

Efficacy of using some techniques of Positive Psychology in improving level of the psychological adjustment for a sample of diabetic patients

Abstract

Diabetic disease is one of the chronic diseases that many children, youth and men may have. There are a lot of side effects in Somatic, Physical, Psychological, Social and Sexual disorders as results of Diabetic Disease. There is a strong relation between diabetic disease and Psychological disorder such as psychological stresses, so diabetic patients suffers from a lot of psychological disorders and mal psychological adjustment, and this disease will stay with the patient as a friend for along time. And hence, the patient is in need of achieving acceptance and agreement with this disease avoiding to any side effects, so this study aimed to improving level of psychological adjustment for a sample of diabetic patients by using some techniques of Positive Psychology. The sample of this study consisted of forty(40) diabetic patients divided into two groups , one were the patients from Tanta University hospital and the other were the patients from Mahalla hospital, The main age of the whole sample was 40,10 years .The tools of this study were a form of collecting main data prepared by researcher, the psychological adjustment scale, prepared by Dr. Zinab Shoker and the Counseling program which prepared by the researcher and based on some principles of positive psychology. The results confirmed (proved) improving in the level of psychological adjustment for the diabetic patients. The main conclusion of this study: there is efficacy of counseling program which biased on principles of positive psychology and positive counseling in improving level of the psychological adjustment for a sample of diabetic patients.

*بحث منشور بمجلة كلية التربية . جامعة بورسعيد .
يناير (٢٠١١) العدد التاسع ١١٧-١٥٣