

*

(18)

(Cognitive therapy)

(ANCOVA)

Beck, Wright, Newman, &)

.(Liese, 1993, P.29

(Aaron T. Beck)

(Cognitive therapy)

1999

)

Personality)

.(2006

(disorders

.(Beck, Freeman, & Davis, 2004, P.36)

(Cognitive therapy)

Walker & Bright, (Cognition)

(Aaron T. Beck)

,(2009)

(Deffenbache & Dahlen, 2000)

(Beck,

Deffenbache, Dahlen, Lynch, Morris, &)

Scott, & William, 1989, P.189)

.(Gowensmith, 2000

(Cognitive therapy)

(Socratic questioning) ()

(Treichel, 2004)

(Group counseling)

(Beck, Scott, & William, 1989,

P.184)

.2011/10/31

2011/8/10

*

(Cognitive therapy)

(Group counseling)

Violence tendency :

2002)

.(230 231.

.(2001)

1999)
2007 2006 2003
2010 2009
.(2010

($\alpha = 0.05$)

(Cognitive therapy)

(Cognitive therapy)

Cognitive therapy :

Aaron T.)

(Beck

.(Beck, Wright, Newman, & Liese, 1993, P.27)

2007 2003)
2010 2009 2009

.(2006

.(2010

.(2009)

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.(2003)

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.(2006

(Walker & Bright, 2009)

(Low self-esteem)

.2010

:

1999)

2006 2003

2010 2009 2007

(2008)

) (2010

) (1999

(2007 2006 1999 (2001)

(2003) :

(2007)

.(2010)

.(2003)

1999)

(Aaron T. Beck)
 (Cognitive therapy) 2003)
 (Cognitive theory) (2010 2010 2007
 (2007)
 .(2010)
))
 .(Beck, Rush, Shaw, & Emery,1979, P.3-7) (.(2007
 (Cognitive therapy) (2010)
 (2006)
 .(Beck & Knapp, 2008) .(2009)
 (Cognitive therapy)
)
 .(Beck, Rush, Shaw, & Emery,1979, P. 7)) (2003
 (2009 1999
 1999)
 .(2010 2009
 (Beck & Knapp, 2008) (2003)
 (Beck, 2005) .(2007)
 (Cognitive therapy)
)
 (Beck & Knapp, 2008) .(2007 2006
 Beck,
 .(Rush, Shaw, & Emery, 1979, P.4) (1999)
 (Aaron T. Beck)
 (Schemas) ())
 .(2009
 Cognitive) (2009)
 (Beck, (schemas
 (Affective schemas) .2005) .(2003)
 (Motivational schemas) .
Cognitive Therapy
 .
 (Instrumental schemas)
 (Beck, Freeman, & . (Control schemas) (Cognitive therapy) (Beck, 1970)
 .Davis, 2004, P.27-28) (Cognition)
 (Cognitive therapy) (Beck, Freeman, & Davis,
 (Beck, Rush, Shaw, & .2004, P.8)

(Beck, 2005)

(Beck, Freeman, & Davis, 2004, P. 8)

(Beck, Rush, Shaw, & Emery, 1979, P.32-33)

(Cognitive therapy)

& Knapp, 2008) (Beck, 1970)

(Cognitive

: : therapy)

: .

: .

:

(Beck, Rush, Shaw, & Emery, 1979, P.5)

" :

" "

Knapp, "

" "

" "

" (Beck & 2008)

" "

" "

.(Beck, Rush, Shaw, & Emery, 1979, P.5) "

Cognitive)

:

(therapy

(Beck, Rush, Shaw, & Emery, 1979, P.4)

(Cognitive distortions)

.(Beck, 1970)

(Identification) :

(Correction of (Questioning)

(Cognitive rehearsal) thoughts)

& Knapp, 2008) (Cognitive restructuring)

Advantages and) (Beck

() (disadvantages analysis

Self-) (Socratic questioning)

Beck, Wright, Newman, & Liese, 1993, (control skills

(Thought catching) ,(P.28,29,36)

(Consequential analysis)

(Self control) (Self monitoring)

(Beck, Sctt, & William, 1989, (Stimulus control)

.P.189)

(Aaron T. Beck)

.(Beck, Freeman, & Davis, 2004, P. 7)

.(Beck, Rush, Shaw, & Emery, 1979, P.27-31)

(Beck, Scatt, & William, 1989, P.185- : (Cognitive therapy)
 .188) : (Aaron T. Beck)

(Beck, .
 Freeman, & Davis, 2004, P. 40)

Aaron T.)
 (Cognitive therapy) (Beck
 (Beck, 2005) (Beck, Freeman, & Davis,
 Dahlen,) .2004, P. 21,35,36)
 .(2007 (Cognitive therapy)
 (Problem oriented approach)

Cognitive
 (Beck, (therapy)
 ,Scatt, & William, 1989, P.183)
 :

(Cognitive therapy)
 Deffenbache,
 (Dahlen, Lynch, Morris, & Gowensmith, 2000)
 (Deffenbache & Dahlen, 2000)

(Treichel, 2004) . (Beck,
 Freeman, & Davis, 2004, P. 40)
 & Knapp, 2008)
 (Beck, Freeman, & Davis, . (Beck
 (Cognitive 2004, P. 40)
 therapy)

:(
 :
 :
 (1999)
 (Cognitive therapy)
 :

(394)

(2001)

(602)

(2008)

(Klark, 2002)

(278)

(2000)

(80)

(2006)

(33)

(177)

(2009)

(629)

(2007)

(357)

Deffenbache & Dahlen,)

(2000

(Cognitive restructuring)

(86)

(Cognitive restructuring)

(2009)

(2 %19)

(2001 2008)

(Cognitive therapy)

(Cognitive therapy)

Deffenbache, Dahlen, Lynch, Morris, &

.2000 Gowensmith, 2000)

(Deffenbache & Dahlen,

(Lehrer,2009)

(Cognitive therapy)

(441)

(Deffenbache et al, 2000)

(Colorado university)

:

(Cognitive therapy)

(69)

(44)

(25)

(Cognitive therapy)

(51-41) :

(63) (9) (9)

() (27)

(80)

(39 -27) (9)

(8)

(1)

(1)

()

	" "			
0.000	.96	10.10	42.22	
		9.02	37.78	

(1)

Violence tendency between college students scale

(.96) ()

($\alpha = 0.05$)

(13) (21 - 19)

(2008)

(4) (7) (7)

(14) (3)

(.90) (11) (6)

(3) (9) (16) (9)

(8) : (20) (3)

.20,18,15,12,9,6,3,2 :

(12) ()

19,17,16,14,13,11,10,8,7,5,4,1

(10) (Cognitive therapy)

(Beck, & Knapp, (Aaron T. Beck)

Beck, Freeman, & Davis, 2004 Beck, 2005 2008) (%80)

Beck, Sctt, & Beck, Wright, Newman, & Liese, 1993

.(Beck, Rush, Shaw, & Emery, 1979 William, 1989

(30)

(10)

: (0.84)

(0.68) (0.80)

.(2)

(2)

0.000	0.80	
0.000	0.68	
0.000	0.84	

Socratic) ()

(questioning

:

(3)

(4)

(Beck, Wright,

.(1)

(2)

.Newman, & Liese, 1993, P.29)

(80-20)

:

(Data Show)

(20)

:

21)

(39

(59-40)

(80 60)

:

(231. 2002)

:

(20)

(3)

(Cognitive

therapy)

.(Data Show)

:

G1 O1 X O2 :

G2 O1 O2

(ANCOVA)

(MANCOVA)

)

(2003)
(1999

:

($\alpha=0.05$)

(Cognitive therapy)

:

(ANCOVA)

(18)

(MANCOVA)

()

.(9)

(9)

:

(Cognitive therapy)

.(3)

(3)

5.56	16.78	5.04	21.11		
3.26	15.89	5.02	17.22		
6.44	19.00	5.49	21.11		
5.17	18.44	5.24	20.67		
10.74	35.78	10.10	42.22		
7.09	34.33	9.02	37.78		

(ANCOVA)

(4)

0.00	33.696	917.242	1	917.242		
0.445	.614	16.726	1	16.726		
		27.221	15	408.314		
			17	1334.944		

(Treichel, 2004)

(4)

(ANCOVA)

(4)

(9)

($\alpha = 0.05$)

(Cognitive therapy)

(Cognitive therapy)

(.614)

()

($\alpha = 0.05$)

(Cognitive

therapy)

Deffenbache,)

(Dahlen, Lynch, Morris, & Gowensmith, 2000

(Deffenbache & Dahlen, 2000)

(Cognitive therapy)

.56 -29 (1) 3
2001 1999

.501 -480 (2) 28
2009 2003

.296 -277 (2) 2
2006 2007

2009

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Effectiveness of Counseling Lecture Session Based on Cognitive Therapy in Reducing Violence Tendency Among Students in Jordanian Universities

*Mervat Abd Alrrhim Abu Said **

ABSTRACT

The present study aimed at finding the effectiveness of a counseling lecture session based on cognitive therapy in reducing violence tendency among students in Jordanian Universities. The participants of the study were (18) undergraduate students at Amman Arab University. The participants were randomly assigned to experimental group of (9) students and control group of (9) students. The following measure was used: The Violence tendency between college students scale. The Counseling lecture session was used. The data of the study were analyzed, using Analysis of Covariance (ANCOVA) for total scores of both groups. The results showed no effectiveness of the counseling lecture session based on cognitive therapy in reducing violence tendency among students in Jordanian Universities.

Keywords: Cognitive Therapy, Violence Tendency, University Students.

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