

Ministry of Higher Education & Scientific Research

University of Diyala

College of Basic Education

Department of Psychological Conducting & Educational
Guidance



**Constructing A Suggestive Conducting Programme in Form of
Systematic Desensitization in Minimizing Concern birth**

A Thesis submitted to the Council of the College of Basic
Education in Partial Fulfillment for the Requirements of the
degree of Master of Arts in Psychological Conducting &
Educational Guidance

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2015 A.D

1436 A.H

Abstract

The study aims at Constructing a Suggestive Conducting Programme in Form of Systematic Desensitization in Minimizing Concern birth .

To achieve this aim , the researcher took into consideration the following :

1 . Constructing measurement meant for measuring Concern birth .

The tool was checked by group of experts who agreed on 30 clauses with some linguistic modifications in the fields of psychology and physiology. Face validity & Construct validity and stability were pointed out by using Cronbach's alpha and Split half methods.

2 .constructing a conducting programme in form of Systematic Desensitization on the basis of the behavioural theory . However , the researcher collected the measurement clauses so as to help constructing the conducting programme which was of about 14 conducting sessions . This programme was checked by group of experts and its validity was deduced as well.

The following statistic tools were used :

1 .The average and standard deviation for the measurement clauses .

2 .T .test of two independent samples for testing the difference in the average marks of the upper & lower groups in deducing the distinctive force of the measurement clauses.

3 . Pearson's correlation coefficient to deduce the coefficient stability of the measurement as well as to find out the relation between each clause mark and the measurement total mark .

4 . Cronbach's alpha equation & split-half stability coefficient to deduce stability.

5. Correcting correlation coefficient by using Pearson – Brown's equation.

In the light of the above mentioned procedures , the researcher comes to number of recommendations & suggestions.

Among these recommendations:

1- To take advantage of the counseling program prepared by the researcher to demonstrate efficacy in reducing anxiety birth by the authorities concerned.

2-Benefit from the measurement tool developed by a researcher at the current research and use that for the purposes of disclosure concern birth and measured.

And proposals:

1-To conduct a study on the state of depression that catch the pregnant woman after her knowledge of the sex of the fetus.

2-A study depend on other guidance techniques such as relaxation method in relieving anxiety birth.