

Positive expectation and its relationship to life management methods among female students of the kindergarten department

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ABSTRACT

The current research aims to identify the relationship between positive expectation and life management styles for female students in the kindergarten department.

The current research determines the students of the kindergarten department in (Al-Mustansiriya University / College of Basic Education) for the academic year 2020-2021, morning and evening studies.

In order to achieve the goals of the current research, the researcher built two measures (positive expectation, life management methods) if the number of paragraphs of the positive expectation scale reached (30) items, and the scale of life management methods (60) items, and their psychometric properties were verified and the two tools were applied to a sample of (400) female students were regularly selected from the Kindergarten Department in (College of Basic Education / Al-Mustansiriya University) for the academic year (2020-2021).

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important requirements to adapt the individual and keep pace with the changes that characterize this era, so the individual is in dire need of a set of skills that enable him to coexist with life and face his problems in a more positive way, as well as enable him to think constructively about the course of affairs around him, and to rely on himself In making his decisions (Ahmad: 19: 2013)

Given the importance of these variables, this study came to reveal the positive expectation relationship and life management methods by answering the following question:

Is there a relationship between positive expectation and life management styles for female students in the kindergarten department?

research importance:

The university is an important educational scientific institution that has the responsibility to meet the developmental needs of society, solve its current and future issues, problems, and challenges, assist it in preparing qualified human cadres in the various scientific fields that it needs, and contribute to conducting theoretical, procedural and applied scientific research related to its issues and problems, and community service

Chapter 1

Research problem:

Positive psychology topics have become the focus of psychological research and studies recently, as many and many studies have recently appeared on the scientific scene that focus on the basic trends of positive psychology, the most prominent of which is the focus on the positive aspects of personality instead of focusing on the disorders and negative aspects (buzz and buzz) , 125: 2016) Positive expectation is one of the dimensions of positive thinking, that is, what we expect to happen becomes the principle of thinking what we expected, that is, when the student expects to be successful and persistently, he thus makes the idea of success more capable and directs his behavior towards achieving it, and this will make him happy in his life (Shaban, 620)

That life skills are among the basic skills that an individual must have, whether he is a teacher, student, or owner of any profession in society, as they are the positive behavioral guide that helps him to act in different situations intelligently and effectively, and he can be successful in his choices and decisions that he makes in his life in general. Life management is among the necessary and

aspects of a person's social and professional life in the future / positive feelings in terms of a person's enjoyment of emotions centered on sympathy, happiness and reassurance in personal and social relationships with others (Seligman & Pawelski, 2002: p. 162)

Second: life management methods:

(Diabat, 2018) is a group of life "styles and skills" related to coexistence with circumstances and developments, which are different from one person to another depending on his personality factors, his cognitive structures, his culture, and his social environment. (Diabat, 2018)

Theoretical framework:

First: Expectation Positive:

Positive psychology works to discover the principles, positive aspects, abilities, traits and positive skills in the personality of the individual, meaning careful search for areas of strength and discrimination in the personality of the individual, its development, emphasis on it, empowerment and preparation for its growth and care, so that it becomes an immunization against the threats and frustrations that the individual may face. In the course of his daily life (Muhammad, 2010, 129)

The expectation is a possibility for something to happen and the expectation is based on the future. It may or may not be realistic since a person's expectation is directly related to a self-prophecy, the odds are that this person will see the predictions according to their inevitable end, if excessively positive expectations are used to describe or use. The self-image of a person and a failure of these expectations occurred, the results can be reflected in this person's self-confidence, and if thinking is done in terms of causation or cause and effect, the more the person's expectations and the less implementation, the level of frustration may become higher. This, in turn, could cause the effort to stop completely. (2003: 87, Lazarus)

Second: Management Techniques Life:

The concept of Management Life reflects a set of personal and social skills and the necessary tool among individuals to deal confidently and competently with themselves and with others, and with society, which enables them to properly

And its development and rehabilitation with specialized technical expertise to engage in work and life (Al-Hallaq, 2014: 145)

Positive expectation has different axes, the most important of which is the individual's expectation of himself as competent, capable and successful, his expectation of others that they are wonderful and cooperative, and the individual's expectation of life as beautiful, wonderful and happy, and his expectation of his goals as being possible and attainable. (Al-Qamish, Al-Jawalda, 395:391)

Life management is considered one of the modern topics in the field of psychology, where no two people disagree that the arrangement of the individual for his life in terms of his resources and capabilities is one of the most important things that enable the individual to accomplish his work in a good way quickly and the better a person makes good use of this arrangement, the more that increases his abilities to Managing his life effectively, and no one doubts that we have been created in this life for a wise reason. Life management is defined as the ability of the individual to manage what he uses and which was made available to him and the ability to plan for the future and use the best methods to accomplish the work as well as manage his personal life in a distinctive way (Person, 2002).

research aims

The current research aims to identify:

- 1-Positive expectation of female students in the kindergarten department.
- 2-Life management methods for female students in the kindergarten department.
- 3-Is there a correlation between positive expectation and life management styles for female students in the kindergarten department)

search limits:

The current research is limited to female students of the kindergarten department at the College of Basic Education / Al-Mustansiriyah University for the academic year 2020/2021.

Search terms:

First: the positive expectation knew it (Seligman & Pawelski, 2002) - those constructive expectations that aim to achieve gains in various

This approach is considered an appropriate approach to the nature of the research and its objectives, and which seeks to determine the current situation of the phenomenon studied, (Melhem, 2000: 324)

Of Research Population:

refers to the community (Population) the total group (Universal) with the elements that the researcher seeks to generalize upon the results related to the problem (Odeh and Makawi, 1992: 159). In the College of Basic Education / Al-Mustansiriya University / for the academic year (2020/2021), the number of (400) students are divided into four stages, and Table (1) explains that

interact with the requirements of life and resist the challenges of daily life pressures (Mansour, 2014)

Life management represents a set of behaviors that depend on the knowledge, skills and attitudes that the individual needs in order to be able to interact positively and objectively with the changes of the times, thus contributing to the achievement of his expectations and his psychological well-being. (Mansour, Demerdash, and Shend, 2015)

Chapter Three: Research Methodology and Procedures:

Search procedures:

In this research, the descriptive approach is based on observing and analyzing what exists.

Table (1)

Number of female students of the kindergarten department at Al-Mustansiriya University for the academic year (2020-2021)

THE NUMBER	EVENING NUMBER OF STUDENTS	THE NUMBER OF STUDENTS IN THE MORNING	STAGE
333	30	303	First
174	149	25	the second
104	55	49	The third
110	72	38	The fourth
721	306	415	Total

tools with psychometric characteristics was required to achieve the research objectives, namely:

1-Positive expectation scale

By reviewing Seljman's theory and previous studies and reviewing the scales related to the research topic, the researcher was unable to obtain an appropriate scale to measure the positive expectation of the students of the kindergarten department in which the necessary characteristics and conditions are available. Therefore, the researcher decided to build a scale to measure the positive expectation of the students of the

The final application sample

A sample of female students in the Kindergarten Department was also chosen by the systematic random method, where the same number (400) female students from the Kindergarten Department of Al-Mustansiriya University of the College of Basic Education was selected. Table (2) illustrates this.

Third: Research tools

Since the research aims to know the relationship between positive expectation and its relationship to life management methods for female students in the kindergarten department, so the availability of

differences between the mean scores of the upper and lower groups for each of the (30) paragraphs of the scale, and the paragraph analysis process requires a sample whose size is proportional to the number of paragraphs to be analyzed. (Nunnally,1970)

department. Kindergarten and the researcher followed the following steps:

-The researcher adopted the theory of (Seljman) positive thinking.

The discriminatory strength of the paragraphs was calculated using the T-test of two independent samples, to test the significance of the statistical

T-VALUES	LOWER GROUP		THE TOP GROUP		T
	standard deviation	SMA	standard deviation	SMA	
9.87	1.08	3.60	0.53	4.75	1
9.79	0.87	3.76	0.55	4.74	2
11.60	0.89	3.81	0.34	4.88	3
9.65	1.04	3.60	0.56	4.70	4
15.28	0.91	3.32	0.42	4.80	5
12.20	1.11	3.28	0.50	4.72	6
13.48	1.13	3.02	0.56	4.67	7
13.86	1.15	3.07	0.52	4.76	8
15.71	0.94	3.37	0.32	4.87	9
14.02	1.18	3.20	0.35	4.87	10
16.09	1.07	2.97	0.47	4.78	11
13.82	1.12	3.25	0.37	4.83	12
11.26	1.16	3.66	0.25	4.95	13
12.68	1.11	3.47	0.37	4.90	14
18.36	1.08	2.92	0.29	4.90	15
13.58	1.23	3.04	0.53	4.80	16
11.00	1.00	3.76	0.34	4.88	17
8.01	1.18	2.79	1.16	4.08	18
9.21	1.21	2.83	1.04	4.25	19
12.21	1.06	3.59	0.30	4.89	20
13.89	1.13	3.19	0.41	4.81	21
14.88	0.99	3.35	0.39	4.88	22
14.45	0.92	3.37	0.40	4.82	23
11.65	1.18	3.20	0.57	4.68	24
8.35	1.22	3.49	0.77	4.65	25
8.62	1.23	3.92	0.18	4.96	26
10.76	1.29	2.57	0.97	4.25	27
17.45	0.97	3.22	0.26	4.92	28

15.19	1.07	3.11	0.40	4.79	29
14.49	1.01	3.27	0.43	4.81	30

properties of the scale have been extracted to ensure its validity and reliability .

the fourth chapter:

This chapter includes a presentation of the research results that the researcher has reached according to the sequence of objectives that were presented in the first chapter:

The first goal: To identify the positive expectation among students of the kindergarten department:

The second tool: Life Management Styles Scale:

By reviewing the literature and previous studies and reviewing the measures related to the subject of the research, the researcher found that it is better to prepare a scale to measure life management methods to be suitable for the characteristics of the current research community and to meet the conditions of scientific standards towards honesty and reliability. The psychometric

The t-test for the difference between the arithmetic mean of the scores of the sample as a whole and the hypothetical average of a positive expectation scale

Indication level	T-value		The hypothetical mean	Degree of freedom	standard deviation	SMA	the sample
	Tabular	Calculated					
0,05	1.96	37.037	90	399	17.914	123.175	400

from obtaining various information in all fields to achieve benefit and enjoyment to obtain information related to the satisfaction of their needs.

The second goal: To identify the life management methods of the kindergarten students

T-test for the difference between the arithmetic mean of the scores of the sample as a whole and the hypothetical average of the life management methods scale

The calculated T value of (37.037) is greater than the tabular T value of (1.96) at the level of significance (0.05) and the degree of freedom (399), which means that it is a statistically significant function.

The researcher believes that the sources of positive expectations come from his expectations of success at the present time, and given the circumstances that the student is going through and not going to the university in a presence that made him well informed and able to use the appropriate tools to obtain this positive expectation, as well as the abundance of computers and smart devices and Software applications that represent the student

Indication level	T-value		The hypothetical mean	Degree of freedom	standard deviation	SMA	the sample
	Tabular	Calculated					
0,05	1.96	31.666	180	399	34.054	233.920	400

The calculated T value of (31.666) is greater than the tabular T value of (1.96 degrees) at the level of

to face difficulties and challenges, and that the provision of life management methods helps reduce stress, and also works to provide individuals. Social skills.

The third goal: The correlation between positive expectation and life management styles among students of the kindergarten department:

significance (0.05) and the degree of freedom (399), which means that it is a statistically significant function.

In the interpretation of the result according to the viewpoint of the World Health Organization (1994), the researcher believed that life management skills enable the individual to deal with all the requirements of life and make him able

Correlation coefficient between positive expectation and lifestyle management methods

Indication level	T-value		Degree of freedom	Correlation coefficient value	variable
	Tabular	Calculated			
0.05	1.96	14.775	399	0.591	Positive expectation and lifestyle management

3-Working to strengthen the students of the kindergarten department towards working with the child through incentives and encouraging rewards that increase their positive expectations in the future.

The proposals

Through the research results, the researcher reached the following suggestions:

1-Conducting a quasi-experimental study on the positive expectation variable and electronic mastery motivation for university students as a whole.

2-Conducting a similar study on larger samples such as university students in general and at the level of Iraqi universities.

3- Conducting a study of life management methods and their relationship to some variables that the researcher did not address, such as (psychological well-being, achievement motivation, personality patterns, electronic identity).

The calculated T value (14.775) is higher than the tabular T value of (1.96) at the level of significance (0.05) and with the degree of freedom (398).

It is evident from the above table that there is a positive correlation between positive expectation and life management styles. The researcher explained this result to the fact that the more positive expectation, it positively affected the styles level of the kindergarten students.

Recommendations:

1-Paying attention to positive programs and specialized courses in the concept of positive expectation and to raise the level of life management methods for students in general.

2-Coordination between the Ministry of Higher Education and Scientific Research with other ministries related to scientific, sports and cultural activities in order to create opportunities for female students to renew their activities and entertainment in order to alleviate the pressures they were exposed to in the face of life management methods, whether at work, the street, or at home.

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