The Effect of a Training Program for the Development of Thinking based on Wisdom in Improving Coping Strategies to Solve Stressful Problems for the University Students

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Abstract

The current research aimed at developing a training program for the development of thinking based on wisdom and measuring its effect on improving coping strategies to solve stressful problems for Students of King Faisal University, Saudi Arabia. The participants consisted of (81) students divided into two groups (38 for the experimental group, and 43 for the control group) – students of the first level at King Faisal university, Saudi Arabia. The sample represented the low quarter students of the first level at King Faisal university, Saudi Arabia. The participants consisted of (81) students divided into two groups (38 for the experimental group, and 43 for the control group) – students of the first level at King Faisal university, Saudi Arabia. The sample represented the low quarter

The results of t-test for paired sample revealed that there were statistically significant differences between the experimental and control groups on the dimensions of coping strategies (rational problem solving, avoidance style, negative problem orientation, impulsivity/carelessness style, and positive problem orientation), and the total score in favor of the experimental group. The results of ANCOVAs revealed that there were statistically significant differences between the experimental and control groups on the dimensions of coping strategies (rational problem solving, avoidance style, negative problem orientation, impulsivity/carelessness style, and positive problem orientation), and the total score in favor of the experimental group.

The results of t-test for paired sample revealed that there were statistically significant differences between the mean scores of the pre and post administration of the experimental group on the dimensions of coping strategies and the total score in favor of the post administration. While, there were no differences between the mean scores of the pre and post administration of the control group on the dimensions of coping and the total score. Some recommendations related to the findings of the research areas are suggested.

Key Words: Wisdom, thinking based on wisdom, coping strategies, solving stressful problems

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