POSITIVE THINKING AND ITS RELATIONSHIP TO FUTURE ANXIETY IN INDIVIDUALS WITH THALASSEMIA

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ABSTRACT

The current research aims to identify:

1. Identify the positive thinking of individuals with thalassemia

2. Identify the statistically significant differences in positive thinking in patients with Thalassemia according to the following variables: (male / female)

3. Measuring future anxiety in people with thalassemia.

4. Identify the statistically significant differences in future anxiety in patients with thalassemia according to the following variables: (male / female)

5. Identify the correlation between positive thinking and future anxiety in people with thalassemia:

The current research was limited to individuals with thalassemia, and the statistical community consists of (1200) distributed according to gender. (584)males, and (616)females. age of less than 15 years were (463) of the statistical community, year 2018/2019 in order to choose a sample, representative of the research community represented by individuals afflicted with Thalassemia, (96) male and (104) female. were distributed according to the age variable. Table (2) illustrates this for achieving the objectives of the research. The researcher adopted the positive thinking scale prepared previously (Seligman's definition (2003).

The scale consists of (38) items built according to (Seligman's theory), and for each of these paragraphs there are five alternatives to answer, which are (so much, much, Average, little, very little). There are also negative and positive items in the scale.

For achieving the research objectives, the researcher adopted the measure of future anxiety prepared by (Al-Sabawi, 2008).

The scale consists of (30) paragraphs, and each of these paragraphs has five alternatives to the answer, which are (always, often, sometimes, rarely, none). There are also negative and positive items in the scale.

To verify the understanding of the scale's paragraphs, its scales and instructions, to uncover the vague and unclear paragraphs for modifying them and to calculate the time spent in responding to the paragraphs of this scale, the researcher applied the scale on (30) individuals with Thalassemia who were randomly selected from the research community, and the researcher found that The scale paragraphs and its instructions were clear and the time taken to answer the paragraphs was (10-20) minutes, and an average of (15) minutes.

Each paragraph is given scales ranging from (1-5) a score for the positive paragraph, while the negative paragraph is corrected in the opposite (1-5) score, and the scale consists of (30) paragraphs, the highest score the respondent gets (150) and the lowest score the respondent gets (30 degrees with an average hypothetical score of (90).

Research problem:

Life is full of challenges and difficulties, but the culmination of these challenges is when someone suffers from a chronic disease that leads to death such as Thalassemia disease, then the dreams of the individual vanish,and the family's dreams of having distinguish and distinguished children fade away, they becomes disappointed, as they may have a tense and anxious atmosphere, because they find it difficult to accept the disease, and they may also become ignorant of how to deal with this disease, and what increases their frustration, despair, feeling and responsibility towards children, because it is not something that can be accepted easily, as it constitutes a burden on the individual and the family for life, through taking care of the individual and providing complete medical care for him.

This disease is not a barrier or an obstacle to the fulfillment of the individual and family's wishes, but we must be aware of the fact that death is part of life Every person will die one day. (Mosleh and Qarinawi, 2003)

As thalassemia is a chronic disease that spreads in many parts of the Arab countries and is also found in a high percentage in the provinces of Iraq, which constitutes a burden on the Iraqi society and the institutions.

 As thalassemia disease stuns the individual and the family, when they know that one of their sons or daughters has this disease, they feel guilty, because they consider themselves responsible for this genetic trait and that they are responsible for everything that happens to him, and the individual suffers from many diseases and the disasters that haunt him in his life, which makes him always search for security and reassurance away from anxiety, tension, suspicion and negative thinking (Radwan, 2005)

The individual always seeks to live a happy life regardless of his age and where he lives, and this is achieved through his way of thinking. If the individual's thinking is positive, he can live happy and his decisions are successful, while negative thinking makes the person unhappy and his life is full of negative, unwanted behaviors. Positive thinking is a strategy in thinking that a person acquires through learning. It mainly results from the individual's modification of negative thoughts about himself and others, and

leads him to achieve successes in his life that are reflected in the individual and society (Melhem 2014: 10)

The effects of this disease reflected negatively on all members of society who have been infected with this disease, especially youth, who are about to marry specifically who have been exposed to frustrations and inhibitions represented in this generation, as they have lived an unstable period of frustration and anxiety in the future and fear of the unknown And the physical and psychological pressures that affect the individual that this dangerous chronic disease brings. (Al-Hamdani, 2004, 30) which may generate serious psychological and behavioral reactions, which may be represented by an increase in anxiety, specifically: future anxiety, which negatively affects the outlook The individual brings to their life, their existence and the meaning of their lives, due to this disease that they have been exposed to, which limits their ability to live their life stage naturally, and future anxiety is an important source of anxiety as it is an area for fulfilling desires, aspirations and self-realization, the potential and the phenomenon of future anxiety It became apparent in a society full of changes and fraught with unknown factors, and this phenomenon is linked to a set of variables, such as seeing reality in a negative way based on the current problems. (Saud: 200) 5, 63) which in turn affects the meaning of life for them, which is considered one of the concepts that began to capture the interest of researchers in the field of mental health, as the value of the individual and his way of thinking are related to the unknown future of individuals afflicted with this chronic disease (Solomon & Iman, 1999, 1032). The choice of the subject by the researcher was not by chance, but because the researcher felt the urgent and necessary need for such a study, specifically for patients with Thalassemia, after reviewing the previous studies and the presence of the researcher and meeting with a number of patients in Al-Karamah Hospital in Baghdad and observing their way of thinking and the pattern of their personalities, so the research problem is determined by By learning about positive thinking methods and its relationship to future anxiety in individuals with thalassemia.

Research Importance:

God created mankind, and distinguished them from other living beings with many blessings, including thinking, that has huge interest of many researchers, philosophers and educators throughout history and up to the present day. Consensus did not get on how people think, and how the human brain works. However, the interest in thinking in the past was just an interest. Simple, most of the meetings in the past were more stable, and problem-solving and decision-making depended on what the doctrine and moral frameworks dictated. The thinking process is characterized as a human process and its development and learning process requires continuous efforts from many parties at different stages of life and is related to genetic, environmental, physical and psychological aspects. And civilized to etc. ..... and the human being is born with a thinking machine the mind and this human mind concentrates a certain thing in itself and tries to meet failure and thinks about happiness and tries to eliminate unhappiness from the life of the individual (Al-Atoum, 2009: 17)

The interest in positive thinking is one of the necessary and important factors in our daily life through our knowledge of thinking methods that help in choosing the appropriate methods and means. The thinking process contributes to drawing the characteristics and dimensions of the individual's personality. Therefore, the interest in developing positive thinking contributes to facing the situations facing the individual from problems And difficulties (Bayer: 1987: 47). The difference between a successful individual in his work and life and an unsuccessful individual is the type of thinking. Individuals may differ among themselves in terms of opportunities and conditions available to each person, as these things cannot be a measure of success. Thinking is owned by all people, but some of them use it positively and some of them use it negatively. Positive mental trend with success in areas of life (Al-Ruggain: 2008: 7).

Positive thinking that helps in finding a personality that enjoys positive behavioral manifestations such as psychological comfort and adequacy at work, and through it, the individual can realize his self-confidence and the extent of his ability to bear the responsibilities and frustrations he is exposed to, it is through thinking that a person can elevate himself and understand the elements of life around him. It is the key to building a person (Al-Ansari, Kazem: 2008: 112)

Future anxiety is the main concern of individuals, especially youth in the future, as a result of the present modest capabilities, constant pressures and inefficiency in confronting and confronting the reality problems that afflict young people, the successive changes, and the environment saturated with factors of fear, anxiety, tension, deprivation, insecurity, the rise in the age of marriage and the inability to bear the expenses The formation of a new family, as well as the economic conditions that afflict some young people and the lack of work opportunities as a result of the problems and pressures experienced by young people, so that they become anxious about their future lives and their pessimistic outlook towards the future, thus the future becomes for some young people a source of herding, an unknown and a source of fear, especially for individuals with this chronic disease as a result of a situation The challenge they live in in their daily life and dealing with society (Muhammad Abdul Rahim, 2007, 35)

The individual is what is known as the unity of the body and the soul in a person, and their influence on each other has a great influence, as chronic health diseases may have many psychological reactions, so if a certain individual admits that he is ill, there are behavioral and psychological changes that must have occurred to him and this may lead to the occurrence of psychological disorders such as anxiety disorders And other disorders that take place in an individual afflicted with thalassemia. (Zahran, 1997)

Thalassemia disease is like other chronic diseases that have psychological effects on the patient and his family, and how to deal with the disease and how they interact with it has basic consequences in the life of the patient, and without this complete understanding of the disease by the patient, it has negative consequences in terms of treatment with blood transfusion and iron gathering factors in the body, which It increases disease complications and shortens the patient's life (Thalassemia International Federation, 2000).

Therefore, the individual at the present time suffers from many diseases and disasters, that are inherent to him in his life, which makes him always search for security and reassurance away from anxiety, tension and fear (Al-Kaabi, 1997)

Consanguineous marriage, is one of the main causes of disease, as it was found in a study of families affected by thalassemia in northern Jordan, that (80%) were because the fathers were in the first-degree relationship, and (5.1%) of them were fathers in second-degree relatives. Therefore, it is expected that (80) children will be born annually with Thalassemia, according to medical reports, as consanguineous marriage is prevalent, and the number of patients in Jordan in (2000) was approximately (1300) patients (Gharaybeh, 2002)

While studies conducted by the W.H.O. have shown that there are more than (700) patients suffering from thalassemia in Jordan, and (4%) of the population carries the characteristic of the disease, and the number increases annually at a rate of (70-100) annually and most of the current patients are under ten years, which are (68%) of the cases, and the number of major and medium thalassemia type (Beta) in the West Bank was (357) infected until April (1999) and (64%) of them were concentrated in the northern West Bank, especially Jenin Governorate, and (63%) of them are under ten years, and only (5%) are over 20 years. (Yunus, June 2000)

Research goals:

The current study aims to:

1. Identify the positive thinking of individuals with thalassemia

2. Identify the statistically significant differences in positive thinking among patients with thalassemia according to the variables: (male / female)

3. Measuring future anxiety in people with thalassemia.

4. Identify the statistically significant differences in future anxiety in patients with thalassemia, according to the following variables: (male / female)

5. Identify the correlation between positive thinking and future anxiety in people with thalassemia:

Studylimits:

Temporal boundaries: The study was conducted in (2018-2019).

• Spatial boundaries: This study was applied in Baghdad governorate - Al Karamah Hospital.

• Human limits: This study was applied to Thalassemia patinas in Baghdad.

• Objective boundaries: The study dealt with the variables of positive thinking, future anxiety among individuals with this disease - Baghdad governorate

Defining terms:

First: Positive Thinking:

1. Ibrahim (1998):

"It is the thinking that is consistent with our general goals, and our basic values in life, and leads to the achievement of happiness, social activity, creativity and positivity" (Ibrahim 1998: 156)

2. Seligman (2003):

"Use or focus the positive results of the individual's mind in what is constructive and good in order to get rid of negative destructive thoughts to be replaced by positive thoughts and feelings" (Seligman & Pawelski: 2003: 160).

3. Humphreys (2002):

"It is how an individual feels about himself as a mature person who determines his inner and outer behavior towards himself, others and life" (Humphries 2002: 36).

4. Scheier & Carver 2009:

5. As for the theoretical definition of positive thinking adopted by the researcher, it is the definition of (Seligman, 2003). This definition was chosen precisely because the researcher adopted the theory of (Seligman) in positive thinking. The researcher also believes that it is the closest to studying this study.

Procedural definition:

"It is the overall score that the researcher gets through his answer to the paragraphs of the positive thinking scale applied in the current research."

Second: Anxiety for the Future:

1. Cold Could (1965) definition:

"It is a reaction to a prospective fear that falls from confusion and confusion until it reaches complete terror, and it is preceded by a real or symbolic circumstance of threat that the individual quickly realizes and responds to strongly." (Could, 1965: 30)

2. Freud (1962) definition:

As a reaction to the danger of losing the subject

3. Al-Sabawi (2008) definition:

"It is an unpleasant, turbulent emotional state that occurs in the individual from time to time, characterized by the individual's feeling of tension, distress, constant fear, uneasiness, chagrin, sadness, and loss of psychological security towards topics that threaten his values or being, which is associated with an expectation of an unknown danger that may occur in the future, and this situation may be temporary or Continuous feature. " (Al-Sabawi, 2008, 12)

4. The theoretical definition of the researcher:

The researcher adopted the theoretical definition of (Al-Sabawi, 2008) of future anxiety because it is the proximity to the study of the current research, and it is more comprehensive among other definitions.

Procedural definition:

"It is the overall score that the researcher obtains by answering the paragraphs of the future anxiety scale applied in the current research."

Third: Thalassemia:

It is a genetic disorder that is transmitted as a recessive genetic trait in which a person suffers from anemia (anemia) due to the lack of hemoglobin production, which results in insufficient amounts of oxygen that reach the body tissues. (Al-Khatib, 2006)

Chapter II

Theoretical framework

First: positive thinking.

Introduction

If thinking in usual form is a natural instinct that God Almighty created in man, then sound thinking is another and different thing, and it is not formed in a person automatically, but from the endeavor towards acquiring and developing his skills.

It is recognized that behind every emotion - negative or positive - is a cognitive structure and beliefs prior to its emergence, and since the behavior and emotion differ in terms of bad and disease, the accompanying or previous thinking also varies in terms of rationality and irrationality, in other words if the way of thinking is rational and logical then The behavior or emotion will be positive and a motive for more activity and construction, and if it is the opposite, then both behavior and emotion will be at a high degree of disorder (Ibrahim: 1998: 194).

Positive thinking is the nucleus of cognitive ability, and the effectiveness of dealing with life's problems and challenges, and overcoming its adversities and hardships. It is not just a method or a methodical approach, rather it is an approach that mobilizes energies and extracts the present and latent potentials for action. Also, positive thinking is the effective treatment to preserve morale and psychological well-being.

Therefore, it is not in vain that the method of cognitive treatment of depression, anxiety and other mental disorders is currently occupying a stardom in the clinical field of treatment. It focuses on a basic saying that thoughts determine mood and thus emotional and moral state. And that the sign of disturbances at this level, mediates the entrance to uncover the implicit ideas that generate negative emotions, and their analysis, leading to the identification of the distortions they may contain of objective and subjective reality. When thoughts are modified in a more positive or realistic and balanced direction, the emotional state is modified in turn. Studies have shown that this therapeutic method is the most effective in treating depression

and other emotional disorders. Therefore, it began to witness great growth and spread (Hijazy: 2009: Internet). (Caprar) indicates that the first difficulty in positive thinking is awareness, capabilities and capabilities as well as the opportunities that each person possesses. Awareness represents the nucleus of the ability that an individual can or qualify in how to deal with life's requirements. That is, positive thinking is the guarantee to give the individual the opportunity to be able to deal with stress, as it is the entrance to modify the emotional state of the individual as well as enhance the psychological health of the individual and the owner of positive thinking looks at the negatives and works to modify them into positive, so the individual confronts them and tries to stay away from submitting to negative thoughts (Caprar: 2003: 9-12)

Theories that explain positive thinking:

Seligman and others theory. (Seligman, et al, 1998)

The concept of positive thinking goes back to the scientist Seligman (1998), as he focused in this concept on modifying unrealistic negative thoughts with positive, realistic thoughts, starting from the basic idea that "the excessive approach towards disease ignored the idea of a person with open possibilities" as he ignored that an effective weapon is a building Human power.

He referred to optimism and pessimism as two ways of thinking to explain events, and the way of interpreting events is not limited to a special case of success or failure, but rather depends on the ideas that are formed about the general events that we give to ourselves and our place in life. Pessimism or optimism can be learned according to our experiences, the pattern of upbringing, and what is characterized by care, concern, neglect and rebuke, meaning that social upbringing, experience and educational level have major effects on the development of positive thinking in the individual (Ibrahim: 2011: 387).

Seligman also emphasized that the development of positive thinking in the individual is necessary, as positive thinking is a strong fortress for the individual to avoid stress and the negative effects resulting from it, as well as positive thinking is the best way to reach happiness and bear the pressures facing the individual in his life (Seligman: 2002: 8).

Seligman (2003) believes that the individual's thinking is internally coordinated by the goals of the individual, so the individual's positive thinking depends on the individual's confidence that everything that happens in our life is due to the way we think, meaning that positive thinking depends on the individual's relationship with himself and the surrounding world. Seljman also says that the dimensions of positive thinking include the individual's positive expectations towards the future, as these positive expectations lead to the achievement of the individual's gains in various aspects of his professional and social life. Therefore, we find that the individual's assessment of the quality of life he lives is according to his ideas and beliefs, so the individual who has a positive mental capacity He is able to change his thoughts and beliefs to suit the situation, its characteristics and

pressures, and then be able to face the situations to which he is exposed (Seligman & Paweiski: 2003: 161)

Mental control theory (Sternberg thinking styles):

This theory is one of the modern theories that explain thinking styles. Rather, this theory is considered one of the latest theories to explain thinking styles. This theory appeared in its final form in (1997). Its beginnings were in (1988) in the name of the theory of mental self-control. After that, Sternberg changed its name to the theory of methods of thinking in the year (1990) and the idea of this theory is that the forms of judgments that people see are not identical. They are external reflections and that is what is going on in the minds of others, so the judgments that people see are a mirror of their minds, so individuals can control their minds and each individual has an urgent need for that, because the individual is part of society and he needs to govern himself in order to be able to achieve His goals.

Sternberg believes that thinking styles are the methods that individuals use to control their minds, which are an internal mirror of aspects of the components that individuals see in the outside world, and these aspects are as follows:

1. Jobs: It is represented in three main positions, namely the legislative, executive and governmental positions.

2. Shapes: There are four main forms of government which are monarchical, minority, hierarchical and anarchist.

3. Levels: It includes two main levels, which are global and local.

4. Domains: It includes two domains: internal and external.

5. Trends: This includes conservative and liberal tendencies.

Sternberg believes that there are thirteen ways of thinking that fall under the five previous domains, as follows:

1. Jobs: thinking styles (legislative, executive and judgmental).

2. Shapes: Styles of thinking (royal, hierarchical, minor, and anarchic).

3. Levels: thinking styles (global and local).

4. Domains: Methods of thinking (internal and external).

Tendencies: styles of thinking (conservative and liberal). (Al-Sulami: 2014: 30-31).

Second: Anxiety for the Future:

Introduction

First: Psychoanalytic theory:

(Froud) is one of the most psychologists to use the concept of anxiety, which constitutes a central concept in the psychoanalytic theory of neuroses, and Freud believes that a type of anxiety represents a signal or warning of the conflict occurring between the various dimensions of personality systems

(Fantion, 1975: 503), and he referred to it. In his old theory through his finding that there is a close relationship between anxiety and sexual deprivation and that the psychological energy related to the sexual drive or what Freud called (the libido) turns into anxiety, but this Freudian theory soon encountered difficulty accepting its premises and a lot of criticism was directed at it by scholars The psyche from one point of view and from Freud on the other hand (Freud, 1983: 25) Freud has assumed three types of anxiety that differ as a result of the type of situation that it is generated from. The first type is objective, realistic anxiety, which is an emotional experience that results from the perception of danger in the external world and that the danger which represents what A condition that threatens to harm a person and is related to the escape reflex, and then it can be considered a manifestation of the instinct of self-preservation, and the other type is neurotic anxiety that has its roots in childhood as a result of the conflict between instinctive things and reality, which can cause the failure of the self-preventing forces In repelling the innate driving forces from charging themselves in the act of reality (Schultz, 1983: 41), this type of anxiety comes in three forms: wandering anxiety, anomalous fear and panic (Schultz, 1983: 42) and the last type is the moral anxiety that arises through the conflict between The supreme being and the ego is essentially the elimination of the individual from experience when he is motivated to express a dear impulse that is counter to or contrary to moral norms (Schiltz, 1983: 43)

Second: the behavioral theory.

The behavioral theory considers that the anxiety response is a fear response that is stimulated by a stimulus that is not of the nature of fear stimulation, but rather occurs as a result of associating it with a condition with a stimulus that leads to a fear response and as a result of a previous learning process (Abdul Ghaffar, 1976: 125)

Pavlov believes that anxiety and mental illnesses in general are nothing but reactions of the nervous system due to its failure to establish a balance between the old and recent conditional interactions and the conflict between the conditional learning factors of counseling or palmistry, which is a chronic line in the processes of conditional association (Kamal, 1983: 125)

Skinner agrees with Pavlov that the emergence of neurotic diseases arises because of errors in the individual's conditional learning history, as these errors cause impairment in the growth and development of the peaceful response and because of the control of inappropriate reinforcements, and that anxiety arises due to disturbance in the processes of arousal and cessation. It is done through something called behavioral modification.

Third: Previous Studies:

• A medical study (2005) the title of the study: thought patterns and their relationship to strategies against post-traumatic stresses, a field study of a sample of burn patients

 The study aimed to answer the following questions: Is there a relationship between thinking styles and methods of confrontation adopted by burn patients of both sexes?

How well do thought patterns align with those affected by coping strategies for coping with the trauma? The study was conducted according to the descriptive method on an intentional sample of (40) burned individuals of both sexes, and the study variables were measured through the cognitive style test "for Blackburn and others" Cognitive Style test to measure the thinking style with its positive and negative dimensions, and to choose targeted strategies to measure resistance methods and methods. The individual addresses the position of "Paulhan et al." The ways of copin

The study used the following statistical methods: Pearson Correlation Coefficient to find the relationship between thought patterns and the type of coping strategy for PTSD, and the T-test to estimate the differences in the prevailing thinking pattern and the type of strategy adopted according to gender and nature of injury.

Results of the study:

1. There is a partial relationship between thought patterns and the type of coping strategies used by the burned.

2. There are no fundamental differences in the prevailing pattern of thinking and the strategies adopted by individuals with external and external burns.

3. There is no difference between males and females in the prevailing thinking style and in the adopted strategies, with the exception of the positive reassessment strategy in favor of males (Medical: 2005: 3, 4).

• **Bell and Hinnant's study (1991)**: A study of the impact of the PMI lesson on creativity in writing. The study aimed to identify the effect of one of the lessons of the first part of the two parts of the Kurt program on students who were exposed to the experience by giving them a lesson (PMI) It is intended to judge ideas from the aspects (negative, positive, exciting aspects), as the sample consisted of (56) students representing the experimental sample and (55) from the control sample of students of the first grade at the University of Alabama who joined the second semester, and the duration of the program lasted The excluded one on the curriculum for a period of eight weeks, then the two samples were given a post-test, and it was found that the students of the experimental group were better than the group that presented them with the traditional curriculum in creative writing as it showed statistically significant differences in favor of the experimental group. (Bell & Hinnant, 1991).

• **(Hafedh 2006)Study:** aimed to reveal the relationship between the loss of meaning, the existential anxiety and the need to transcend among students of Al-Qadisiyah University. The results showed an increase in the meaning of life, moderation and the level of existential anxiety in them, and there were no statistically significant differences between males and females. (Hafiz, 2006)

• **(Ahmad Al-Thanyan 2009) study:** which aims to identify the level of quality of life and the degree of future anxiety among university students. The study sample consisted of (500) male and female students, on whom the quality of life scale and the future anxiety scale were applied, and the results

of the study revealed the existence of a correlational relationship Negative and a statistically significant function between the quality of life and future anxiety, how much the results showed that the quality of life can be predicted through future anxiety for the sample as a whole.

Research Methodology:

In his current research, the researcher used the descriptive research approach because it includes focused and accurate scientific steps for the studied phenomenon as it is in reality, as it is one of the forms of structured scientific analysis and interpretation to describe a specific phenomenon or problem and portray it quantitatively by collecting data and information codified about the phenomenon or problem, classifying it, analyzing it and subjecting it For an accurate study and its qualitative depiction, that is, describing the phenomenon for us and explaining its characteristics (Odeh, 1992: 289).

Research community:

The current research community includes individuals with thalassemia, and the statistical community consists of (1200) distributed according to gender. The number of males reached (584), while the number of females reached (616). As for ages, the number of people affected by age 15 years and over reached (737). He reached for the age of less than 15 years (463) from the statistical community, and Table (1) shows that.

Table (1) the research population distributed by gender and age

Ages	Gender		Total
	Male	**Female**	
15 years and over	355	382	737
Under 15	229	234	463
Total	584	616	1200

The research sample:

In order to select a representative sample of the research community represented by thalassemia patients, male and female, the researcher choose random method, sample of (200) patients with thalassemia disease (96) males and (104) females, sorted according age,table (2) shows it.

Table (2) the research sample according to gender and age

Age	Gender	Total
15 years and Over	Male	59
	Female	64
Under 15 years	Male	37
	Female	40

Total	200

Research Tool: Positive Thinking Scale

In order to achieve the objectives of the research, the researcher adopted the positive thinking scale prepared previously (Seligman's definition (Seligman, 2003).

Scale description:

The scale consists of (38) items built according to Seligman's theory, and for each of these paragraphs there are five alternatives to answer, which are (very large, large, medium degree, little degree, very little). There are also negative and positive items in the scale.

Paragraphs validity

Ebel states that the best way to verify the validity of the paragraphs is for a number of experts and specialists to assess their validity to measure the characteristic for which they were developed (Ebel, 1972: 555) and based on that the scale was presented in its initial form (appendix) to a group of arbitrators in educational sciences And the psychological (appendix) after the researcher explained the goal of the study, presented the theoretical definition that he adopted, and asked them to express their observations and opinions in order to issue a judgment on the validity of the paragraph of its inappropriateness and the validity of alternatives. And above, as indicated by previous studies, as this percentage is evidence of acceptance of the paragraph, as shown in Table (3).

Table (3) The opinions of the arbitrators regarding the validity of the paragraphs of the positive thinking scale

Paragraph numbers	Agree		Reject	
	Number	Percentage	Number	Percentage
1-3-4-6-9-12-13-15-18-20-21-23-24-26-28-30-31-32-33-34-35-37	10	100%	-	-
5-8-10-11-14-16-17-19-22-27-29-36-38	9	90%	1	10%
2-7-16-35	8	80%	2	20%

Based on the comments and opinions of the arbitrators, no paragraph of the scale was excluded, illustrated in Table (3)

Scale instructions

The scale instructions are considered as the guide that guides the respondent during his response on the scale, as clear instructions have been prepared that

represent the way to answer the scale paragraphs, with an illustrative example representing how to answer the paragraphs, which helps the respondent to answer, and this has been taken into account that the instructions are easy and understandable. The researcher tells individuals that their answers to the form will remain confidential, and no one but the researcher will see it and not mention the name.

Clarity of instructions and understanding of phrases:

Verifying the clarity of the instructions for the respondents, and their understanding of the scale terms, is necessary to fit the psychological measures (Farag, 1980: 16),

To verify the understanding of the scale's paragraphs, its scales and instructions, and to uncover the vague and unclear paragraphs for modifying them and calculating the time spent in responding to the paragraphs of this scale, the researcher applied the scale on (30) individuals with Thalassemia who were randomly selected from the research community, and the researcher found that The scale paragraphs and its instructions were clear and the time taken to answer the paragraphs was (14-25) minutes, and an average of (18) minutes.

Scale correction

Each paragraph was given scales ranging from (1-5) a score for the positive paragraph, while the negative paragraph is corrected vice versa (1-5) score, and the inclusion of the scale negative paragraphs as well as the positive paragraphs aims to reduce the chance of a typical response or reduce the phenomenon of the tendency to agree that It is characterized by some individuals regardless of the content of the paragraph (Ibrahim, 2000: 382).

The scale consisted of (38) items, the respondent's highest score was (190) and the respondent's lowest score was (38) with a hypothetical average of (114) degrees.

Statistical analysis of the paragraphs of the Positive Thinking Scale:

As the process of statistical analysis of paragraphs aims to reveal the psychometric properties of them, as the psychometric properties of the scale in general depend to a large degree on the characteristics of its paragraphs (Smith, 1966: 60-70) and the goal of extracting the psychometric characteristics of the paragraphs is to select the appropriate ones and amend the inappropriate paragraphs or Excluding them (Ghisell, etal, 1981: 421).

Therefore, the researcher will verify the two characteristics of the discriminatory strength of the paragraphs and their validity coefficients after applying them to a suitable sample, as follows:

A- Distinguishing paragraphs in the style of the two extremes:

The discriminatory power of the clause means its ability to distinguish between those with higher and lower levels of individuals in relation to the characteristic measured by the clause (Shaw, 1967: 450)

For identifying the discriminatory strength of the paragraphs, the T-test was applied to two independent samples to test the significance of the differences between the upper group and the lower group for each paragraph. The T value was considered an indicator to distinguish each paragraph by comparing it with the tabular value at a significance level (0.05) and the degree of freedom (106), which was (2.00)). It was found that all the paragraphs are distinct, and Table (4) shows that.

Table (4) The coefficients for distinguishing the paragraphs of the Positive Thinking Scale, by the method of the two extreme groups

Paragraph number	Top group		Lower group		The computed T-value	Indication
	Arithmetic mean	standard deviation	Arithmetic mean	standard deviation		
1.	4,18	0,983	2,95	0,982	6,878	Function
2.	4,30	0,809	3,05	0,999	7,534	Function
3.	4,28	0,804	3,12	0,958	7,223	Function
4.	4,20	0,819	2,90	1,145	7,151	Function
5.	4,05	0,891	2,70	1,030	7,678	Function
6.	4,15	0,860	2,92	0,979	7,330	Function
7.	4,07	0,936	2,97	1,008	6,193	Function
8.	3,98	0,892	3,22	1,059	4,288	Function
9.	4,00	0,883	3,10	1,037	5,120	Function
10.	4,38	0,783	2,98	0,993	8,630	Function
11.	4,25	0,895	2,98	0,983	7,382	Function
12.	4,05	0,982	3,07	0,972	5,514	Function
13.	4,22	0,761	3,02	0,983	7,478	Function
14.	4,20	0,819	3,97	1,164	6,712	Function
15.	4,07	0,841	2,62	0,940	8,902	Function
16.	4,17	0,847	2,90	1,053	7,261	Function
17.	4,08	0,907	2,88	1,043	6,723	Function
18.	4,03	0,974	2,77	0,998	7,038	Function

19.	4,28	0,739	2,97	1,008	8,162	Function
20.	4,13	0,911	3,08	1,013	5,970	Function
21.	4,10	0,877	3,05	1,171	5,560	Function
22.	4,15	0,777	2,80	0,953	8,502	Function
23.	4,25	0,836	2,88	0,976	8,238	Function
24.	3,93	0,954	2,92	1,013	5,658	Function
25.	4,08	0,850	3,05	1,080	5,824	Function
26.	3,92	0,876	3,36	0,920	3,115	Function
27.	4,02	0,936	3,20	1,124	3,961	Function
28.	3,86	0,857	3,00	1,069	4,438	Function
29.	3,96	0,781	3,28	0,926	3,967	Function
30.	4,16	1,765	3,40	0,968	4,352	Function
31.	4,14	0,880	2,96	1,087	5,963	Function
32.	3,98	0,795	3,16	1,056	4,384	Function
33.	4,00	0,947	3,28	1,050	3,599	Function
34.	3,96	0,879	3,24	1,079	3,656	Function
35.	3,90	0,788	3,22	0,974	3,834	Function
36.	4,02	0,891	3,18	1,024	4,374	Function
37.	3,92	0,804	3,30	1,073	3,268	Function
38.	4,060	0,842	3,14	1,010	4,944	Function

B- The relationship of the paragraph score to the total score of the scale:

The correlation of the paragraph with the total score is an indicator of the veracity of the paragraph, and this method provides a criterion that can be adopted in finding the relationship between the individual scores for each paragraph and the total score of the scale, and the correlation coefficient here indicates the level of the paragraph measurement of the concept that the total score of the scale measures (Oppenheim, 1978: 136), Therefore, the researcher used the Pearson correlation coefficient to extract the correlation coefficient between the scores of each paragraph and the total score of the scale, as the forms subjected to analysis in this method were (200) forms and they are the same forms that were subjected to statistical analysis in light of the two extremes' method, and it was found that all the correlation coefficients were statistically significant at Significance level (0.05) and

degree of freedom (198), where the tabular value of the correlation coefficient was (0.138), and Table (5) illustrates this.

Table (5) Correlation coefficients of the paragraph score with the overall score of the Positive Thinking Scale

#	Correlation coefficient	#	Correlation coefficient	#	Correlation coefficient	#	Correlation coefficient	#	Correlation coefficient
1.	0.634	9	0.678	17	0.639	25	0.690	33	0.632
2.	0.667	10	0.598	18	0,566	26	0.637	34	0,707
3.	0.687	11	0.545	19	0.692	27	0.653	35	0,703
4.	0.652	12	0,559	20	0.631	28	0.687	36	0.600
5.	0.685	13	0.693	21	0,728	29	0.626	37	0.614
6.	0.373	14	0.360	22	0.528	30	0.638	38	0.453
7.	0.462	15	0.483	23	0.596	31	0.632		
8.	0.410	16	0.511	24	0.341	32	0.434		

Indicators of validity and constancy:

As validity and consistency are important characteristics in constructing psychological scales because it relates to what the scale measures and its consistency (Abu Hatab, 1976: 95)

1- Validity:

The validity characteristic is one of the most important standard characteristics that must be met in psychological measures, and verification of it is a necessary measure, because it indicates the ability of the scale to measure the characteristic or characteristic that was set for its measurement (Abu Jalalah, 1999: 108).

The researcher verified the validity of the current research scale by using two validity indicators, namely: the validity of the apparent and the validity of the construct, as follows:

A- Face Validity:

This type of validity was achieved for the Positive Thinking Scale by presenting it to the arbitrators and taking their opinions on the validity of the scale's paragraphs and instructions in Appendix (). The researcher used duplicates and percentages, and all the paragraphs read an agreement percentage (100%).

B. Construct validity:

It refers to the extent to which the scale can refer to the measurement of a specific theoretical construct or a specific characteristic (Anastasi, 1976; 126).

The methods of analyzing the paragraphs by the method of the two extremes and determining the discriminatory power of the paragraphs, as well as the link between the paragraph and the total degree of the scale shown in the tables () are indicators of this type of validity.

2- Reliability:

Stability means the extent of consistency in the paragraphs of the scale in what they provide us with information on the behavior of individuals (Abu Hatab and Sadiq 1996: 101), and in this study the method of Alfa Cronbach was adopted.

B- Alpha Cronbach's equation:

This method is based on consistency in the performance of the individual from one paragraph to another, and is based on the standard deviation of the test and the standard deviations of the paragraphs (Al-Zawba'i et al. 1981: 79). The reliability was extracted in this way from the degrees of the basic sample questionnaires amounting to (200) forms, and by using the Cronbach equation the alpha coefficient was (0,82) is a constant coefficient.

A measure of future anxiety

For achieving the research objectives, the researcher adopted the measure of future anxiety prepared by (Al-Sabawi, 2008).

Scale description:

The scale consists of (30) paragraphs, and each of these paragraphs has five alternatives to the answer, which are (always, often, sometimes, rarely, no). There are also negative and positive items in the scale.

Paragraphs validity

The scale was presented in its initial form (appendix) to a group of referees in educational and psychological sciences (appendix) after the researcher explained the purpose of the study, provided the theoretical definition that he adopted, and asked them to express their observations and opinions in order to issue a judgment on the validity of the paragraph of its inappropriateness and the validity of alternatives, and after collecting Opinions and their analysis The paragraphs that had an agreement percentage (80%) or more were retained, as indicated by previous studies, as this percentage is evidence of acceptance of the paragraph, as shown in Table (6).

Table (6) The opinions of the arbitrators on the validity of the paragraphs of the measure of future anxiety

Paragraph numbers	Accepters		Opponents	
	Number	Ratio	Number	Ratio
4-6-9-12-13-13-15-18-20-21-23-24-26 28-30	10	100%	-	-
1-3-5-8-10-11-11-14-16-17-19-22	9	90%	1	10%
2-7-16-25-27-29	8	80%	2	20%

And based on the comments and opinions of the arbitrators, no paragraph of the scale was excluded, illustrated in Table (6)

Scale instructions

Clear instructions have been prepared that represent the method of answering the paragraphs of the scale, with an illustrative example representing how to answer the paragraphs, which helps the respondent to answer. Name the name.

Clarity of instructions and understanding of phrases:

To verify the understanding of the scale's paragraphs, its scales and instructions, to uncover the vague and unclear paragraphs for modifying them and to calculate the time spent in responding to the paragraphs of this scale, the researcher applied the scale on (30) individuals with Thalassemia who were randomly selected from the research community, and the researcher found that The scale paragraphs and its instructions were clear and the time taken to answer the paragraphs was (10-20) minutes, and an average of (15) minutes.

Scale correction

Each paragraph is given scales ranging from (1-5) a score for the positive paragraph, while the negative paragraph is corrected in the opposite way (1-5) score, and the scale consists of (30) paragraphs, the highest score the respondent gets (150) and the lowest score the respondent gets (30 degrees with an average hypothetical score of (90).

Statistical analysis of paragraphs scale future anxiety.

A- The discriminatory power of paragraphs.

After applying the scale to the sample's (200) individuals and correcting the answer forms, and to extract the discriminatory power of the scale paragraphs, the scores of the sample members were ranked from the highest total score to the lowest overall score, and the two extreme groups were identified with the total degree and at a rate of (27%), so the number of individuals in each group reached (54).

And the use of the T-test (t-test) for two independent samples in calculating the significance of the differences between the mean of the two groups in the scores of each paragraph of the scale, on the basis that the calculated T-value represents the discriminatory strength of the paragraph (Nie, el at 1975: 267) Table (7) shows the results Calculate the discriminatory strength of paragraphs.

Table (7) The differential strength of the scale paragraphs

Paragraph number	Top group		Lower group		The computed T-value
	Arithmetic mean	standard deviation	Arithmetic mean	standard deviation	
1.	3.95	0.847	3.03	0.979	7.136
2.	4.07	0.903	3.14	1.074	6.852
3.	3.97	0.754	3.17	1.075	6.301
4.	3.84	0.987	3.13	0.990	5.230
	3.98	0.896	3.11	1.061	6.509
5.	4.06	0.888	3.14	0.974	7.222
6.	3.91	0.848	3.19	0.958	5.863
7.	4.02	0.858	3.12	0.986	7.135
8.	4.03	0.859	3.09	1.050	7.732
9.	3.90	0.830	3.21	1.023	5.401
10.	3.94	0.884	3.18	0.984	6.036
11.	4.00	0.820	3.19	1.054	6.267
12.	3.81	0.870	3.18	1.030	4.852
13.	3.84	0.948	3.06	1.034	5.758
14.	3.75	0.905	3.18	1.015	4.385
15.	3.87	0.839	3.14	1.030	5.719
16.	4.13	0.742	3.04	0.950	9.413
17.	3.74	0.979	2.90	0.848	6.681
18.	3.93	0.909	2.83	0.942	8.743
19.	3.91	0.786	3.15	0.918	6.526

20.	3.96	0.975	3.19	0.980	5.773
21.	3.90	0.791	3.23	1.073	5.267
22.	3.76	0.902	3.30	1.027	3.518
23.	3.95	0.890	3.12	0.948	6.585
24.	4.13	0.814	3.00	0.999	9.104
25.	4.10	0.784	2.99	1.045	8.833
26.	3.97	0.890	2.99	0.961	7.780
27.	4.13	0.858	3.03	1.110	8.159
28.	3.99	0.742	3.00	0.961	8.394
29.	3.90	0.960	2.98	0.927	7.201

From the table (7) it was found that all the paragraphs are statistically significant, meaning that all the paragraphs are distinct because their calculated T value is greater than the tabular T value of (2.00) with a degree of freedom (106) and at a level of significance (0.05)

B- Authenticity of paragraphs:

1- The relationship of the paragraph to the overall score of the future fear scale:

In calculating the veracity of the paragraph, the researcher relied on the Person correlation coefficient between the degrees of each paragraph and the total score, because the scores of the paragraph are continuous and gradual (Adams, 1986: 144), noting that the paragraph validation sample consists of (200) patients in the current research. Table (8) shows that.

Table (8) Correlation coefficient between the score for each paragraph and the total score for the scale

#	Correlation coefficient	#	Correlation coefficient	#	Correlation coefficient	#	Correlation coefficient	#	Correlation coefficient
1	0.372	7	0.481	13	0.345	19	0.264	25	0.412
2	0.394	8	0.414	14	0.331	20	0.359	26	0.389
3	0.364	9	0.418	15	0.314	21	0.426	27	0.446
4	0.340	10	0.461	16	0.411	22	0.496	28	0.405
5	0.351	11	0.422	17	0.470	23	0.402	29	0.484
6	0.394	12	0.472	18	0.348	24	0.479	30	0.434

From Table (8) it was found that all the correlation coefficients are statistically significant at the level of significance (0.05)

The standard (psychometric) properties of the scale:

For the current scale, two indicators of validity have been extracted, which are the validity of the content and the validity of the structure. The following is an explanation of how to verify each of them:

A- Content Validity:

It was achieved when experts in educational and psychological sciences agreed on the validity of the behavioral components and paragraphs in measuring future anxiety.

B- Constrcut validity:

The researcher has verified the validity of the construction through indicators which are: discrimination by finding differences between groups and individuals, and the relationship of the paragraph to the total degree, table (8),

Second: Scales Reliability:

The stability was calculated using the Alfa Cronbachmethod.

- The Alfa Cronbach equation

In order to extract the stability according to this method, each degree of the statistical analysis sample, which amounted to (200) forms, was subjected to the Cronbach alpha equation, as the stability coefficient reached (0.80) and this value is acceptable and has a high coefficient of stability, so this scale is characterized by internal consistency and is (Cronbach, 1970: P.63).

The statistical methods used in the research:

The researcher used the Statistical Bag for Social Sciences (SPSS) to analyze the data, and the following statistical methods were used:

1- The T-test for two independent samples: It was used to calculate the discriminatory power of the items of research tools using the method of the two extremes.

2- Pearson correlation coefficient: used to calculate the correlation of the paragraph score with the total score of the scale.

3- The alpha equation of internal consistency: used to calculate the reliability of the search scale

Chapter Four

Results and discussion

This chapter includes a presentation of the results that have been reached based on the goals that have been identified, the interpretation of these results and their discussion according to the theoretical framework and previous

studies and the characteristics of the society that has been studied in the current research, and then come up with a set of conclusions, recommendations and proposals, and the results can be presented as follows:

The first goal: To identify positive thinking among individuals with Thalassemia.

To achieve this goal, the researcher took the sample responses on the positive thinking scale consisting of (38) items. The results of the research showed that the arithmetic mean of the scores of this sample on the test reached (110,847) degrees and a standard deviation of (9,194) degrees, and upon knowing the significance of the difference between the arithmetic mean and the hypothetical average of (114) degrees, the difference was found to be statistically significant at the level of (0,05), as the calculated T value reached (-4.85), which is greater than the tabular T value of (1.96), and with a degree of freedom (199), which means that the research sample possesses positive thinking in a low way. Table (9) shows that clearly.

Table (9) The arithmetic mean, standard deviation, and t-value of a positive thinking scale

Variable	Sample	Arithmetic average	standard deviation	Hypothesized mean	The t-value Calculated	Tabular	Indication (0.05)
Positive thinking	200	110.847	9.194	114	-4.85	1.96	Function

The second goal / to identify the statistically significant differences in positive thinking in patients with thalassemia according to the following variables:

a. By gender (males, females)

For verifying this goal, the researcher took the responses of the research sample of (200) patients with Thalassemia disease, and after processing the data statistically, the researcher extracted the mean scores of the sample on the scale according to gender (males - females), and it was found that the average scores for males reached (109,674) And a standard deviation (13,823), while the mean of the female's scores was (111,868) and a standard deviation (11,645), and to make sure of the differences in positive thinking according to this variable, the researcher used the T-test for two independent samples, and the results were as shown in Table (10) and Figure (1).

Table (10) the calculated and tabular T-value The mean and the standard deviation depending on the sex

Variable	Gender	Number	standard deviation	Hypothesized mean	The t-value Calculated	Tabular	Indication level (0.05)
Positive thinking	Male	96	109.67	13.82	-1.22	1.96	Function
	Female	104	111.87	11.64			

It can be seen from the above table that the calculated T value of (-1.22) is smaller than the tabular T value of (1.96) at the level of significance (0.05) and the degree of freedom (198), and this means that there are no differences in positive thinking according to the gender variable.

B . Depending on the age (over 15, and under 15 years)

For verifying this goal, the researcher took the responses of the research sample of (200) people with Thalassemia disease on the positive thinking scale, and after processing the data statistically, the researcher extracted the sample mean scores on the scale according to age (15 years and over, less than 15 years). It was found that the average of the scores of 15 years and above was (112,164) and a standard deviation (11,412), while the mean of the scores of less than 15 years was (107,345) and a standard deviation (13,754). , The results were as shown in Table (11).

Table (11) the calculated and tabular T-value and the mean and standard deviation depending on age

Variable	Job	Number	standard deviation	Hypothesized mean	The t-value Calculated	Tabular	Indication level (0.05)
Positive thinking	Over 15	123	112.164	11.412	2.758	1.96	Function
	Under 15	77	107.345	13.754			

It is evident from the above table that the calculated T value of (2.75) is greater than the tabular T value of (1.96) at the level of significance (0.05) and the degree of freedom (198), and this means that there are differences in positive thinking between the age of 15 years and over and age Less than 15 years old and in favor of age 15 years and over.

The third goal: measuring future anxiety among people with thalassemia.

To identify this goal, the researcher applied the measure of future anxiety on the research sample of (200) people with thalassemia, and extracted the arithmetic mean that reached (95,785) and the standard deviation that reached (13,668), and upon knowing the significance of the difference between the arithmetic mean and the hypothetical mean that reached (90 degrees. It was found that the calculated value of (5.96) has a level of significance (0.05) and a degree of freedom (199) greater than the tabular value of (1.96), and this means that the research sample has a high level of future anxiety. Table (12) and Figure (2) illustrate this.

Table (12) The t-test of one sample for the difference between the arithmetic mean and the hypothetical mean of the future anxiety scale

Variable	Number	Arithmetic mean	standard deviation	Hypothesized mean	T value calculate	Tabular T-value	Indication level (0.05)
Positive thinking	200	95.785	13.668	90	5.96	1.96	Statistical function

Fourth Objective / To identify the statistically significant differences in future anxiety in patients with thalassemia according to the following variables:

a. By gender (males, females)

For verifying this goal, the researcher took the responses of the research sample of (200) patients with Thalassemia disease, and after processing the data statistically, the researcher extracted the averages of the sample scores on the scale according to gender (male - female), and it was found that the average scores for males reached (95,324) And a standard deviation (11,436), while the average of female scores was (96,121) and a standard deviation (11,476), and to make sure of the differences in future anxiety according to this variable, the researcher used the T-test for two independent samples, and the results were as shown in the table (13) and figure (13).

Table (13) the calculated and tabular T value The mean and the standard deviation depending on gender

Variable	Gender	Number	standard deviation	Hypothesized mean	The t-value		Indication level (0.05)
					Calculated	Tabular	
	Male	96	95.324	11.436	-0.49	1.96	

Positi ve thinki ng	Fema le	104	96.121	11.476		Functio n

It can be seen from the above table that the calculated T value of (-0.49) is smaller than the tabular T value of (1.96) at the level of significance (0.05) and the degree of freedom (198), and this means that there are no differences in future anxiety according to the gender variable.

B . Depending on the age (15 years and over, less than 15 years)

For verifying this goal, the researcher took the responses of the research sample of (200) people with Thalassemia disease on the future anxiety scale, and after processing the data statistically, the researcher extracted the mean scores of the sample on the scale according to age (15 years and over, less than 15 years). It was found that the average scores of 15 years and above were (96,766) and a standard deviation (11,212), while the average of scores for less than 15 years was (95,299) and a standard deviation (13,111). , The results were as shown in Table (13).

Table (13) Calculated and tabular T-valueand the mean and standard deviation depending on age

Varia ble	Job	Numb er	standar d deviati on	Hypothesi zed mean	The t-value		Indicati on level
					Calculat ed	Tabul ar	(0.05)
Positi ve thinki ng	Ove r 15	123	96.766	11.212	0.87	1.96	Functio n
	Und er 15	77	95.299	13.111			

The table shows that the calculated T value of (0.87) is smaller than the tabular T value of (1.96) at the level of significance (0.05) and the degree of freedom (198), and this means that there are no differences in future anxiety between the ages of 15 years and over. And the age of less than 15 years.

Fifth Objective: Identify the correlation between positive thinking and future anxiety among people with thalassemia:

To identify this goal, the researcher used the Pearson correlation coefficient

(Person Correlation) for the degrees of the sample individuals in positive thinking and their scores on the scale of future anxiety, the results were as shown in Table (14).

Table (14): The correlation between positive thinking and future anxiety

Number	The value of the correlation coefficient between positive thinking and future anxiety	T-value		Indication level (0.05)
		Calculated	Tabular	
200	1.96	-10.641	-0.506	Function

It is evident from the above table that there is a negative significant relationship between positive thinking and future anxiety, as the calculated T value of (-10.641) was greater than the tabular T-value of (1.96) at the level of significance (0.05) and the degree of freedom (198). It indicates that the relationship between positive thinking and future anxiety is an inverse relationship, that is, the more positive thinking is weak, the greater the anxiety of the future.

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