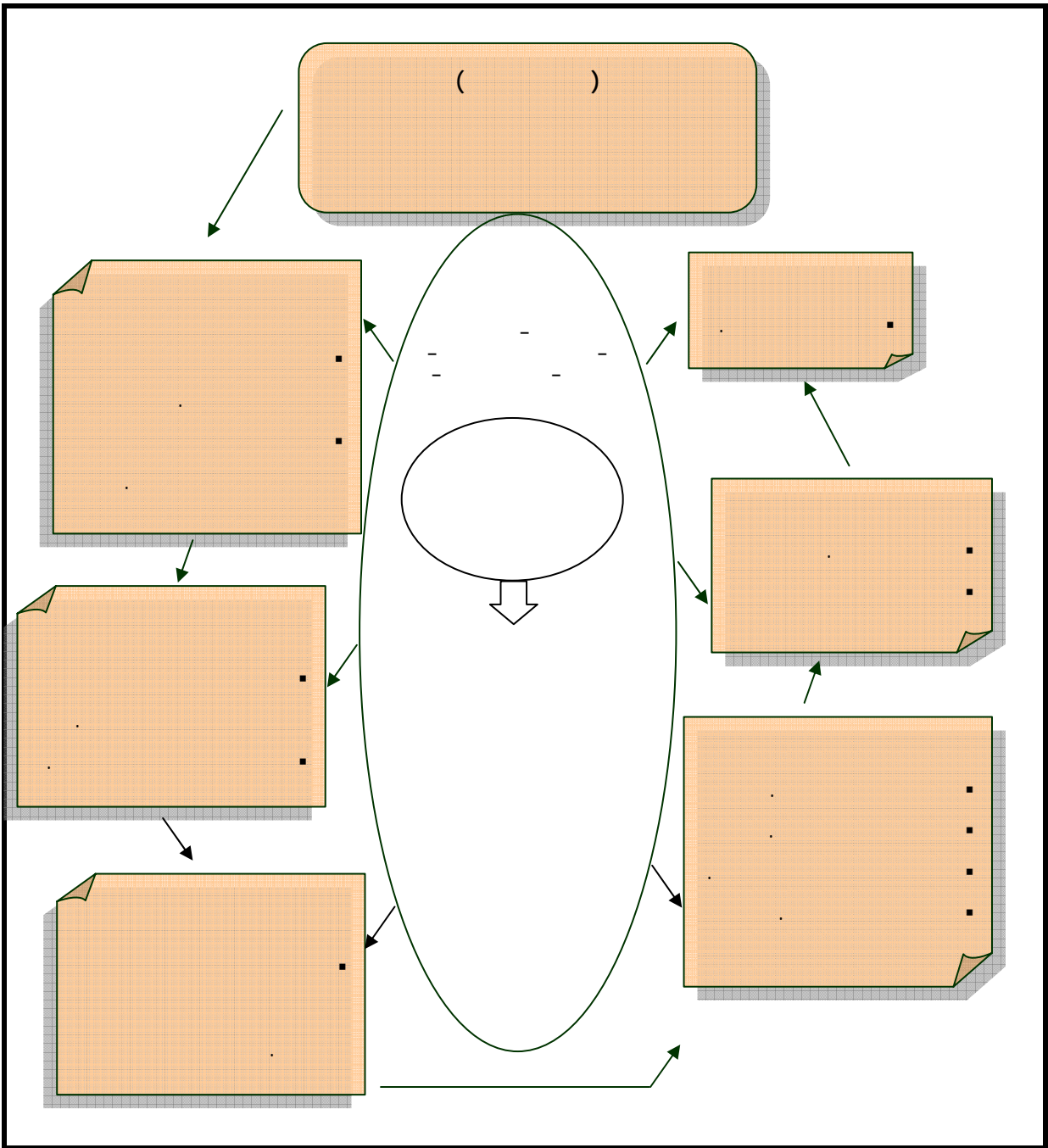
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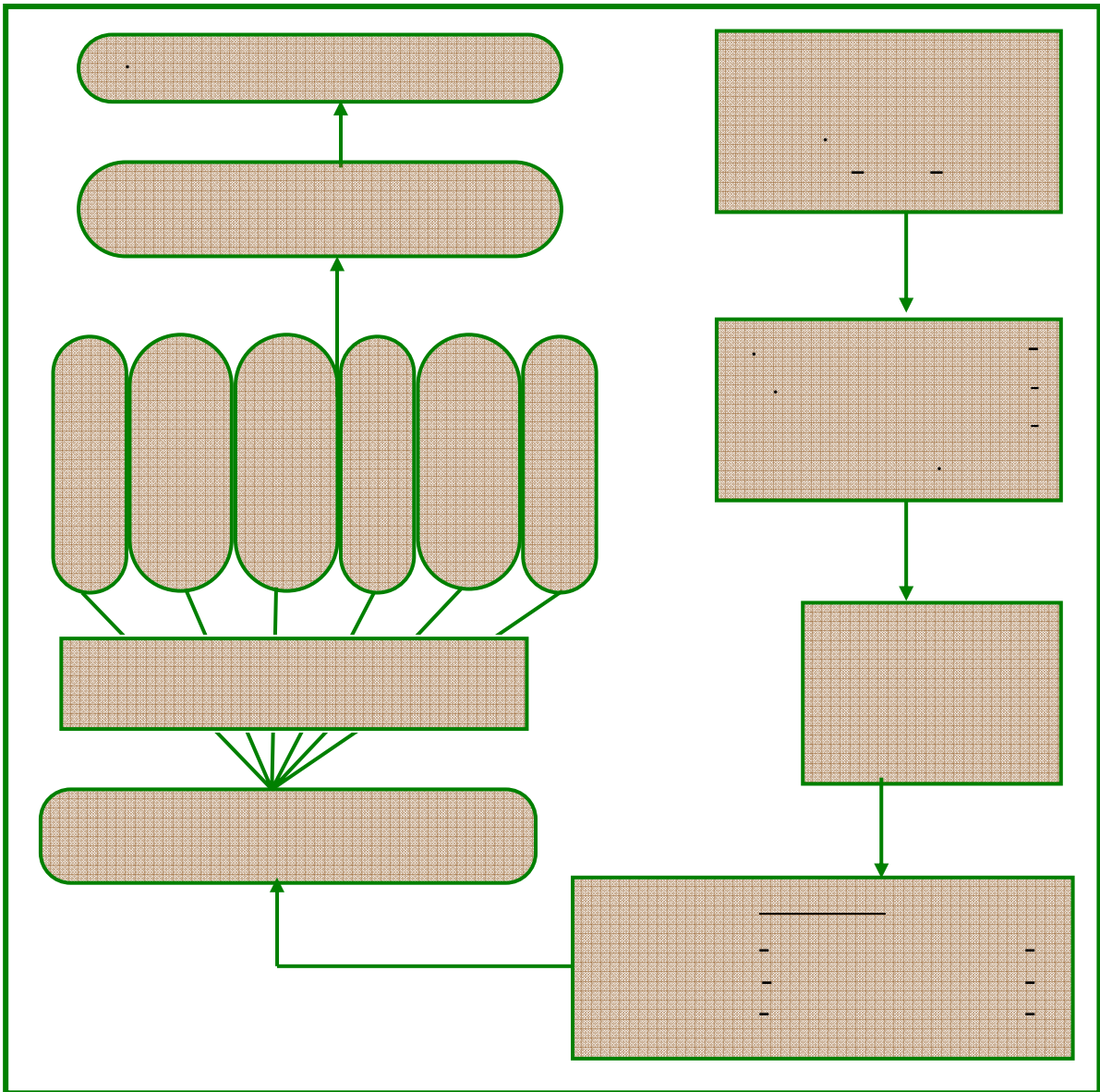
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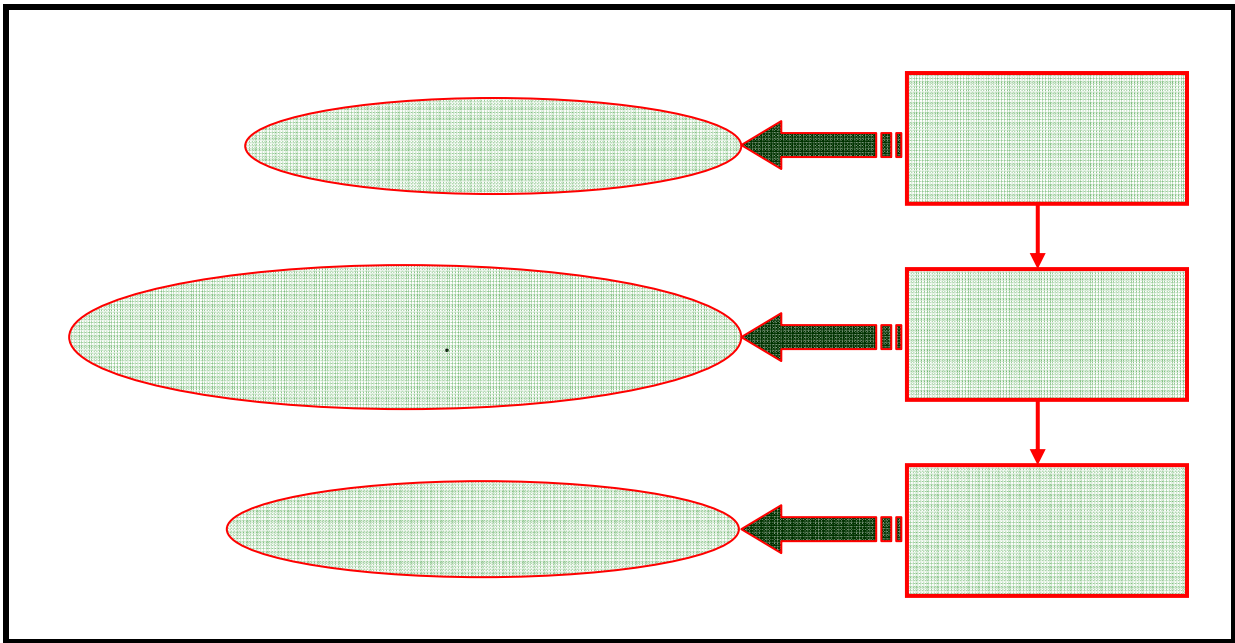
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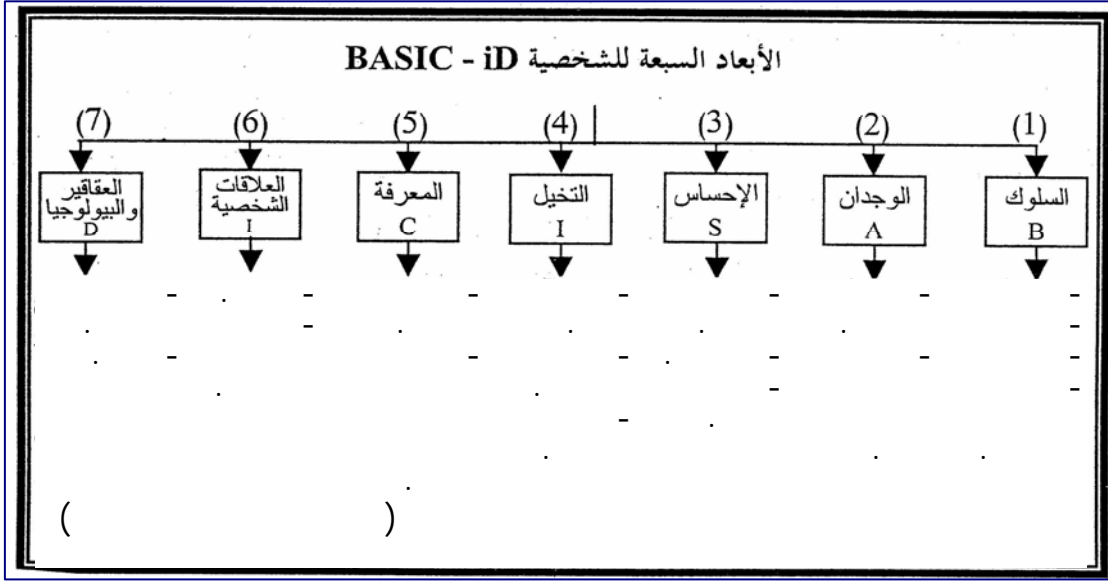
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فَبِمَا :

رَحْمَةٍ مِّنَ اللَّهِ لِنْتَ لَهُمْ وَلَوْ كُنْتَ فَظًّا غَلِيظَ الْقَلْبِ لَانْفَضُّوا مِنْ حَوْلِكَ فَاعْفُ عَنْهُمْ وَاسْتَغْفِرْ لَهُمْ وَشَاوِرْهُمْ فِي الْأَمْرِ فَإِذَا عَزَمْتَ فَتَوَكَّلْ عَلَى اللَّهِ إِنَّ اللَّهَ يُحِبُّ الْمُتَوَكِّلِينَ [:] .

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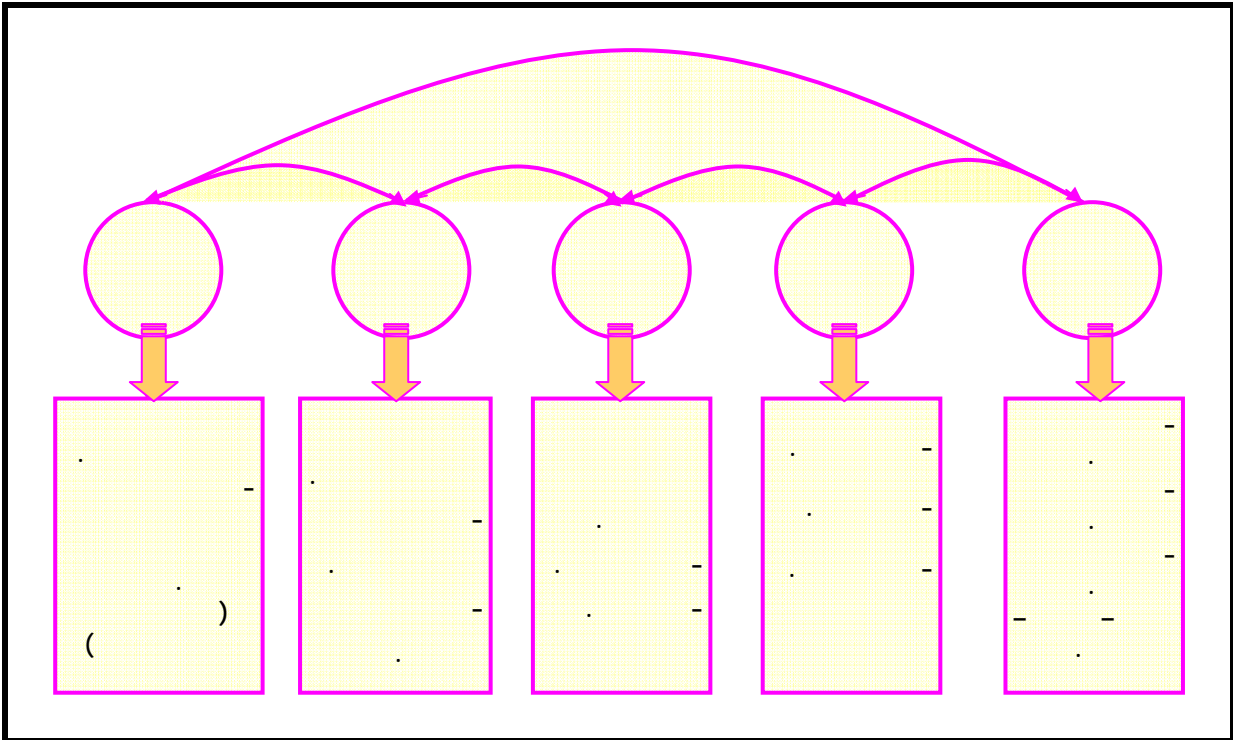
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: ﴿وَاتْلُ عَلَيْهِمْ نَبَأَ ابْنَى آدَمَ بِالْحَقِّ إِذْ قَرَّبَا قُرْبَانًا فَتُقُبِّلَ مِنْ أَحَدِهِمَا وَلَمْ يُتَقَبَّلْ مِنَ الْآخَرِ قَالَ لَأَقْتُلَنَّكَ قَالَ إِنَّمَا يَتَقَبَّلُ اللَّهُ مِنَ الْمُتَّقِينَ ﴿١٧﴾ لَئِن بَسَطتَ إِلَيَّ يَدَكَ لِتَقْتُلَنِي مَا أَنَا بِبَاسِطِ يَدَيْ إِلَيْكَ لِأَقْتُلَكَ إِنِّي أَخَافُ اللَّهَ رَبَّ الْعَالَمِينَ ﴿١٨﴾ إِنِّي أُرِيدُ أَنْ تَبُوءَ بِإِثْمِي وَإِثْمِكَ فَتَكُونَ مِنْ أَصْحَابِ النَّارِ وَذَلِكَ جَزَاؤُ الظَّالِمِينَ ﴿١٩﴾ فَطَوَّعَتْ لَهُ نَفْسُهُ قَتْلَ أَخِيهِ فَقَتَلَهُ فَأَصْبَحَ مِنَ الخَاسِرِينَ ﴿٢٠﴾﴾ . [: -] .

: ﴿مَنْ قَتَلَ نَفْسًا بِغَيْرِ نَفْسٍ أَوْ فَسَادٍ فِي الْأَرْضِ فَكَأَنَّمَا قَتَلَ النَّاسَ جَمِيعًا وَمَنْ أَحْيَاهَا فَكَأَنَّمَا أَحْيَا النَّاسَ جَمِيعًا﴾ . [:] .
: ﴿وَتَعَاوَنُوا عَلَى الْبِرِّ وَالتَّقْوَىٰ وَلَا تَعَاوَنُوا عَلَى الْإِثْمِ وَالْعُدْوَانِ وَاتَّقُوا اللَّهَ إِنَّ اللَّهَ شَدِيدُ الْعِقَابِ﴾ . [:] .
: ﴿وَلَا تَعْتَدُوا إِنَّ اللَّهَ لَا يُحِبُّ الْمُعْتَدِينَ﴾ . [:] .

: ﴿إِنَّمَا جَزَاؤُ الَّذِينَ يُجَارِبُونَ اللَّهَ وَرَسُولَهُ وَيَسْعَوْنَ فِي الْأَرْضِ فَسَادًا أَنْ يُقَتَّلُوا أَوْ يُصَلَّبُوا أَوْ تُقَطَّعَ أَيْدِيهِمْ وَأَرْجُلُهُمْ مِنْ خَلْفٍ أَوْ يُنْفَوْا

مِنَ الْأَرْضِ ذَلِكَ لَهُمْ خِزْيٌ فِي الدُّنْيَا وَلَهُمْ فِي الْآخِرَةِ عَذَابٌ عَظِيمٌ. [] :

: ﴿وَمِنَ النَّاسِ مَن يُعْجِبُكَ قَوْلُهُ فِي الْحَيَاةِ الدُّنْيَا وَيُشْهَدُ اللَّهَ عَلَىٰ مَا فِي قَلْبِهِ وَهُوَ أَلَدُّ الْخِصَامِ ﴿٢٤﴾ وَإِذَا تَوَلَّىٰ سَعَىٰ فِي الْأَرْضِ لِيُفْسِدَ فِيهَا وَيُهْلِكَ الْحَرْثَ وَالنَّسْلَ ۗ وَاللَّهُ لَا يُحِبُّ الْفُسَادَ ﴿٢٥﴾﴾ وَذَلِكَ قِيلَ لَهُ تَقَىٰ اللَّهُ خِزْيَهُ الْعِزَّةَ بِالْإِثْمِ فَحَسِبُهُ جَهَنَّمَ وَلَبِئْسَ لِمَهَادٍ. [] - :

: ﴿إِنَّ الَّذِينَ جَرَمُوا كَانُوا مِنَ الَّذِينَ آمَنُوا يَضْحَكُونَ ﴿٢٦﴾ وَذَلِكَ مَرُّوهُمْ بِهِمْ يَتَعَامَرُونَ ﴿٢٧﴾﴾ وَذَلِكَ نَقَلَبُوا إِلَىٰ أَهْلِهِمْ نَقَلَبُوا فَكِهِينَ ﴿٢٨﴾﴾ وَذَلِكَ وَوَهُمْ قَالُوا إِنَّ هَؤُلَاءِ لَضَالُّونَ ﴿٢٩﴾ وَمَا أُرْسِلُوا عَلَيْهِمْ حَافِظِينَ. [] :

: ﴿وَالَّذِينَ يُؤْذُونَ الْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ بَغَيْرِ مَا كَتَبْنَا فَقَدْ حَتَمُوا بُهْتَانًا وَإِثْمًا مُّبِينًا. [] :

: ﴿يَأْتِيهَا الَّذِينَ آمَنُوا لَا يَسْخَرُونَ مِنْ قَوْمٍ عَسَىٰ أَن يَكُونُوا خَيْرًا مِنْهُمْ وَلَا نِسَاءً مِنْ نِسَاءِ عَسَىٰ أَن يَكُنَّ خَيْرًا مِنْهُنَّ ۗ وَلَا تَلْمِزُوا أَنفُسَكُمْ وَلَا تَنَابَزُوا بِاللُّغَابِ بِئْسَ لَاسْمٌ لِلْفُسُوقِ بَعْدَ الْإِيمَانِ وَمَن لَّمْ يَتُبْ فَأُولَٰئِكَ هُمُ الظَّالِمُونَ. [] :

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: ﴿دَعُ إِلَى سَبِيلِ رَبِّكَ بِالْحِكْمَةِ وَالْمَوْعِظَةِ الْحَسَنَةِ وَجَدِلْ لَهُم بِآيَاتِي هِيَ أَحْسَنُ إِنَّ رَبَّكَ هُوَ أَعْلَمُ بِمَنْ ضَلَّ عَنْ سَبِيلِهِ وَهُوَ أَعْلَمُ بِالْمُهْتَدِينَ﴾. [:] .

: ﴿وَمَا أَرْسَلْنَاكَ إِلَّا رَحْمَةً لِّلْعَالَمِينَ﴾. [:] .
: ﴿فَبِمَا رَحْمَةٍ مِّنَ اللَّهِ لِنْتَ لَهُمْ وَلَوْ كُنْتَ فَظًّا غَلِيظًا لَّكُنَّ لَكَ لَأَنْفَضُوهُ مِنْ حَوْلِكَ﴾. [:] .

: ﴿لَقَدْ جَاءَكُمْ رَسُولٌ مِّنْ أَنْفُسِكُمْ عَزِيزٌ عَلَيْهِ مَا عَنِتُّمْ حَرِيصٌ عَلَيْكُمْ بِالْمُؤْمِنِينَ رَءُوفٌ رَّحِيمٌ﴾. [:] .

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: ﴿وَلَا تَسْتَوِ الْحَسَنَةُ وَلَا السَّيِّئَةُ دَفْعُ بِالَّتِي هِيَ أَحْسَنُ فَإِذَا لَدَىٰ بَيْنِكَ وَبَيْنَهُ عِدَاوَةٌ كَأَنَّهُ وَلِيٌّ حَمِيمٌ﴾. [:] .
: ﴿خُذِ الْعَفْوَ وَامْرِ بِالْعُرْفِ وَأَعْرِضْ عَنِ الْجَاهِلِينَ﴾. [:] .

: ﴿وَإِنَّ لَدَيْنَ الَّذِينَ يَخُوضُونَ فِيهِ لَعَذَابًا مُّهِينًا فَاعْرِضْ عَنْهُمْ حَتَّىٰ

يُحْضِرُونَ فِي حَدِيثِ غَيْرِهِ ۖ وَمَا يُنْسِيَنَّكَ الشَّيْطَانُ فَلَا تَقْعُدْ بَعْدَ الذِّكْرِ مَعَ
﴿لِقَوْمٍ لِّظَالِمِينَ﴾. [:] .

: ﴿وَإِذْ خَاطَبَهُمُ الْجَاهِلُونَ قَالُوا سَلَمًا﴾. [:] .
: ﴿وَالَّذِينَ لَا يَشْهَدُونَ الزُّورَ وَإِذْ مَرُّوا بِاللَّغْوِ مَرُّوا كِرَامًا﴾.
[:] .

: ﴿وَسَارِعُوا إِلَىٰ مَغْفِرَةٍ مِّن رَّبِّكُمْ وَجَنَّةٍ عَرْضُهَا السَّمَاوَاتُ
وَالْأَرْضُ أُعِدَّتْ لِلْمُتَّقِينَ ﴿٣١﴾ الَّذِينَ يُنْفِقُونَ فِي السَّرَّاءِ وَالضَّرَّاءِ وَالْكَاظِمِينَ
الْغَيْظَ وَالْعَافِينَ عَنِ النَّاسِ ۗ وَاللَّهُ يُحِبُّ الْمُحْسِنِينَ﴾. [:] .
: ﴿وَلْيَعْفُوا وَلْيَصْفَحُوا ۗ أَلَا تُحِبُّونَ أَنْ يَغْفِرَ اللَّهُ لَكُمْ ۗ وَاللَّهُ غَفُورٌ
رَّحِيمٌ﴾. [:] .

: ﴿نَمَّا لِّلْمُؤْمِنُونَ إِخْوَةٌ فَأَصْلِحُوا بَيْنَ أَخَوِيكُمْ ۗ وَتَقُوا اللَّهَ
لَعَلَّكُمْ تُرْحَمُونَ﴾. [:] .
: ﴿وَمَنْ تَعَفَّوْا وَتَصَفَّحُوا وَتَغْفِرُوا فَإِنَّ اللَّهَ غَفُورٌ رَّحِيمٌ﴾.
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﴿فَأَصْفَحْ عَنْهُمْ وَقُلْ سَلَامٌ فَسَوْفَ يَعْلَمُونَ﴾. [:] .

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وَهُدَىٰ وَرَحْمَةً لِّلْمُؤْمِنِينَ﴾. [:] .

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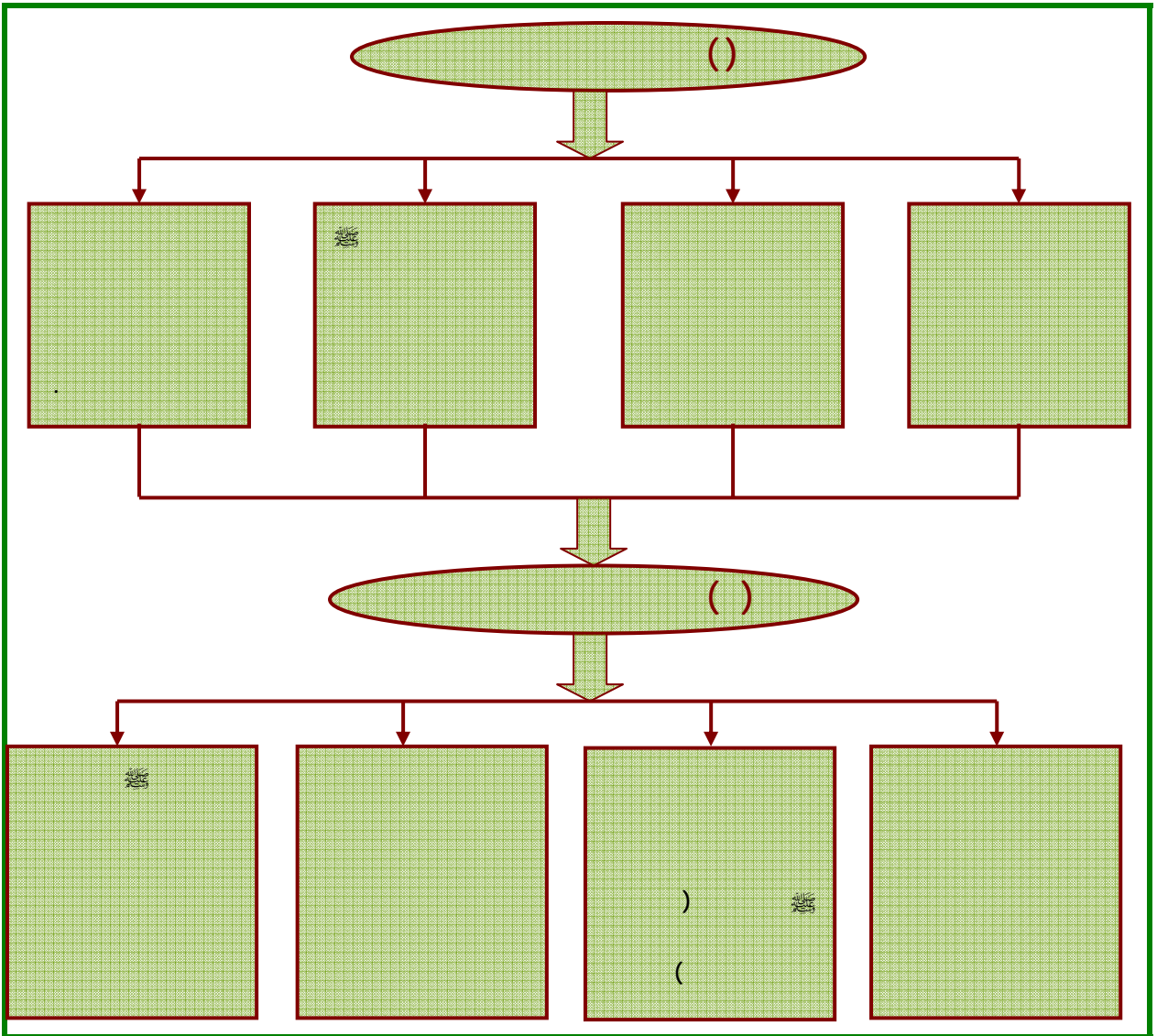
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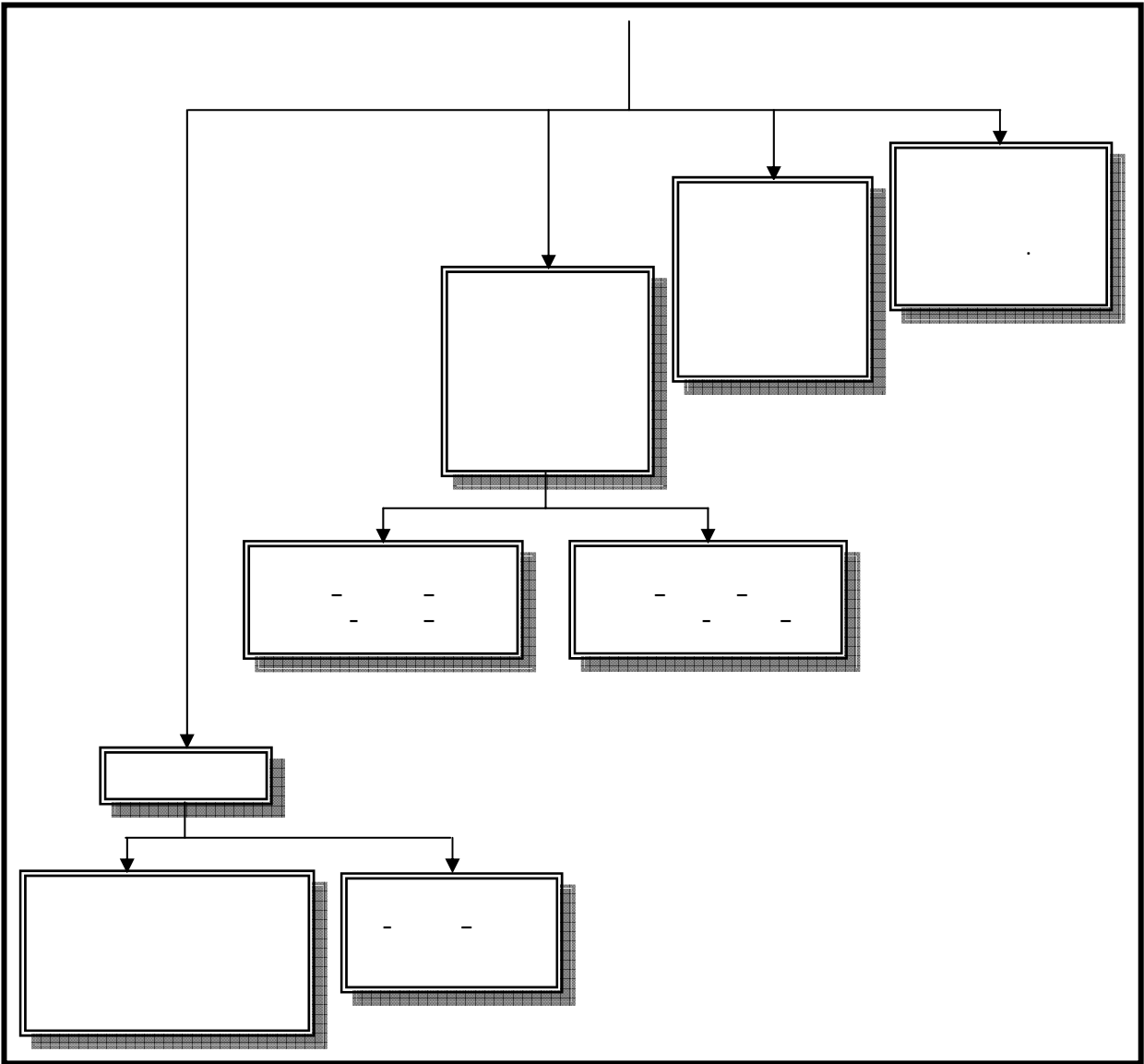
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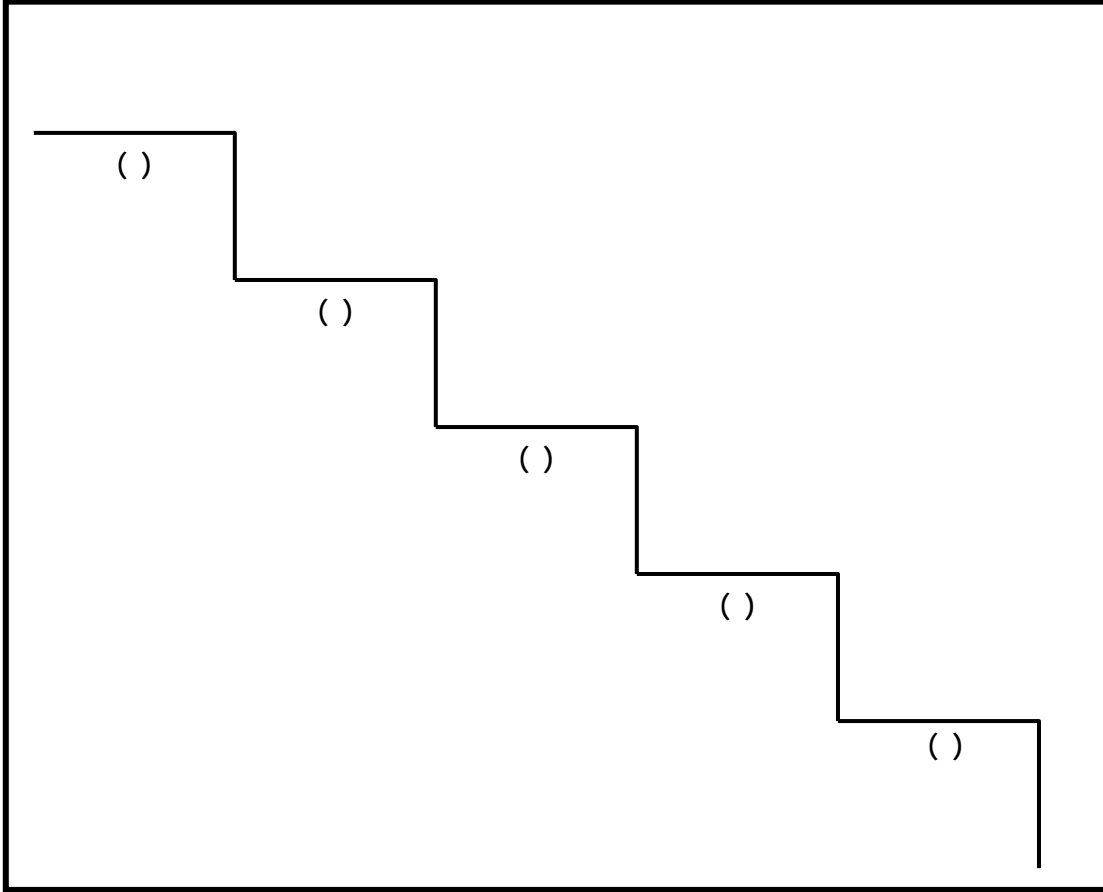
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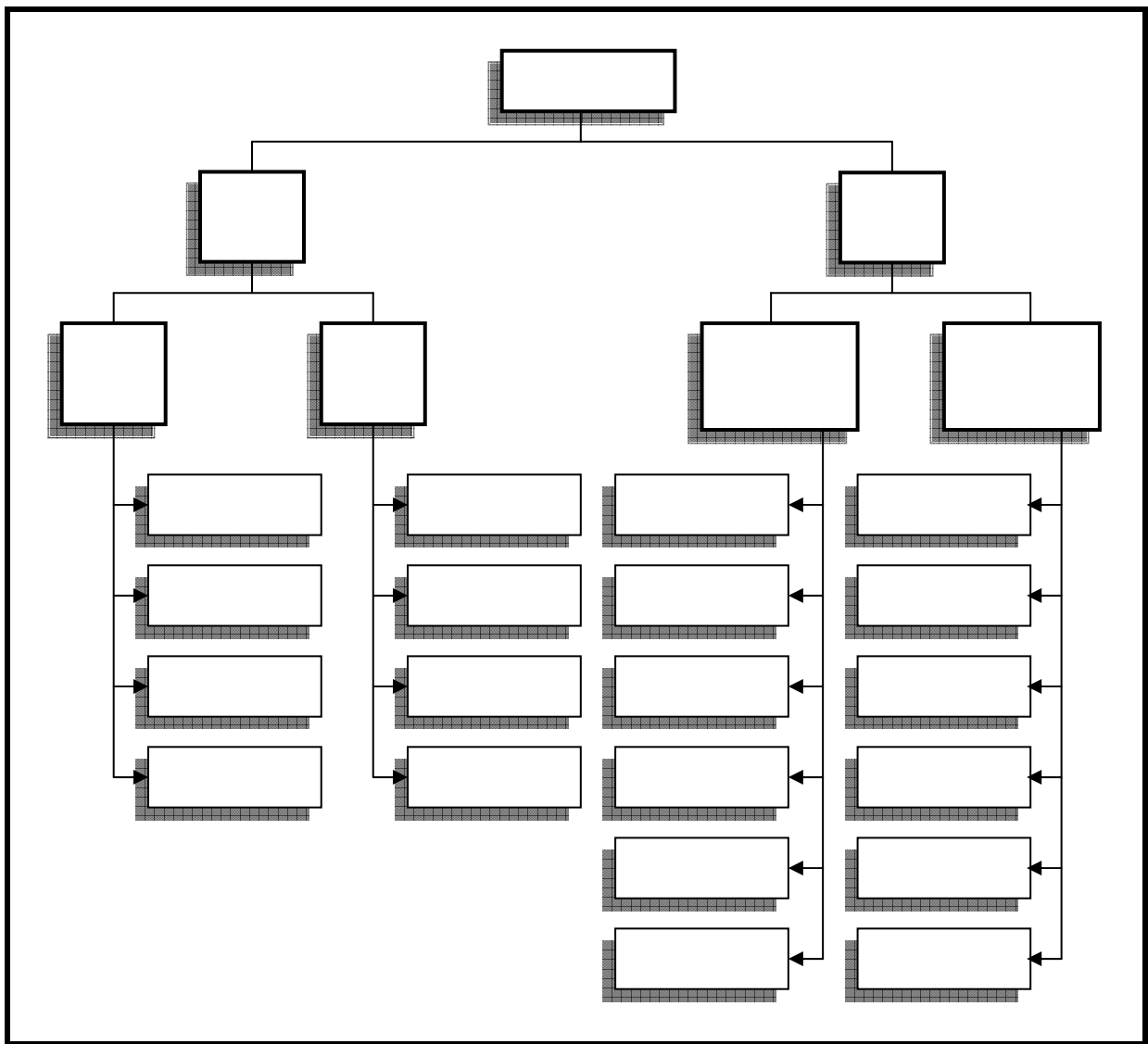
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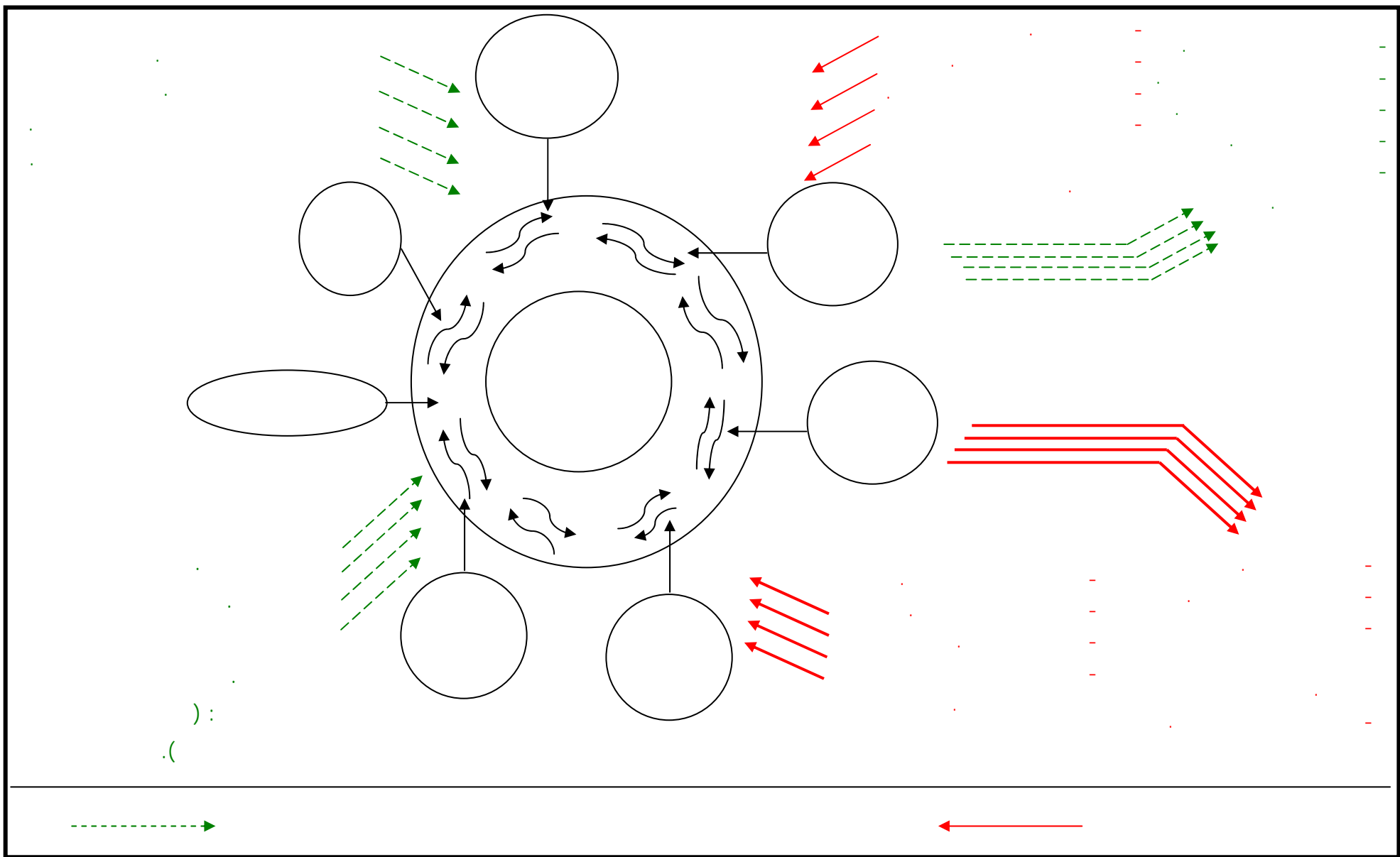
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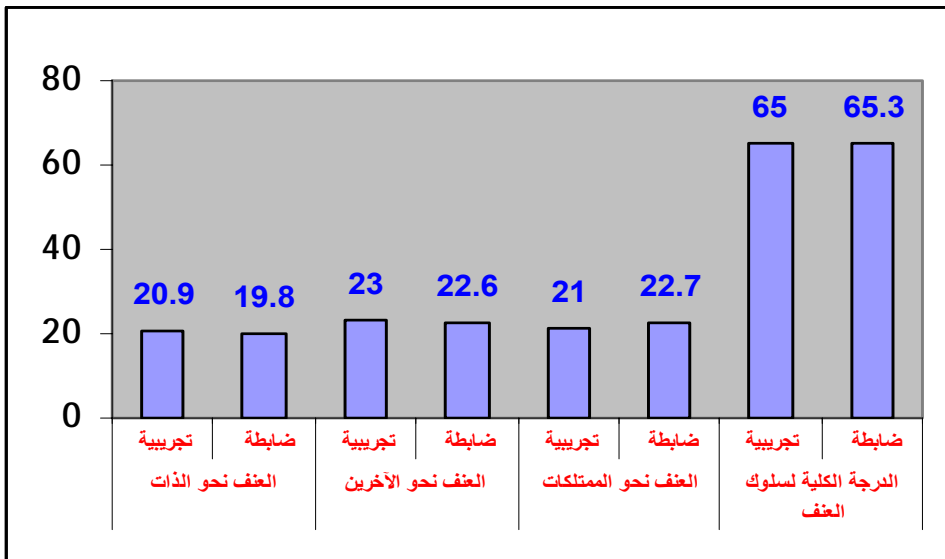
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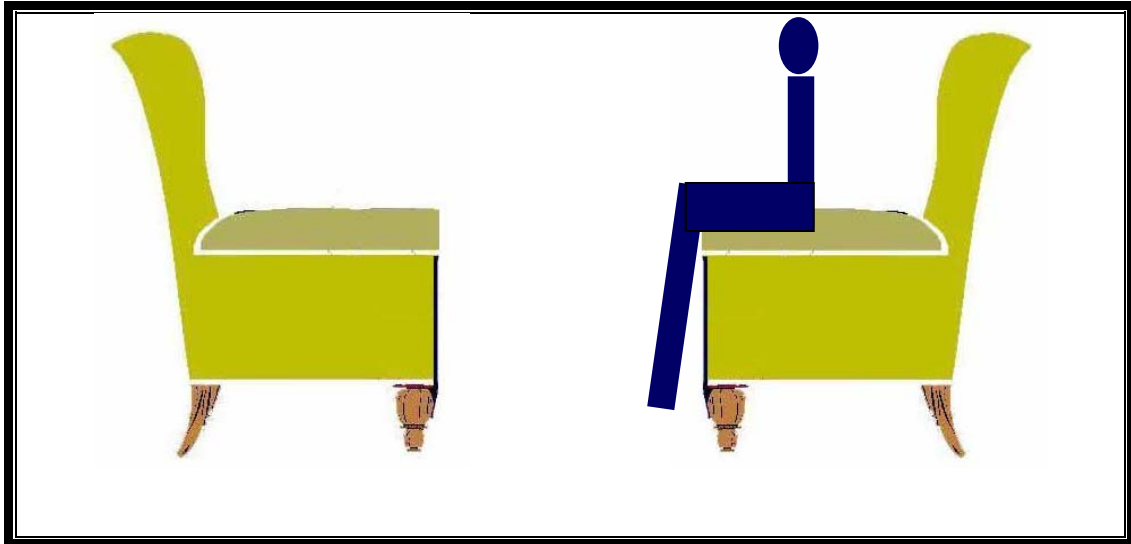
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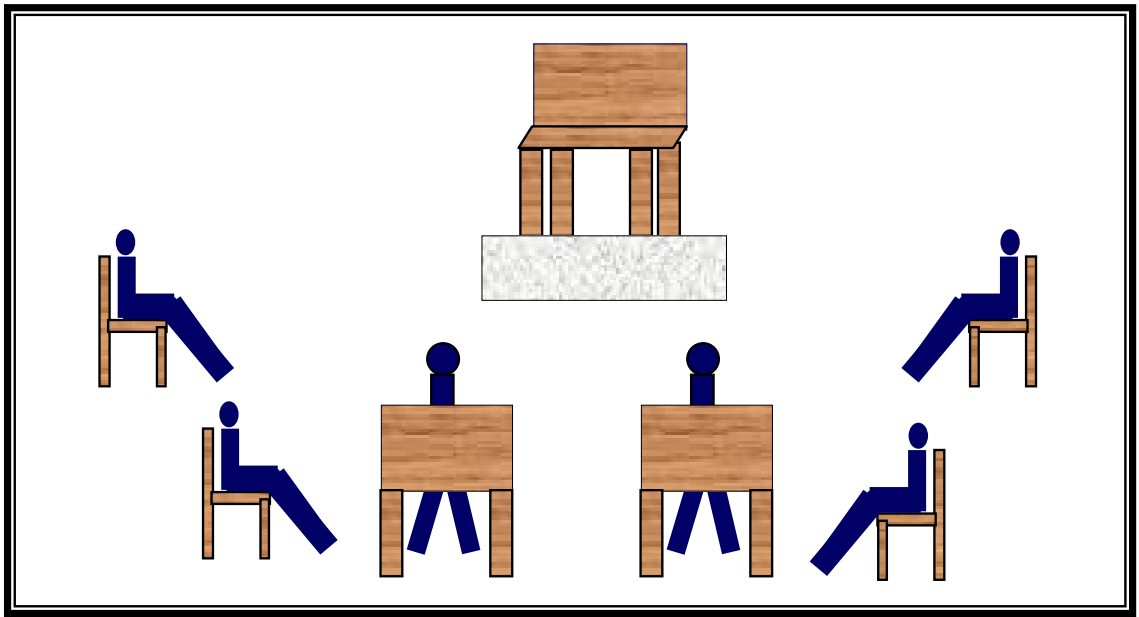
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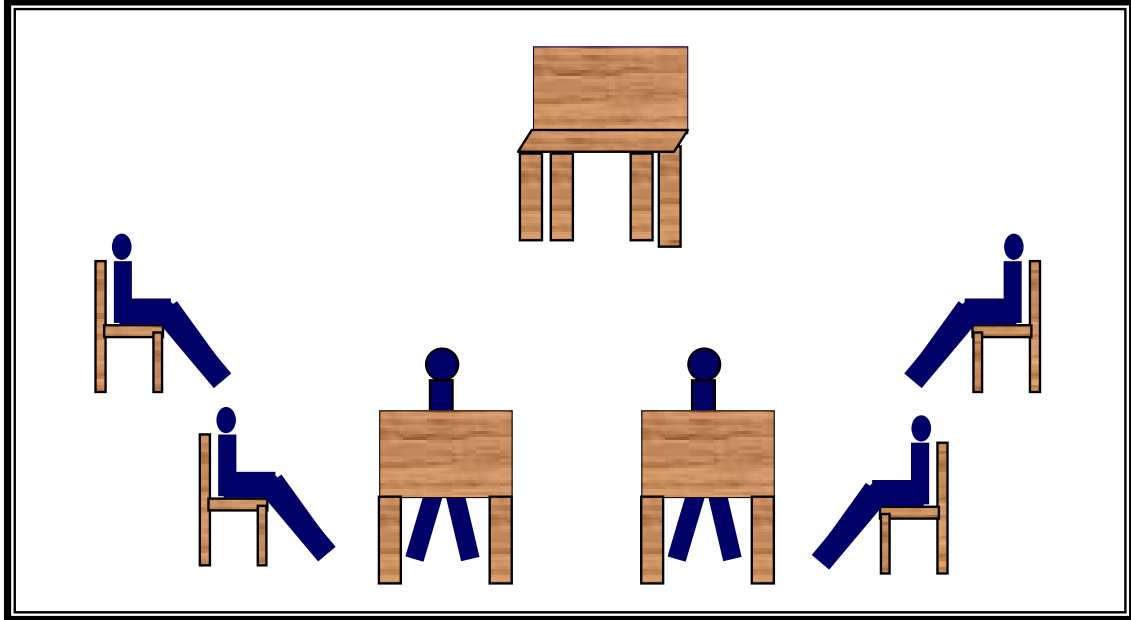
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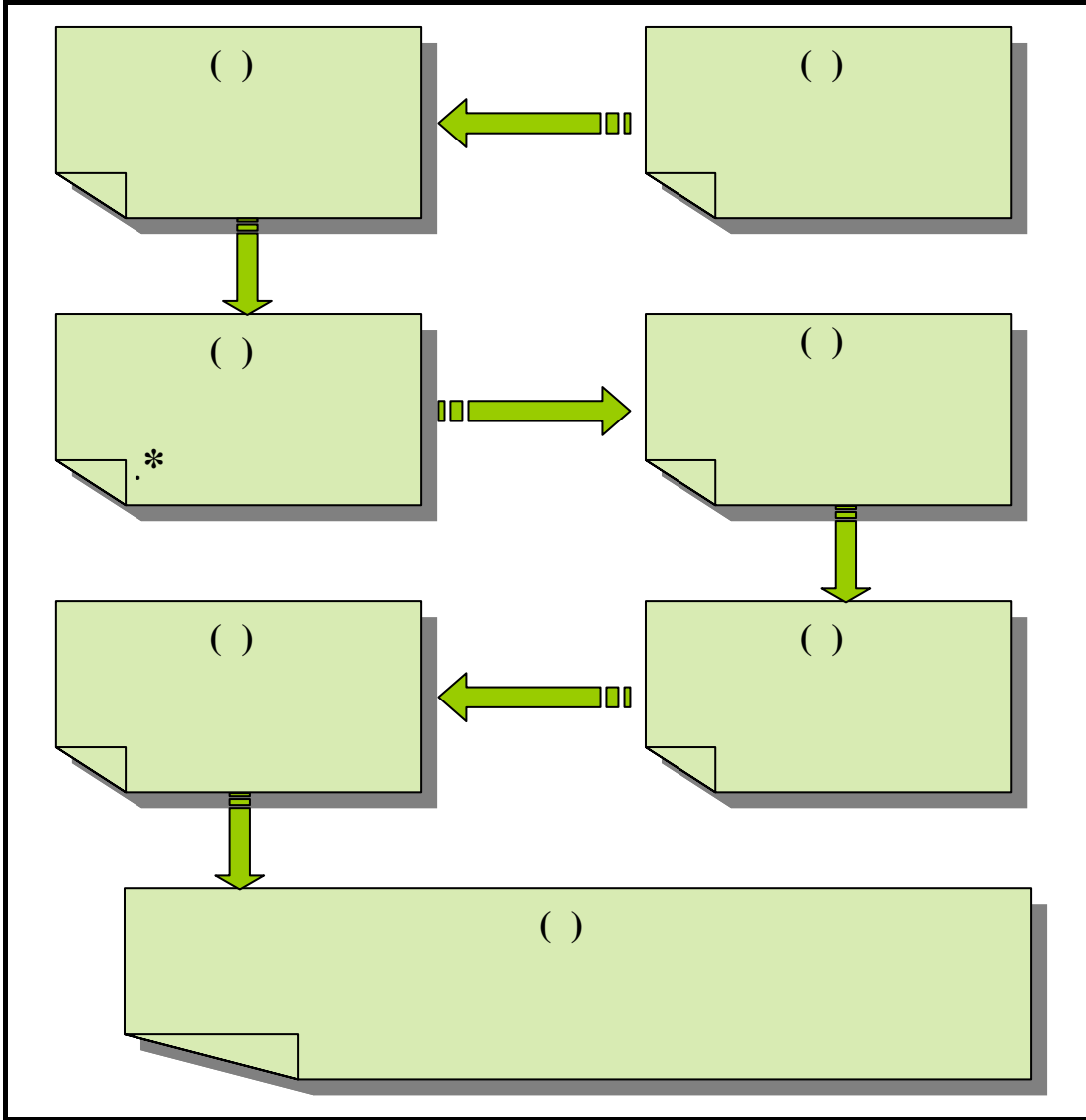
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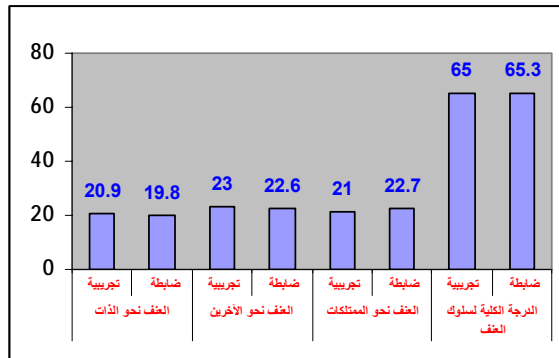
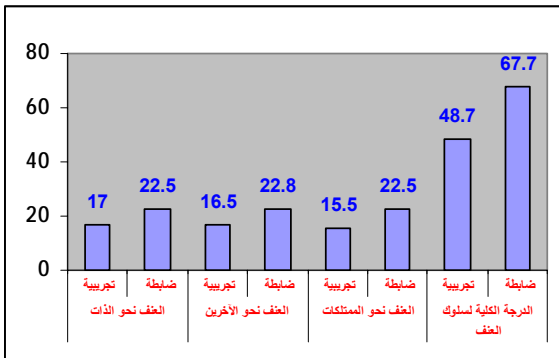
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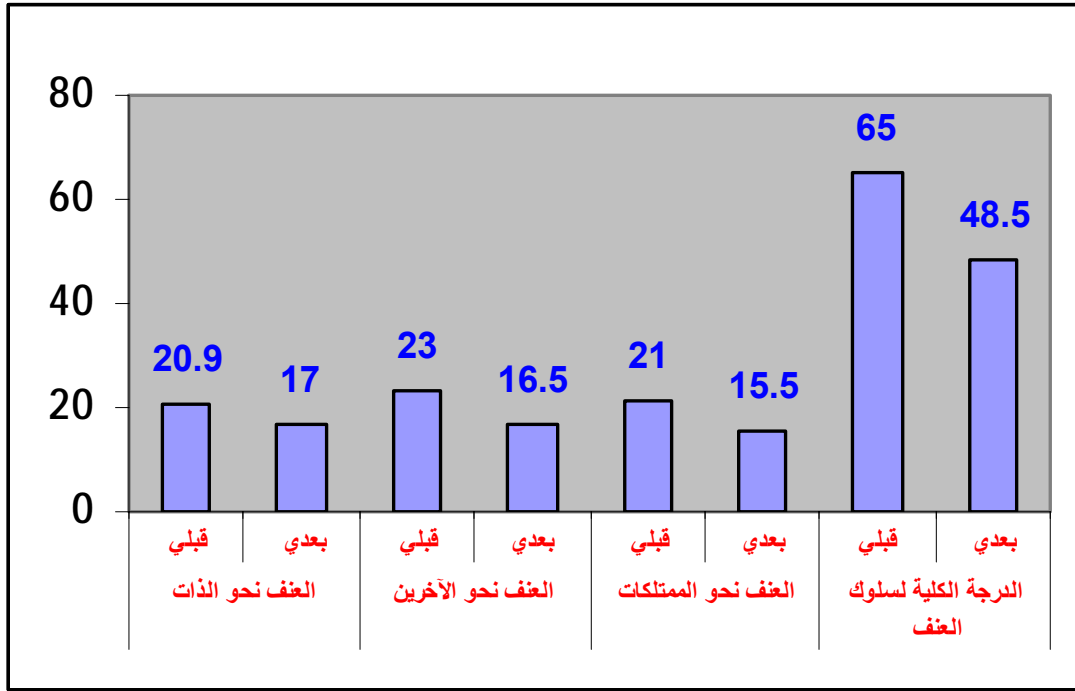
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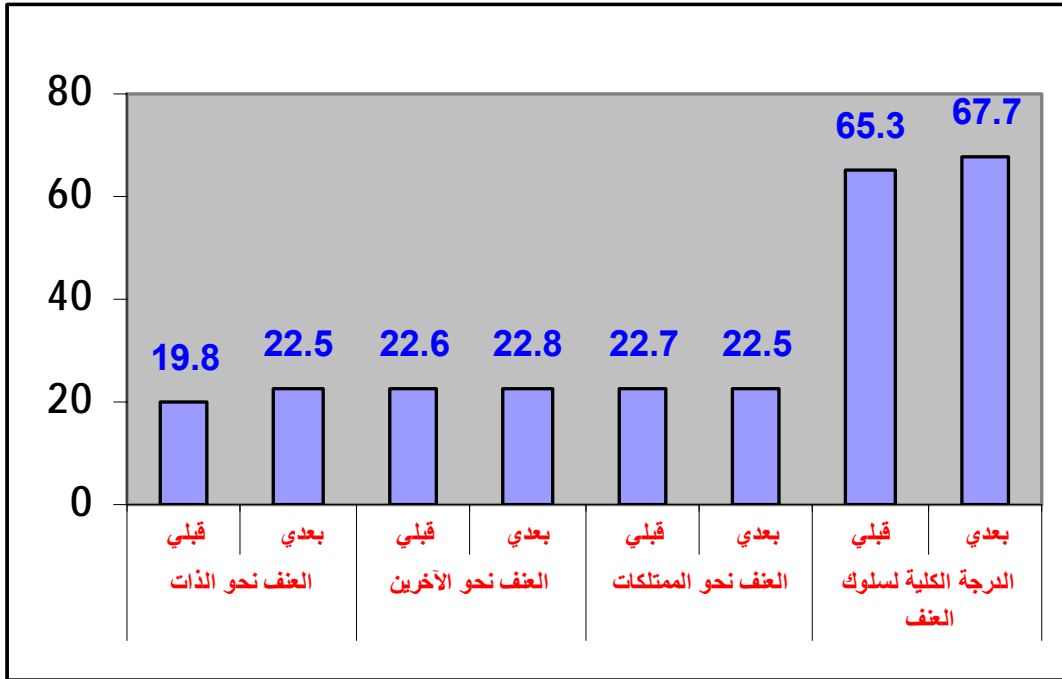
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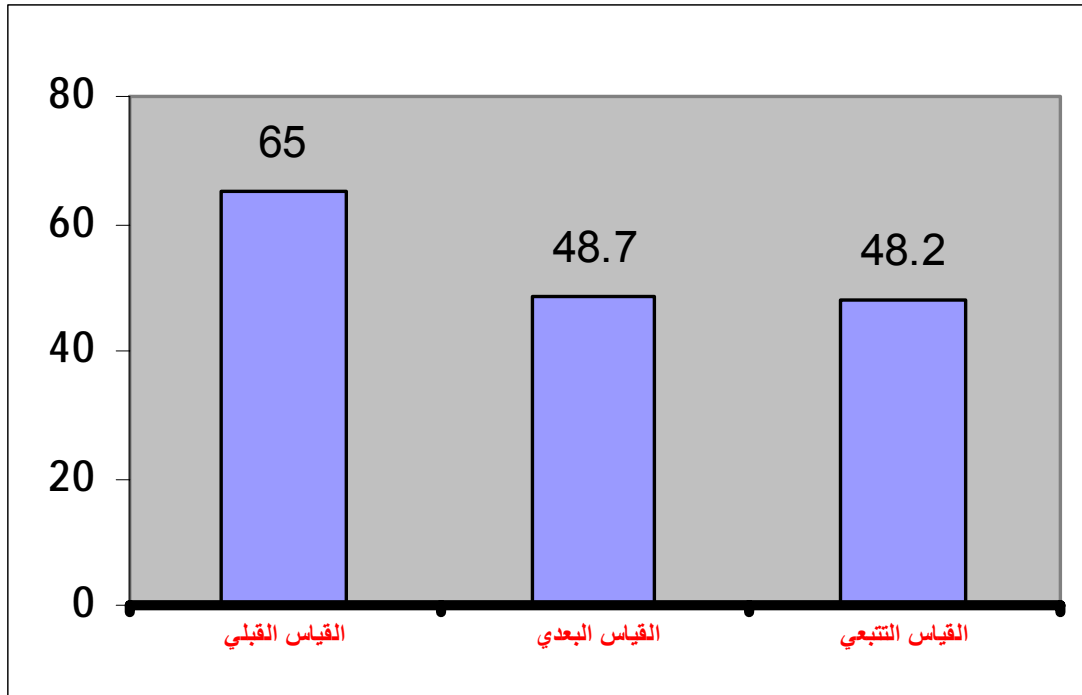
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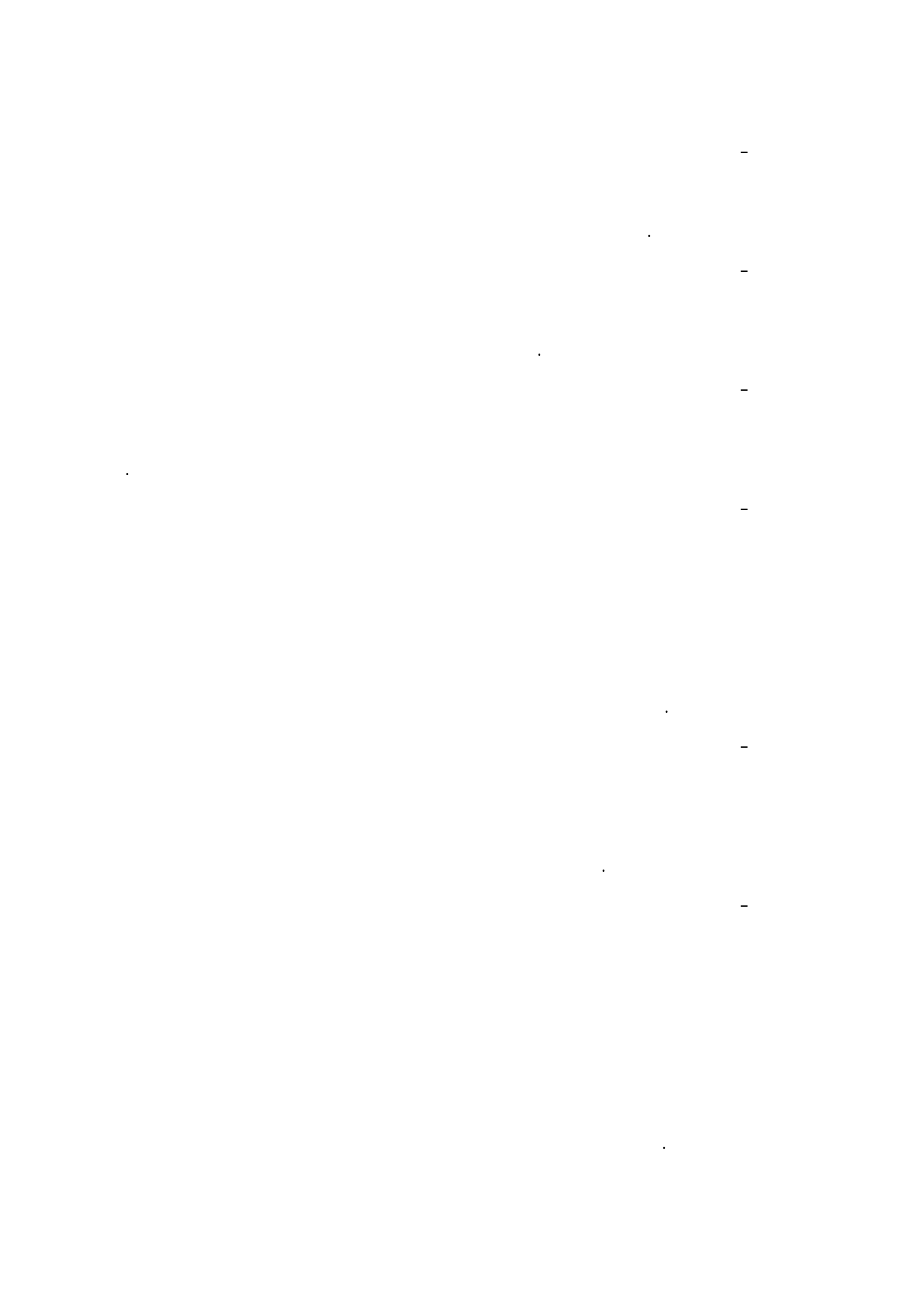
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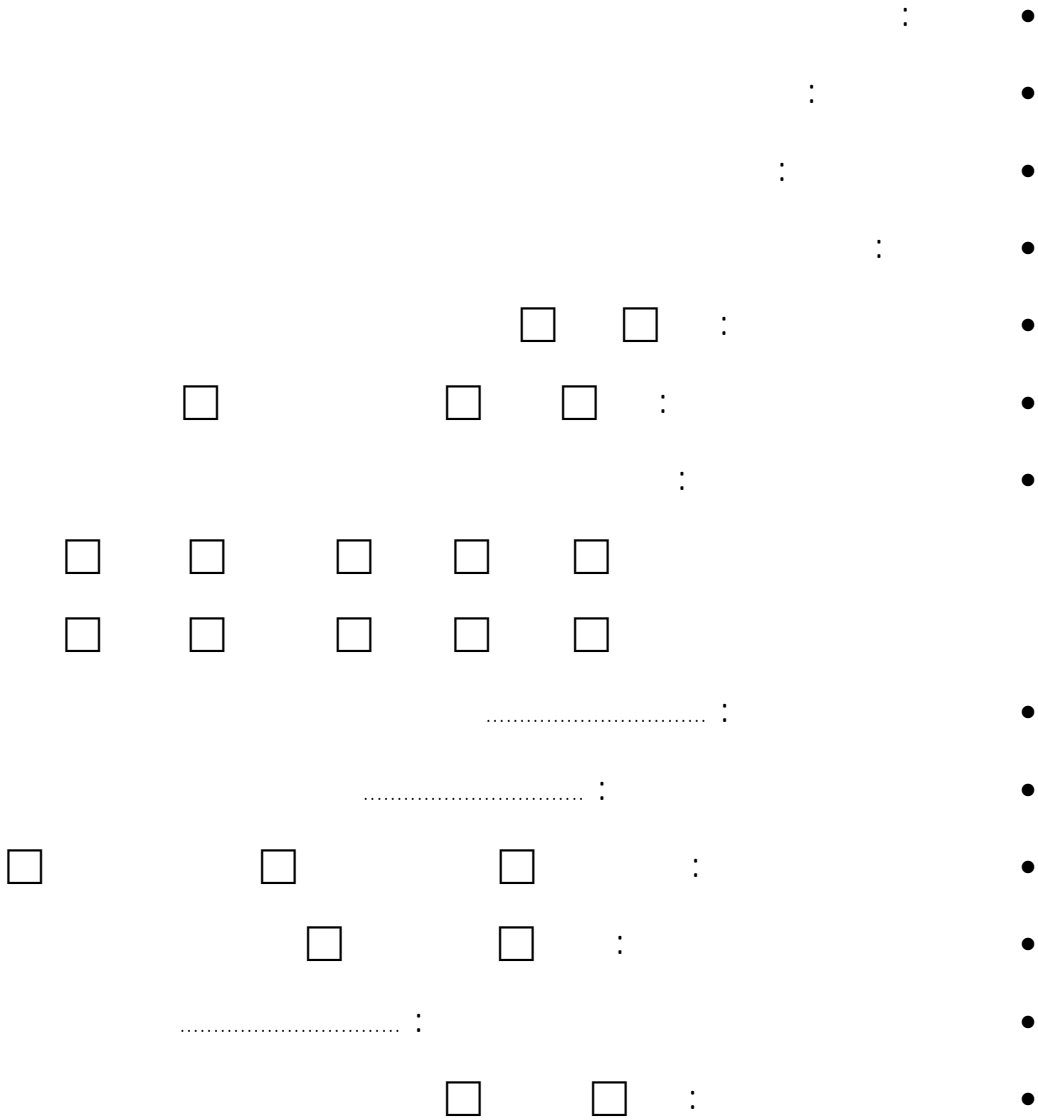
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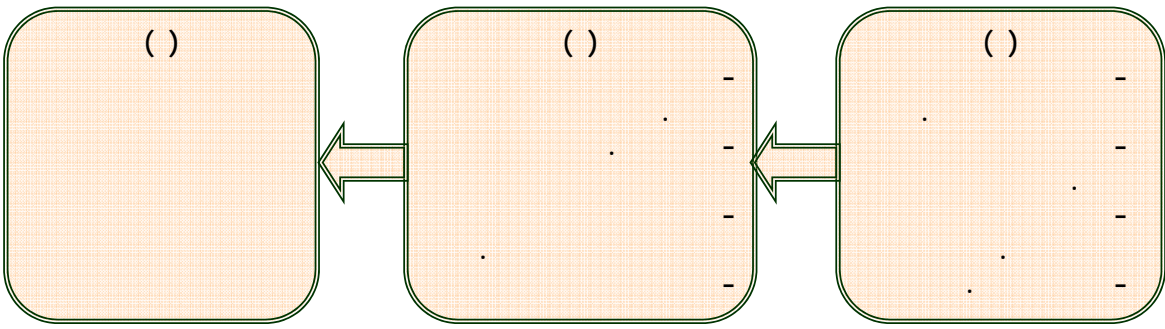
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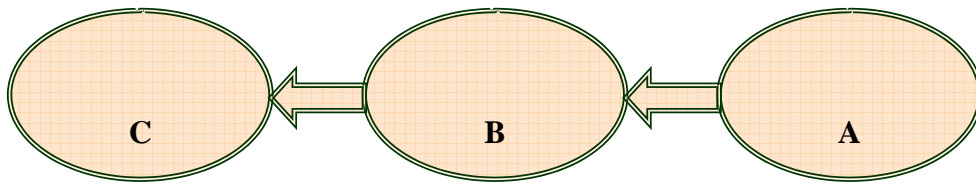
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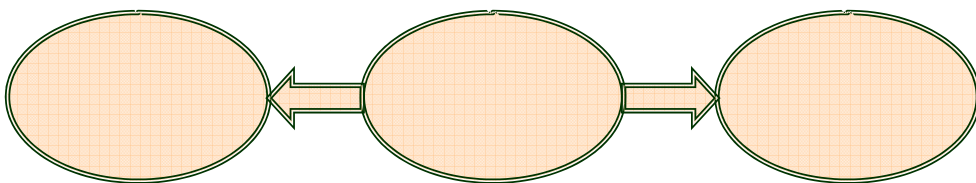
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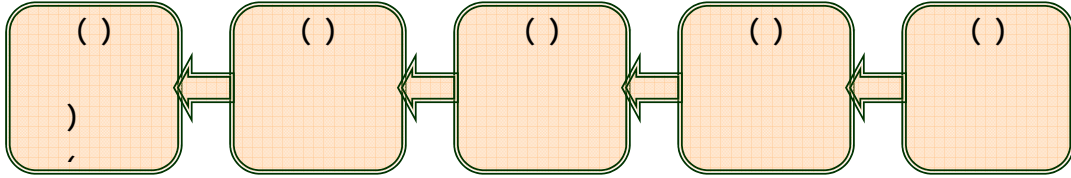
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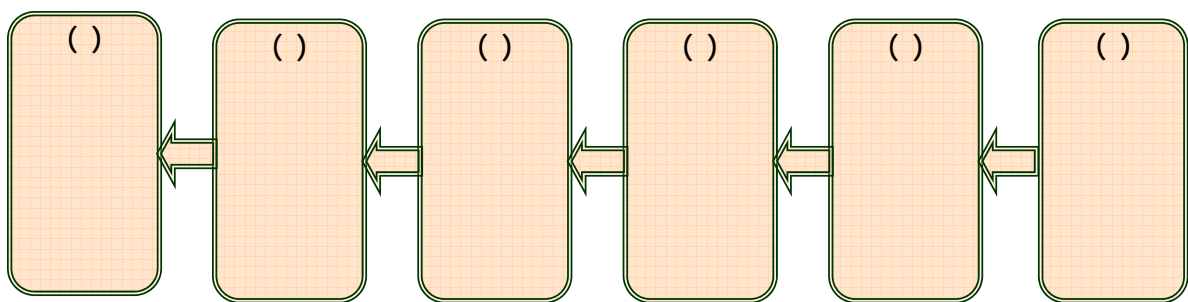
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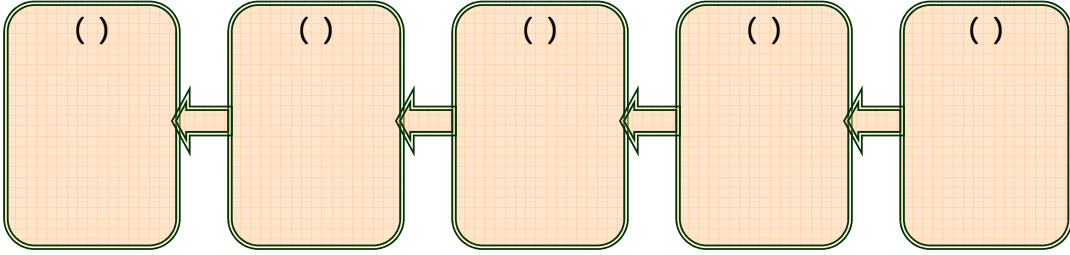
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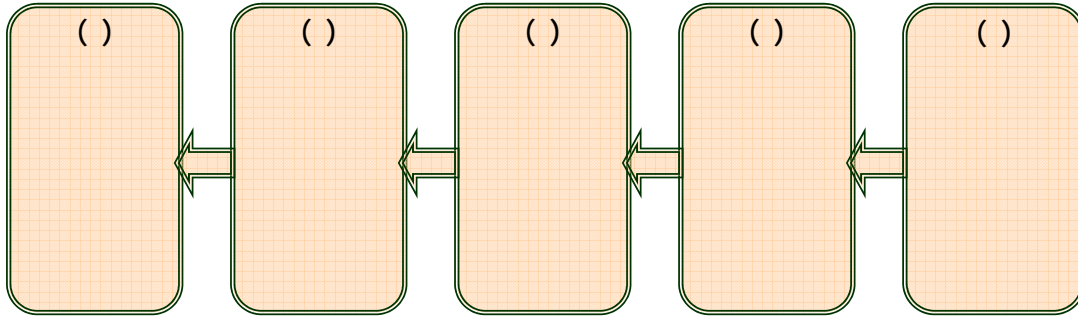
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