



وزارة التعليم العالي والبحث العلمي

الجامعة المستنصرية

كلية التربية

قسم العلوم التربوية والنفسية

**دراسة مقارنة في السلوك الصحي بين ذوي التفكير**

**الداخلي والتفكير الخارجي من طلبة المرحلة الإعدادية**

رسالة مقدمة إلى مجلس كلية التربية في الجامعة المستنصرية

وهي جزء من متطلبات نيل درجة ماجستير اداب في

علم النفس التربوي

من

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## **Abstract**

Health is a fundamental requirement and an important goal which nations of the world and its organizations and individuals seeking and working hard to achieve it for a healthy life which the individual contributes in achieving various development efforts for his family and his community, As to maintain the healthy behavior in the long-term can be enhanced by directing individuals to make behavioral changes in their lifestyle characterized by health trends, because individual's lifestyle is a reason of many diseases such as heart disease, blood pressure and arteries diseases, so it can be changed by moving away from harmful habits and behaviors to healthy approaches like quit smoking, proper nutrition, exercise and sports activities to avoid stress. Healthy orientation is related with understanding the unhealthy behavioral practices, and what affects the individual situation of lack of health and how to prevent that, thus bringing to physical and mental health that was sought by the individual.

In light of the foregoing the research problem is determined by comparing the healthy behavior of high school students thinking manner of internal and external, and this is the first study in Iraq in the use of health behavior scale of the World Health Organization (WHO) (2012) on a sample of secondary school students, as for two styles scale internal and external thinking (Sternberg), it has not been implemented independently on the Iraqi environment before, and that most of the previous studies dealt with ways of thinking at the level of a university students.

Current research targeted as follows:

1. Healthy behavior among High school students in the areas of: -.

A - Smoking, stimulators and narcotic drugs.

B - Nutrition habits.

C - Preventive health practices.

D – Psychological health.

2. Two styles of internal and external thinking among high school students.

3. The difference between thinking with two techniques of the internal and external health behavior depending on the following areas: -

A - Smoking, stimulators and narcotic drugs.

B - Nutrition habits.

C - Preventive health practices.

D - Psychological health.

4. The difference between the thinking of students (Males) with two techniques of the internal and external health behavior depending on the following areas: -

A - Smoking, stimulators and narcotic drugs.

B - Nutrition habits.

C - Preventive health practices.

D - Psychological health.

5. The difference between the thinking of students (Females) with two techniques of the internal and external health behavior depending on the following areas: -

A - Smoking, stimulators and narcotic drugs.

B - Nutrition habits.

C - Preventive health practices.

D - Psychological health.

To achieve the objectives of the research, the researcher used a measure of health behavior (WHO, 2012) and apply it to the Iraqi environment, after making sure of the safety and mining indices of validity and reliability of the scale, and extraction psychometric characteristics of the scale, as well as the researcher adopted a measure for two styles of thinking (internal and external) in the list of ways of thinking Sternberg (1991), the extended version, and previous studies that touched on this list, proved the validity and reliability indicators of the list, high internal consistency between the fields, and extraction was applied indices of validity and reliability of the scale and an analysis of the vertebrae.

The researcher believes that the health behavior scale is a new addition in the field of health psychology it is a relatively new discipline an increasingly important cares to focus on risk factors in the behavior and knowledge about health and disease prevention.

Based on what progress has been applied, research tools together with main research sample of (500) students from the school students, Directorate of Education, 2nd Karkh Baghdad class year 2012-2013, and then analyzed the data using the Statistical software (SPSS) where Results appeared as following:

- 1- The High school students search sample doesn't have a high level of health behavior.
- 2- That common style of thinking among high school students is the internal thinking, students with internal thinking are (100) of the students, where external thinking reached (110) of high school students were the research sample.
- 3- Females have a higher healthy behavior more than males.
- 4- There are statistical differences between internal and external thinking students by variables (male and female) in the following areas of health behavior:
  - Dietary habits.
  - Preventive health practices.
  - Psychological health.

But in the field of smoking, stimulators and narcotic drugs, there are no significant statistical differences between males and females.

Based on the results of the research, the researcher came out a number of recommendations and suggestions.