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# The Effectiveness of a Suggested Unit in Teaching Psychological Problems On Developing The Awareness and Emotional Intelligence Skills Of Students Teachers ( Psychology Section)

An MA thesis

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## **Introduction:**

Education is considered the main pillar of any society in its effort to cope up with scientific and technological progress. The academic curricula are considered the means of education to achieve the aims such as building the minds and ideas of new generations to follow the developments and face the challenges of the future. In order for the curricula to follow the development of today's world, the countries of the world asked educationists to develop the curricula to adapt to the future.

The need for education is increasing continuously and it expands to include what was missing yesterday, Education prepares the youth as well as the groups for the future according to the philosophy and opinions of the society.

Education is a life process from which the individual learns life and develops his personality physically, mentally, emotionally and socially. Education is the intentional or unintentional process conducted by the society to socialize the new generations and make them aware of their roles in the society.

Consequently, education plays a basic role in shaping the individual through arming him with knowledge, skills and through developing his abilities, forming his attitudes, making him a flawless human who is able to adapt socially and who cares about his society at the same time.

The clear progress that happened in all science branches in general and in psychology in particular led to the qualitative and quantitative enhancement of knowledge which was difficult to be included in the academic curricula to cope with these developments.

In order that the society cope up with this information revolution and face these developments and changes resulting from this revolution, people responsible for the educational process should do their best to find method and new strategies that develop the critical thinking of students and help them adapt with the information revolution and face the increasing human knowledge and bridge the gap between practical and theoretical sides. The psychology curriculum shouldn't lag behind this development. It should be connected to the psychological atmosphere in which the students live in order to reflect the issues and psychological problems they face to help them be aware of the conditions around them. This helps our students to relate what

they study to their life.

Therefore, the main goal of studying psychology is to achieve the integrative growth for all aspects of personality which are: the physical, emotional, mental and social sides.

Therefore, studying the psychological problems that might face the student -teacher is considered one of the most important aims of psychology study. The student who is overloaded with problems can't achieve the aims required from him as these problems hinder his social and mental activity and academic adjustment hence the importance of helping the student overcome his problem.

Psychology studies psychological phenomena as shown in complicated human behavior and mental processes that accompany this behavior. Psychology also studies the individual as a social being whose behavior is controlled by innate predispositions he has since he was born and the variations in the environment that he lives in as the individual affects his environment and is affected by it.

Psychology studies the human behavior, its causes, its motives, how to predict it, how to modify it through experimental studies and research.

Based on the above mentioned, psychology should include emotional, social, mental and psychological needs. It is one of the humanities that investigates the psychology of the individual to figure out his motives, capabilities to help him identify his life style, direct him, solve his problems and achieve a happy life.

Despite the importance of teaching psychology in the life of students and the relation between its topics and their psychological, social and personal problems and motives, yet the status quo of teaching psychology doesn't achieve the required aims.

Many studies confirmed that psychology doesn't achieve its aims and it only presents psychological knowledge not problems that engage the student's thinking and increase his creative abilities.

There is an increasing need to revise, and develop psychology to be more related to student's lives and to achieve a social and psychological agreement for them.

Thus, the researcher view the importance of psychological

problems study by a student – teacher is due to the fact that the world has become a small village because of science and technology.

The individuals' problems have become common all over the world. Studying students' problems is a must that should be studied on a scientific base.