



Fayoum University  
Faculty of Education  
Department of Curricula and Teaching Methods

# **A Proposed Program for Issues of Happiness Psychology to Develop Lateral Thinking and Psychological Hardiness among Student Teachers in Psychology Department**

**A Dissertation Submitted for the fulfillment of Ph.D. degree in education  
"Curricula and Teaching Methods Department"**

**By**

**Amira Mahmoud Mohammed Semida**

An Assistant Lecturer at Curricula and Teaching Methods Department

Faculty of Education- Fayoum University

**Supervised by**

**Prof. Amal Goma Abdel Fattah**

Professor of Curricula  
and Teaching Methods  
of Philosophy and Sociology  
Faculty of Education  
Fayoum University

**Prof. Abdallah Ibrahim Youssef**

Professor of Curricula  
and Teaching Methods  
of Philosophy and Sociology  
Faculty of Education  
Fayoum University

**Dr. Abeer Shafik Mohammed**

Assistant Professor of Curricula and  
Teaching Methods of Psychology  
Faculty of Education Girls Cairo  
Al Azhar University

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## **Abstract of the research**

**Research title:** A proposed program in the psychology of happiness issues for developing lateral thinking and psychological hardiness among student teachers at the Psychology Section

**Name of the researcher:** Amira Mahmoud Mohamed Samida

**Advisors :** Prof. AmalGomaa Abdel-Fattah.

Dr. Abdullah Ibrahim Youssef

Dr. AbeerShafiq Mohamed Abdel Wahab

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Faculty of Education - Fayoum University.

**Research language:** Arabic.

The problem of the research represented in the weakness of lateral thinking skills and the level of psychological hardiness among student teachers, at the Psychology section, which the current research aimed to develop and improve. Therefore, the researcher suggested a program in the psychology of happiness issues to develop lateral thinking skills and psychological hardiness for the student teachers at the Psychology section. The aim of this Research is to reveal the effectiveness of a proposed program in the psychology of happiness issues for developing lateral thinking and psychological hardiness among student teachers at psychology department. This Research used the descriptive analytical approach and the experimental approach, the Research Instruments utilized include, A list of the issues of the psychology of happiness, A list of dimensions of psychological hardiness, Student teacher book, Teacher's guide, Psychological Hardiness Scale, Lateral thinking test. The research sample consisted of (32) male and female student teachers at the Psychology section, The results of the current research have revealed the effectiveness of the proposed program in the psychology of happiness issues in developing lateral thinking skills and psychological hardiness among student teachers, Psychology section, thus achieving the main purpose of the research, the researcher recommends the necessity of reorganizing the psychology courses, in order to reduce the gap between what the student studies and what the student is contemplating. Hence, attention should be paid to teaching current issues and problems, whether psychological or social. Psychology is a science that encompasses several fields that accommodate all issues raised on the scene.

**Keywords:** (Psychology of happiness issues - lateral thinking skills - psychological hardiness).