

## **Preparatory optimism among educational counselors**

By

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### **Summary of the Research**

The aim of the current research is to identify: the preparatory optimism of educational counselors. The current research community has been identified with educational counselors in the Directorate of Education of Wasit Governorate, Dhi Qar and Maysan for the academic year (2021-2022), and their number is (1365) male and female counsellors, and the sample of the current research included ( 300) Mentor and mentor, and after the researcher reviewed the literature and previous studies, he adopted the (Al-Asadi, 2019) scale of preparedness optimism, which consisted of (32) items, and the psychometric characteristics of honesty and stability were extracted, and the research sample was relied on (300) and the data was analyzed Statistically using the statistical bag for social sciences (spss). The results showed the following, that the educational counselors enjoy a good degree of optimism in preparation, and in light of the results, the researcher developed a set of conclusions, recommendations and suggestions.

**Keywords:** optimism readiness, educational counselors.

### **Chapter One**

#### ***Research problem***

Psychological counseling is one of the channels of psychological service that is provided to normal individuals or groups, with the aim of overcoming some of the difficulties that hinder their readiness and compatibility. Freeing their latent energies so that they can benefit from their abilities and potentials and overcome their problems and thus lead to achieving compatibility with the environment in which they live, and encourage them to provide guidance services (Al-Asadi, 2001: 24). Despite this status, the progress of the extension process is still slow in a way that makes it unable to advance the scientific and social level to the level of success and advancement. Guiding has negative effects, which is the feeling of fatigue and physical and psychological exhaustion, which makes them unable to complete the tasks assigned to them and thus makes some of them unsure in their professions, which has negative effects that are reflected in achieving desirable results in the guidance work (1997: 3, bandura).). This was confirmed by the study (Al-Asadi, 2019). The researcher found what strengthened the studies from the visits that the researcher made to a group of schools and conducting direct personal interviews with educational counselors to identify the most important problems and difficulties facing counselors, and most educational counselors suffer from weak ability to do The guiding tasks entrusted to them include diagnosing the cases facing students at school, solving the problems they are exposed to and other cases facing the students, as well as exposing them to situations that cause them to feel anxiety, tension and psychological suffering due to the job burden, the lack of cooperation of school administrations with them, the limited powers and the lack of space What is appropriate for some of them, and other

matters that give rise to negative effects on the readiness for optimism, and based on the foregoing, the problem of the current research becomes clear in answering the following question:

***Do educational counselors enjoy preparatory optimism?***

***The importance of the research***

The prepared and qualified manpower is the basis for the progress of different peoples and nations, and if the appropriate working conditions are provided for them, and their biological, psychological and social needs are met, their role in production will be more feasible and more effective (Al-Qahtan, 2013: 59). The profession of psychological counseling is considered one of the most prestigious educational professions in the modern era, and that the relationship of the profession of counseling with education is a coherent and integrated relationship, as modern education considers the profession of educational counseling an integral part of it, but rather it is an essential pillar of its pillars, and (Von) pointed out that it is not possible to think about education. Far from guidance, as guidance includes the processes of learning and teaching and behavior modification, and education includes the process of guidance and counseling (Al-Zubaidi, 2001:29). The educational counselor, by virtue of his scientific preparation and experiences in counseling, is the most capable of dealing with the student's personality and understanding his needs and tendencies. Gibson believes that the counselor is the only qualified person within the school who has been prepared for individual and collective counseling services and building development, preventive and curative plans for counselors and his effective guide. His identity, knows who he is and what he wants from life, knows what he is doing, knows what is essential and essential to his work, effective mentors are able to give assistance and are motivated in accomplishing tasks that enable them to provide counseling services, as well as their parents are ready for change and flexibility rather than stability and inertia (Al-Khawaja, 2006): 10). The concept of preparatory optimism is one of the most prominent preparations in the face of the negative consequences of psychological and social pressures facing individuals in their daily lives, which are attracted by the amazing rapid changes in all fields of political, social and psychological life represented by the current revolution expressed in the revolution of communications and its tools, satellite channels and the Internet. Predisposition is one of the important psychological concepts that has taken center stage in various modern psychological studies, and it has shown many controversial issues, despite the importance of the concept in human life in general and psychological life in particular (Al-Jubouri, 2018: 72). For the survival of the individual, and the continuity of life, he is the biological force that directs and motivates him (Abd al-Khaliq, 2007: 7). And that one of the most prominent features and qualities that an effective educational counselor possesses is his readiness for optimism, as it represents one of the traits required in the personality of the counselor in order to enable him to deal well with the various guiding situations, he is going through in addition to maintaining mental and physical health, and not being exposed to the disturbances that he is going through. It is a result of work pressures such as blood circulation, heart disease and many others, where the guide who is ready for optimism is calm and deals effectively and directly with the situations he is going through, and thus they achieve and reach great successes in the field of educational guidance (Al-Sayed, 2007: 20).

The study (Al-Asadi, 2019) also showed that the counselors' ability to be prepared for optimism is due to the set of personal and cognitive skills that the counselor possesses, and according to the nature of his work, as he constantly seeks to instill hope and optimism and overcome difficulties in the hearts of students (the counselors), and therefore the characteristic of optimism is supposed to be a basic and essential feature in his personality to perform his work (Al-Asadi, 2019: 89).

### ***Research objective***

The current research aims to identify the degree of preparatory optimism among educational counselors.

### ***Limits of the research***

The current research is determined by educational counselors in the General Directorate of Education of the Governorate (Wasit - Maysan - Dhi Qar) for both sexes (males - females) for the academic year (2021-2022).

### ***Define terms***

#### ***Preparatory optimism and its definition: Shire and Carver, 1987***

prepare the individual to adopt positive expectations about the future life and achieve the results that he hopes to achieve in light of the current circumstances (carver-shire, 1987: 34).

## **Chapter II**

### ***The first axis***

#### ***the theoretical framework***

The concept of preparatory optimism: The concept of optimism is relatively recent, compared to other psychological concepts that psychologists have taken care of. To happiness (Dardi, 2010: 120). (Martin Seligman) discovered the concept of preparatory optimism through the scientific study of learned helplessness that was presented in his book (Educated Optimism, 1990). and unsatisfactory, some other people blame the experience that made them fail, and here Seligman directed his focus to discovering what prevents making some people impotent, and the answer is preparatory optimism (2: 2013, wikipedia). Preparatory optimism represents the meaning in life. It focuses on what is to come in the future, near or far. An individual who is characterized by a positive self-esteem is more optimistic in life and happier than an individual who has low self-esteem. Self-esteem is the ability to change and modify an individual's behavior for the better and makes him He has the courage to refine his personality and adjust his behavior. When our self-image is clear and healthy, we feel worthy of life, optimistic and capable of facing its challenges (Malley & Reisner, 2006:36).

#### ***Theories that dealt with preparatory optimism***

***First- Psychoanalytic Theory (Sigmund Freud, 1905):*** (Sigmund Freud), the founder of the (psychoanalytic) theory, believes that preparatory optimism is the rule or foundation in life, and that any pressures, events or problems that occur to the individual prevent this optimism from continuing. Rather, they are special cases that quickly disappear with the demise of these attitudes, and since Freud tries to explain psychological problems or disorders in the individual by referring to the first five years of a child's life, Freud believes that optimism arises in the oral stage of the child's life, as it is a characteristic of the personality Alfmeh, and that what the child is exposed to in terms of safety and security affects the possession of this name, and at this stage, Freud agrees with Erikson in looking at this stage as the important factor in the child's gaining self-confidence or not, and this is reflected positively on the optimism of the individual while After, the child obtains this trust from the outside world through the mother's role in satisfying the child's needs, which leads to trust in the outside world (Abdullah, 2008:52). The importance of the mouth appears in this stage of an

individual's life, which Freud called (the oral stage) because the mouth is the child's way of exploring the world around him, and after this stage with a period of time comes another stage, which is latency, which lasts five years, as Freud indicated, and at this stage he tries The individual has the stability and consolidation of the traits he has acquired in the oral stage, including optimism in preparation, and Freud also believes that the excessive oral saturation of the child at this stage will make him one of the characters who are excessively optimistic and rely on others, but if the opposite happens, the individual will perform behaviors that reflect his lack of optimism in life and People like to stir up problems, hate and permanent controversy. On the other hand, Freud's theory confirms that breastfeeding a child from his mother's breast helps him feel happy and reassured, and thus creates optimism and hope for him in the future. (Al-Ghaliby, 2018: 25).

**Second - Behavioral Theory:** Preparatory optimism is the result of acquired and learned conditional responses through the environment in which the individual lives, and this means that the repetition of the occurrence of something joyful over certain periods of time leads to the acquisition and emergence of preparatory optimism in the individual (Al-Jubouri, 2018: 20).

Behaviourists believe that predisposition optimism, like other behaviors, can be learned by association or on the basis of a conditional reflex action, and by virtue of considering readiness for optimism as one of the learned conditional responses. Exciting association with something pleasant This stimulus results in optimism and predisposition about the other person in a positive way. (Muhaisen 2012: 59).

### ***The second axis, previous studies*** ***Preparatory optimism***

**1- Study (Al-Asadi, 2019)** Predisposition to optimism and its relationship to endurance and the counseling environment of educational counselors:

The study aimed to reveal the correlation between preparedness for optimism and a relationship to environmental endurance. The study sample was (200) mentors and counselors in the morning government schools affiliated to the Basra Directorate for the academic year (2017-2018). Statistical methods were used according to the statistical package for social sciences (spss) in data processing. The study concluded that the counselors enjoy a high degree of readiness for optimism, and the study showed that there are statistically significant differences according to the gender variable in the willingness to be optimistic and in favor of the counselors, and counselors also enjoy a high degree of endurance, and there are statistically significant differences according to the gender variable in endurance and in favor of the counselors. The counselors have a high degree of the counseling environment, and there are statistically significant differences also according to the gender variable in the counseling environment and in favor of the counselors, and there is a discrepancy in the extent of the contribution of the independent variables (endurance, the indicative environment) to the dependent variable (willingness to be optimistic), (Al-Asadi, 2019): Y-Z).

## **Chapter III**

### ***Research Methodology and Procedures***

**First: Research method:** It is necessary to follow a specific approach through which the phenomenon under study can be described and analyzed. By giving us a number describing its amount, size, or its relationship with other phenomena, or describing the phenomenon qualitatively, that is, giving its characteristics (Obaidat and others, 1996: 289), so the current

research adopted the descriptive approach as it is the most appropriate method for this study.

**Second: The research community:** it means all the vocabulary or units of the phenomenon that includes the research, and the community is defined as all the individuals who carry the data of the phenomenon that are available to the study. 66) The current research community is determined by educational counselors in the General Directorate of Wasit, Dhi Qar and Maysan governorates. These data were obtained from public education and owners, Educational Guidance Division (1-b), and from both sexes (males - females) for the academic year (2021-2022), and their number is (1365) male and female guides, as the number of males is (900) and the number of females is (465).

**Third - The research sample:** It is a part of the society in which the study is being conducted, chosen by the researcher to be studied (Daoud and Abdel Rahman, 1990: 67). Statistical for all items of scales, which is one of the basic steps for building each scale (Anastasi, 1976:192), The statistical analysis sample consisted of (300) male and female counsellors, who were selected by the stratified random sampling method, with (170) males (56.6%) and (130) females (43.4%).

#### **Fourth: The search tool**

**The Preparatory Optimism Scale:** After reviewing the literature and previous studies related to the current research, the researcher adopted the (Al-Asadi, 2019) scale, which consists of (32) items divided into two components (positive expectations about future life), (hopes to achieve the results Which he hopes) and according to the opinion of arbitrators specialized in the field of education and psychology, who confirmed the possibility of using this scale on educational counselors.

#### **Paragraphs are valid**

The researcher presented the preparatory optimism scale to a group of arbitrators consisting of (10) arbitrators specialized in educational and psychological sciences in order to estimate the validity of the paragraphs, with the proposal of appropriate modifications in the formulation of the paragraphs and to identify the validity of the response alternatives. 80%) of the arbitrators or more, with modifications to some paragraphs and re-drafting, and thus the scale became ready for application and consisted of (32) paragraphs.

#### **Answer alternatives and scale correction**

The researcher adopted the Likert method in preparing the items for the scale, and it is one of the most common methods of measurement, and the best in predicting behavior, and that the five alternatives are (always apply to me, apply to me often, apply to me sometimes, apply to me rarely, never apply to me at all). When correcting the scale, grades are given from (5-4-3-2-1) for the positive items (1-2-3-4-5) for the negative items, and the highest score on the scale is (160) and the lowest score is (32).

#### **Scale instructions**

The instructions are a guide that guides the respondent during his answer to the paragraphs for each scale, and the instructions are easy and understandable, and the respondent was stressed in them to choose the appropriate alternative, which expresses his opinion by placing a mark (P) in front of the appropriate alternative. And that there is no right or wrong answer, and that the answer will not be seen by anyone but the researcher, and it will be used for scientific research purposes.

**Experiment with clarity of instructions:** for the purpose of identifying the clarity of



the scale's instructions and the clarity of its paragraphs and alternatives, as well as revealing the difficulties facing the respondent to avoid them, and the time it takes to answer the scale, the researcher applied the scale to a sample of (20) counselors, who were chosen randomly, and after Conducting this application and reviewing the responses, it became clear that the paragraphs of the scale and its instructions were clear and that the time taken for their response on the scale ranged between (25-30) minutes.

### ***Standard (Psychometric) Characteristics of the Preparatory Optimism Scale***

**First: The validity of the scale:** It means that the scale actually measures what was set to measure it, and honesty is one of the necessary and necessary conditions for building tests and measures, and honesty is a psychometric property that reveals the extent to which the scale fulfills the purpose for which it was prepared. The function for which it is prepared (Anastasia, 1976:134) and there are several types of honesty, including:

**A- Apparent honesty:** The apparent honesty was achieved by presenting the current scale to a group of arbitrators, as was clarified in the validity of the paragraphs.

**B - The validity of the construction:** the validity of the construction is confirmed through the following indicators, the discriminatory power of the paragraphs, the relationship of the paragraph with the total score.

**Second: The stability of the scale:** To verify the stability of the scale, the researcher used two methods.

#### ***1- External consistency method using retest***

To find out the stability in the current study, the researcher applied the preparatory optimism scale to a sample of (30) male and female counselors who were randomly selected. After (14) days, the test was repeated on the same sample, then found the relationship between the first and second applications, using the Pearson correlation coefficient between the test scores in the first application and the test scores in the second application, and the correlation coefficient was (0.85) and this is a good indicator of the scale's stability.

**2- The method of internal consistency using the equation (Alpha Cronbach):** This method depends on the consistency of the performance of the individual from one paragraph to another. Out of (30) male and female guides, and the value of the stability coefficient was (0.8) (Thorndike and Wigan, 1989: 79).

#### ***Description of the scale in the final form***

The current scale, in the final form, consists of (32) items. Five alternatives have been developed for the scale: (always apply to me, often apply to me, sometimes apply to me, rarely apply to me, never apply to me) and the correction scores are descending (5-4-3-3). 2 - 1) respectively for positive items and ascending degrees of correction (1-2-3-4-5) for negative items, so that the highest score obtained by the respondent is (160) and the lowest score obtained is (32) note that the hypothetical average of the optimism scales My readiness reached (96) degrees.

## **The Fourth Chapter**

### ***Presentation, interpretation and discussion of the research results***

#### ***Recognizing the preparatory optimism of educational counselors***

The statistical treatment related to the preparatory optimism scale indicates that the

arithmetic mean of the scores of the sample members, who numbered (300) male and female counselors on this scale, amounted to (110.13), with a standard deviation of (15,687) degrees, while the hypothetical average reached (96) and by comparing the arithmetic mean With the hypothetical average using the t-test for one sample, the calculated t-value was (15.605), which is higher than the tabular value of (1.96) it appeared that there was a significant difference at the significance level (0.05) and the degree of freedom (299), as shown in Table (1)

**Table (1)** is the difference between the mean scores of the sample and the hypothetical mean of the preparatory optimism scale

Indication Level	Tabular value	T value	Freedom Degree	hypothetical mean	Standard deviation	SMA	Sample
0.05	1.96	15.605	299	96	15.687	110.13	300

This result indicates that educational counselors enjoy preparatory optimism due to the set of personal and cognitive skills that the counselor possesses, and according to the nature of his work, as he continuously seeks to instill hope and optimism and overcome difficulties. It is consistent with what was mentioned by (Shire and Carver in his theory), and this result is consistent with the study of (Al-Asadi, 2019) and the study of (Stephen Struck, 2015).

## Conclusions

With the data of the current research, the researcher concluded the following that educational counselor enjoy a good degree of preparatory optimism.

**Recommendations:** In light of the results that have been reached in the current research, the researcher recommends the following:

- 1) The necessity of paying attention to the guides' segment as the pulsating artery for advancing the future of the state by establishing a system and encouraging incentives.
- 2) Urging educational counselors to take advantage of the research tool in revealing the lack of preparatory optimism in order to develop or enhance this variable for them.

**Suggestions:** In light of the results and recommendations, the researcher suggests the following:

- 1) Conducting a study examining the relationship between preparatory optimism and other psychological and educational variables such as positive thinking, self-esteem and psychological happiness.
- 2) Conducting a similar study for other samples of society, such as teachers, professors, university professors, and engineers.

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