

ملخص الدراسة
باللغة الانجليزية

Summary of the Study

1- Introduction

The undergraduate stage is considered a distinguish stage in person's life as it is the end of adolescence and early adulthood. It is a difficult period intervened tension, frustration, conflicts , stresses and anxiety . It includes many problems that come from the pressures that students face in the family, the educational institution and the community as well as the upbringing methods that may create some crises at the psychological and social levels. So, paying attention to undergraduate student and their problems becomes a necessary matter that is imposed on us by the nature of this stage. Also , it becomes important to quantify these students to face life system with its various problems. Underachievement problem is considered one of the problems faced by university students especially in the early years of undergraduate study.

Underachievers are usually viewed as inferiors by those around them. This prevents others to interact with the underachievers and creates many psychological, social and emotional problems to the underachievers such as Alexithymia which is described as a cognitive – affective disorder that reflects the lack of one's ability to identify his feelings and emotions and to distinguish them from those physiological responses associated with them as well as thinking in a way dependent on the experiences of others rather than depending on one's own experiences. The feeling of not being able to identify the feelings and emotions and the inability to move them either verbal or non- verbal to others is considered one of the problems that this group of students suffer from which may have a profound impact

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on their in compatibility at the personal and social levels as well as the ability to form friendships and self – reliance . This requires the intervention of some consultative training or even therapeutic programs to reduce the risks of this problem. This is the reason for carrying out this study to try to identify the ability of the effect of a therapeutic program based on the techniques and strategies of rational emotional behavioral therapy one treating Alexithymia among a sample of underachievers university students.

2- The problem of the study:

The problem of the study is summarized in the following questions:

- A. Rational emotional behavioral therapy an effect on treating Alexithymia among the study sample?
- B. Are there differences between males and females in responses to the therapeutic program
- C. Will the therapeutic program effect continue in treating Alexithymia after the follow – up period?
- D. Does the clinical features of Alexithymia differ before and after exposure to the therapeutic program?

3- Aims of the study: The present study aims to:

- A. Determine the effect of rational emotional behavioral therapy in the treatment of Alexithymia among underachievers university students (male – female).
- B. Identify the difference between males and females of the study sample in Alexithymia after being exposed to the therapeutic program.

- C. Trace the extent continuing the effect of the therapeutic program in treating Alexithymia after the follow – up period.
- D. Trace clinical features before and after the exposure to the therapeutic program to determine the impact of the program on diagnostic clinical features for individuals who suffer from Alexithymia of the study sample.

4- Significance of the study:

The study is significant in the light of the following aspects:

- A. The study deals with a therapeutic trend that has a prominent role in the field of psychotherapy : rational emotional behavioral therapy and an experimental attempt in treating Alexithymia.
- B. The study helps the sample to get rid of Alexithymia which is considered a problem that has significant impact in many personal aspects and which reduces their social competences and their ability to make decisions in life. Furthermore, the study seeks to provide the study sample with skills and ways of logical and rational thinking to push them towards adjustment at psychological and social levels.
- C. The study results may contribute in an attempt to approach the emotional and psychological characteristics of underachievers and to identify the extent of their integration and communication after being subjected to this treatment.
- D. The researcher hopes that the results of the study can help workers in the field of providing counseling and

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educational services to present similar counseling and training programs and to increase the sample to ascertain the extent of the potential application of the therapeutic program used in the study with similar samples.

5- Delimitation of the study: The study was delimited to the following:

- A. The topic that the study addressed
- B. The study sample that included underachievers university students in some colleges in Fayoum university.
- C. Variables used in the study: a treatment program (as an independent variable), and Alexithymia (as a dependent Variable).
- D. The therapeutic method used in the study: rational emotional behavioral therapy .
- E. The period during which the study was conducted: an academic year (2013–2014) in the first and second semesters.
- F. Tools of the study:(Alexithymia scale, irrational thoughts and therapeutic program. All of them are prepared by the researcher).
- G. The statistical methods used in the study.

6- Hypotheses of the study: The researcher tries to verify the following hypotheses:

- A. There are significant statistical differences between mean ranks of the two experimental groups members scores (males– females) in the pre and post measurements on Alexithymia scale and its dimensions.

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- B. There are significant statistical differences between mean ranks of the two experimental groups members scores (males – females) in the pre and post measure on irrational thoughts scale and its components.
- C. There are no significant statistical differences between mean ranks of the two experimental groups members scores (males – females) and mean ranges of the control group scores (males – females) in the post measurements on irrational thoughts scale and its component.
- D. There are no significant statistical differences between mean ranks of the two experimental groups members scores (male – female) in the two post measurements and the followed one on Alexithymia on Alexithymia scale and its dimensions.
- E. There are no significant statistical differences between the mean ranks of the two experimental groups members scores (males – females) in the two post measurements and the followed one on irrational thoughts and it's components.
- F. There is a difference in the clinical diagnostic features of those of high Alexithymia from the experimental study sample before and after the application of therapeutic program.

7- Results of the study:

The study reached to the following results.

- A. The presence significant statistical differences between mean ranks of the two experimental groups members scores (males– females) in the pre and post measurements

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- on Alexithymia scale and its dimensions in favor of the post application.
- B. The presence significant statistical differences between mean ranks of the two experimental groups members scores (males – females) in the pre and post measure on irrational thoughts scale and its components in favor of the post application.
 - C. The presence no significant statistical differences between mean ranks of the two experimental groups members scores (males – females) and mean ranges of the control group scores (males –females) in the post measurements on irrational thoughts scale and its component in favor of the experimental group.
 - D. The presence no significant statistical differences between mean ranks of the two experimental groups members scores (male – female) in the two post measurements and the followed one on Alexithymia on Alexithymia scale and its dimensions in favor of the experimental group.
 - E. There are no significant statistical differences between the mean ranks of the two experimental groups members scores (males –females) in the two post measurements and the followed one on irrational thoughts and it's components.
 - F. There is a difference in the clinical diagnostic features of those of high Alexithymia from the experimental study sample before and after the application of therapeutic program.