

## *Psychological Health's Effect on Education*

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تاریخ قبول النشر ۲۰۲۵/۳/۲۰

تاریخ استلام البحث ۲۰۲۵/۲/۱۰

### **Abstract**

Education is very important in the world; to educate means to give new life so it is necessary to pursuit the students and not leave them in the lurch. University students represent the main pillar of the future of society as they are a vital goal that various educational institutions seek to achieve. Hence, we have to indicate the problems they face specifically their psychological health that affect their academic performance.

The university stage is an important stage in consolidating habits, skills and behavioral patterns in the personality of students, and crystallizing values, trends, and ideas. Hence, very important to shed light on the psychological factors that influence the level of academic performance, including self-confidence, depression, anxiety, and motivation for achievement. The result of which confirms that feelings of depression negatively affect the level of academic performance.

The student's psychological state occupies a large part of his thinking, and occupies the mind with matters outside of study. This bad psychological state leads to the student falling into the clutches of failure, and many male/ female students are exposed to academic failure because they go through some bad psychological circumstances and states.

Definitely, the psychological state that occupies the minds of the students and makes them turn away from the education; it must be followed by unusual reactions that affect the student's educational career who with a psychological condition knows in advance that he will fail which leads him becoming agitated and his behavior abnormal.

**Key words: student, failure, depression, anxiety, self-confidence, success**

### **Introduction:**

A psychological disorder also called mental health conditions or mental illnesses is a condition characterized by distressing, disturbing, and/or atypical thoughts, feelings, and behaviors. Psychological disorder can affect a person's thinking, emotions, and behavior, often interfering with his relationships and daily functioning. These mental conditions can be temporary or lifelong.

In general, psychological health is considered the individual's ability to agree with himself and with the society in which he lives, and this leads to enjoying a life free of crisis and turmoil, full of enthusiasm. This means that the "individual is satisfied with himself and [jsh.univsul.edu.iq](http://jsh.univsul.edu.iq)

accepts himself as he accepts others, so that there is no evidence of incompatibility. He does not exhibit abnormal social behavior, but “rather he exhibits reasonable behavior that indicates his emotional and mental balance, in light of various fields and under the influence of all circumstances”( Bandura, 1997: p.15).

Anyone in society can suffer from various psychological problems that severely disturb his daily working. These problems mainly originate from psychological factors such as stress, anxiety, despair, lack of motivation, loneliness, weakness and fears. Our goal is to focus on the psychological problems of the student that hinder his progress in education. These psychological problems can lead student to failure in his academic achievements. They may cause his nervousness, poor presentation, low self-confidence, unrealistic worry and uneasiness that interfere with his ability to act normally. It is evident that academic failure occurs when the student’s relationship with the education becomes bad. Therefore, knowing the psychological factors is very important for “they are manifested in the ability of student acquire knowledge, gaining skills, perception of educational information, attitude to others and mutual understanding with others” as Kostromina and Dvornikova observe (2016: p. 22).

In most cases, psychological factors like stress, poor focus, low self-confidence, and lack of self-efficacy associate with low academic performance causing failure (Rajkumar and et al., 2015: p.44). It is also worth noting that stress is inevitable in student life, affecting his psychological health and education; “stress correlates with symptoms of depression and anxiety, increasing dropout rates and causing academic performance problems” as Mihailescu and et al. aver (2016: pp. 27-39).

### **1. The Psychological Health’s Concept:**

Although psychological disorders can be difficult to live with, they are treatable. Talk therapy, self-care strategies, and medications can play a role in helping people/ students with psychological disorders recover better. Hamid Zahran defines psychological health as:

“a relatively permanent state, in which he feels happy with himself and with others, and is capable of psychologically, socially, and emotionally exploiting his abilities and potentials to the maximum possible extent, and being able to achieve self-fulfillment, facing the demands of life, his personality is fully integrated, and his behavior is normal” (Zahran, 2015: p.12).

Psychological health has fundamental value and is an integral part of our general well-being. It is affected by a complex interaction between individual, social and structural stresses and vulnerabilities so there are reasonable, effective and possible strategies to protect and restore psychological health.

Hence, psychological health is a basic human right for being crucial to personal, community and education.

Psychological disorders include significant disturbances in thinking, emotional regulation, or behavior. Many people/ students around the world suffer from a psychological disorders, but anxiety and depression disorders being the most common. Hence, teachers should educate themselves and others about the indications of psychological health problems and how to manage them through provide a safe environment, encourage good health, and help students’ access psychological health resources. It is evident that teachers can help students with psychological health problems and how to deal with them.

### **Determinants of Psychological Health:**

A combination of multiple individual, social and structural determinants may form throughout our lifespan to protect or undermine our psychological health and change our position on the mental health continuum. Individual psychological and biological factors such as emotional skills, substance abuse, and genetics can make individuals more vulnerable to psychological health problems. “Exposure to unfavorable social, economic, geopolitical and environmental conditions, including poverty, violence, inequality and environmental deprivation increases individuals’ risk of psychological health conditions” (Kessler, RC et al. , 1995: pp.1026–1032).

A. Maslow states that “risks can appear at any stage of life, but those that occur during sensitive periods of development, particularly during early childhood, are particularly harmful” (Maslow, 1968: p. 20). It is known that harsh upbringing and corporal punishment undermine children's health and that intimidation is a major risk factor for psychological ill-health. Likewise, there are protective factors that develop throughout our lifespan that enable our resilience to be strengthened, including our individual social and emotional skills and characteristics, as well as positive social interactions, good education, decent work, safe neighborhoods, community cohesion, and more.

It is obvious that psychological health risks and protective factors are evident in society at varying levels. Local threats increase risks to individuals, families and communities, while global threats increase risks to populations as a whole, and include economic recessions, disease outbreaks, humanitarian emergencies, forced displacement and the growing climate crisis. Each risk factor and each protective factor has limited predictive power. Most individuals do not develop psychological health problems despite being exposed to a risk factor, while many individuals develop them despite not being exposed to any known risk factor; “It is the determinants of psychological health that interact with each other enhancing or undermining psychological health” (Sartorius, 2002: p.21).

Feelemyer, and etal. aver (2014: p. 63) some warning signs of psychological disorders in students that school/ teachers should look for in their students to help identify anyone who may be experiencing difficulties:

- A dramatic and sudden change in behavior.
- A decline in the quality of work and/or a drop in grades.
- Difficulty concentrating in class.
- Loss of interest in school, sports, or other activities.
- Frequently falling asleep in class.
- Drug use, self-harm, and other risky behaviors.
- Frequent complaints of "aches and pains" with no clear cause.
- Feeling exceptionally down or depressed

It is important and necessary to identify common manifestations of psychological, emotional, cognitive, behavioral, and developmental problems in children, including problems associated with children’s exposure to electronic media, such as screen time, internet addiction, bullying, suicide, and substance use. In this way, it will be easy to recognize the developmental problems that affect education in school.

It is no longer acceptable to consider psychological health as a kind of moral luxury or the outcome of social interaction processes and the resulting failure or success, satisfaction and happiness, or pain and sadness. Advanced human societies have realized the importance of psychological health in all of their special interests due to its importance in forming a personality. Fields, all institutions, and the human being and their role in achieving compatibility and adaptation with oneself and the environment in order to reach the maximum rates of healthy growth psychologically, physically, and mentally.

## 2. Bad Psychological State:

The importance of psychological health for college students is a vital issue that directly impacts the quality of their academic and personal lives. In an era of increasing academic and social challenges, maintaining psychological health becomes essential for academic success and personal balance. College students face significant pressures, ranging from academic challenges, social commitments and financial pressures make them vulnerable to psychological stress and anxiety. Therefore, recognizing the importance of psychological health and working to maintain it can be the key to overcoming these pressures and succeeding in college life and beyond.

A student may suffer from a psychological state resulting from the terror of thinking about the future, and worries accumulate on him because of this thinking that it is his parents' dream that he become outstanding and obtain the highest academic status. The psychological state often leads to failure that changes the course of life, and further aggravates. Psychological pressure is due to shattered dreams and psychological pain is due to loss of hope and goal (Akessa & Dhufera, 2015: p. 55).

A student who fails academically due to a bad psychological state can make up for what he missed and complete what he was unable to do, when he has the will and determination to get out of this psychological state. Academic failure can be compensated for in some ways and methods, but the psychological state is what hinders getting rid of academic failure, and the student must know that strong will and determination to achieve better education are the basis for success and reaching the highest levels. Whereas, on the other hand a bad psychological state can turn a student who is intelligent in academic achievement, into a state of laxity in studying that is followed by a kind of academic failure. Sometimes this failure continues throughout all stages of education, meaning that the student goes from a state of excellence and obtaining advanced positions in the result to success with simple grades, and moves to lagging positions among his fellow students, and may remain in this state as Akessa and etal. Confirm (2015: p. 64).

If the student is able to overcome the bad psychological state and return to his previous state of academic excellence, he must work twice as hard as before in order to reach his goal. But failure "makes him nervous and "turn into another person who becomes agitated, arrogant, and destroys things around him" (Visser, 2017: p. 3).

It is obvious that a good psychological state affects academic achievement and leads to excellence and achieving the goal of enrolling in the highest colleges, despite failure in some other aspects related to the educational process. The healthy and good psychological state provides the student with the conditions for academic achievement even in a short period of time, and the determination to succeed and compete. "The basic condition is the availability of normal psychological conditions and factors that enable the student to challenge those around him, and to make optimal use of his mental abilities in achieving and learning" as Visser stated (2017: p. 6).

The failure of some students who suffered from bad psychological conditions does not prevent them from trying to repeat and succeed. With the help of the mother, father, and those around them, they can remain consistent and overcome the psychological state gradually until they regain their psychological confidence. Then, they begin to get rid of the situations psychologically, and after that they will return to normal. Our role is to encourage them overcome the bad psychological feelings.

### 3. Parental pressure:

It is clear that the psychological state is a major factor in the process of education, then academic life and the completion of the educational process naturally. Noticeably, any psychological pressure the parents exert on students they often have the opposite result and academic failure occurs, because it is the fate of any student who is psychologically destructive.

Some recent studies indicate that the psychological state is very important in the educational process, and can determine the student's fate of excellence or failure. Both Siljvejstr and Mokljuk (2014: p. 12) revealed that many students with average abilities excelled with many distinctive grades in education and the academic year, which are not many. Those around them expected it, and on the contrary, distinguished students receive lower grades and poor grades despite their higher mental abilities than others. The reason is due to the availability of good psychological conditions for the first category, those with average abilities, and parents exhausting their children with big dreams of reaching top colleges causes them a great psychological burden, creates a state of constant tension and exhausts them psychologically, frightens them and makes them anxious and afraid for the future (Siljvejstr and etal., 2014: p. 33). Many students become frustrated as a result of their mother and father's constant demands for him to enter colleges. Because of that, the student suffers early frustration and a state of indifference, as the student is required to have a number of responsibilities that exceed his capabilities, and a kind of early defeat creeps into his psyche.

Many current studies seek to shed light on psychological health and its role in educational institutions, by identifying its concept within the university, and learning about the role of the university in achieving the psychological health of students. These studies considered psychological health indispensable, especially in our current time, in educational institutions in general, and university in particular. The university is "an integrated micro-community, in which there are teachers, employees, and students. They differ among themselves in age and cultural, social, and economic level. They are vulnerable to psychological disorders and various behavioral problems" (Pintrich and Schunk, 2002: p.15) therefore, there must be a psychologist or psychological counselor's office in the university to deal with them, until an acceptable degree of psychological health is achieved for all. It is necessary to know the constructive, preventive, diagnostic, and therapeutic, including everything that would affect the educational process and the academic life.

A student who suffers from anxiety due to deteriorating conditions in his family, the presence of family problems, a student who is preoccupied with his emotional problems and his failure to establish good relationships with his colleagues or some of his teachers, such a student finds it difficult to focus in class and devote most of his attention to the lesson. He exhausts" his energy by ruminating over his problems and pain which leads to the emergence of poor psychological adjustment in him, and this often leads to academic delay and failure"( Aafreen and etal., 2018: p. 10). Such student develops a feeling of inferiority and shame in comparison with others, and a loss of self-confidence, which consequently creates a disturbance in his psychological health.

### 4. Manifestations of psychological health:

Psychological health also has manifestations through which it can be identified, including: positivity, optimism, the individual's realistic acceptance of the limits of his capabilities, set realistic goals, the ability to establish successful social relationships, the individual respects the culture of society while achieving a degree of independence from this society, the ability to self-control, high

level of psychological tolerance and the individual's success in his work and his satisfaction with it. Therefore, "psychological health programs in schools are necessary and indispensable, especially at the present time, which scholars have called the era of psychological stress" (Abhirami and Akriti, 2020: p.10).

To clarify this, good example of an individual who does not go through an emergency crisis during his life that may affect his psychological structure and disturb his emotional balance. This crisis may pass peacefully, or it may have a negative impact on the child's personality, and his response to this crisis is abnormal and requires treatment. Some of these crises are considered normal, such as physical growth and the physiological changes that occur in it. But it has different effects on the pattern of the relationship between the child and the parent or society. There are some crises that may be individual, such as: difficulty in progressing in school / university, peer pressure, family problems such as parental divorce, moral or physical abuse.

Without suspect, psychological health affects the physical health of the body. If the students' condition is bad, some of them will feel lethargic, lazy, and unable to be active, and others will harm themselves, such as resorting to smoking, addiction, or blaming themselves excessively. But, if their psychological state is good, they can complete many tasks and study in the shortest time, pass all exams easily, develop their relationships with their friends for the better, and practice a lot of sports with enthusiasm.

## 5. The Educational Institutions' Role

Although the primary teacher's role is to educate, but if students aren't in good psychological health, they won't be able to engage with anyone and achieve good results. Raising awareness of psychological health disorders in schools is crucial to reducing the problem and encouraging prompt care. As the teacher's responsibilities expand, he needs the resources, tools, and professional training necessary to enhance his professional expertise.

Educational institutions, school/ university are considered the most important and prominent of these institutions due to the sensitivity of their role, and their close connection with society and the system of cultural and cognitive values that determine the extent of progress and backwardness of society. The Muslim scholar Ibn Khaldun referred to this concept by saying that education is one of the industries of human societies. The school is the most influential social institution in a child's life after the family, and in many cases it is the only positive influence in a child's life.

In cases of family breakdown, divorce, or the loss of one of the parents, as well as in cases where both the father and mother are busy with their daily work, which has increased the amount of responsibilities on the school, the modern school has gone beyond the concept of traditional education represented by (the teacher - the learner - the academic subject) to include all those in charge of the educational and pedagogical process includes administrators, supervisors, and specialists (psychological, social, health) (Lafee, 2013: pp. 24-30). They participate with each other in order to reach one goal, which is to create a psychologically balanced personality, capable of benefiting from knowledge, experiences, and skills and employing them in daily practical and educational life.

Due to the difficulty of current life, many students suffer from psychological and behavioral disorders that negatively impact their performance in the classroom, posing a challenge for teachers to deal with. Therefore, there is no doubt that the school / college is of great importance in achieving the appropriate psychological development of the student and contributing to its achievement because

the school is considered the second educational institution after the family, to which the child moves when he is six years old. Education has become a social goal that all people accept, and parents even insist on providing it for their children in the future. So, we have to shed light on the school's major roles in achieving the psychological health as follows:

1. The school/ university must have an atmosphere of democracy and freedom of expression about everyone's opinion.
2. Working to satisfy psychological and social needs.
3. Helping students to set realistic goals for themselves.
4. Paying attention to individual differences among students.
5. Paying attention to the teacher's psychological health and achieving his psychological satisfaction and professional stability.
6. Making the school a positive environment dominated by movement and activity.

Developed society has realized the importance of psychological health and given it special attention. It is aware of the high price that neglecting it costs, in terms of psychological and mental disorders, young law-breaking, substance abuse and the rise in crime rates it causes, as well as the specter of illiteracy, unemployment, and moral / behavioral deviation.

The relationship of psychological health to education arose as a result of observing psychological deviation or poor adaptation among students in schools, and the necessity of taking care of them. The science of psychological health has greatly influenced education, as it transferred attention from the mental aspect to the emotional aspect.

After ancient education was concerned with aspects of mental development and mental training of the child's faculties, modern education became concerned with emotional and social development in addition to psychological development. It is concerned with the students' emotional problems and the methods of their psychological adjustment. In this regard, there is emphasis on the importance of taking care of the psychological health of the student, "Modern education is concerned with the psychological health of the student" ( Abhirami & Akriti, 2020: p. 21) and protecting them from the factors of disorder present in every school and providing them with methods of prevention from them, because knowledge is only one of the weapons of success in life, and many of those who hold knowledge, but lack experience with people and life, do not benefit from what they have learned or benefit others from it.

Definitely, psychological, behavioral, or psychosomatic disorders, diseases resulting from psychological causes, would affect the educational process and the school environment. In this regard, psychological health enables the individual to face life's problems, develop properly socially, learn well, supports the physical health of the individual, increase the individual's efficiency and productivity and finally reduces the number of deviants and those outside the system of society.

## **6. Ways of Psychological Care:**

The psychological health of the student is the responsibility of the family, school and university as well. Therefore, all should cooperate together to avoid and prevent everything that leads to psychological disturbance and negative outcomes of the student. Definitely, psychological health is one of the most important factors influencing students' lives. The students who enjoy good psychological health are better able to succeed in their academic and personal lives. Therefore, promoting students' psychological health is a vital endeavor that requires the cooperation of all

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stakeholders, including families, schools, and the community. Kadosh, and Staunton (2019: pp. 545-566) emphasize that to achieve production, progress, and development in education, we should follow the following .....

1- Providing psychological care to every student and helping him solve his problems and transitioning him from a dependent person on others to be an independent, self-reliant, and psychologically compatible.

2- Teaching him how to achieve his goals in an appropriate way that is consistent with social standards, thus achieving his social compatibility.

3- Taking into account his abilities in everything related to the education process.

4- Paying attention to the psychological guidance and counseling of the student.

5- Social relationships affect the student's psychological health so the relationships between teacher and student must be based on democracy and guidance to create good relationship between them and healthy educational and psychological development.

6- Relationships between students and each other must be based on cooperation and mutual understanding in order to achieve psychological health.

7- Good relationships between the school / university and the family, which are in constant contact, especially through parent-teacher councils, play an important role in the process of caring for the psychological health of the student.

8- Educators (teachers and parents) themselves must enjoy psychological health, as one who lacks something does not give it, and this requires achieving security, psychological stability, compatibility with students, democracy in dealing with them. Their outlook on life should be positive balanced.

9- The teacher is not only a transmitter of information and knowledge, but in addition, he is a teacher of compatibility skills and manifestations. Hence, he is not only the symptoms of any behavioral disorder, but the corrector as well.

10- The psychological health of the student is affected by the personality of the educator, who must be a good model for his students.

## Conclusion

Different psychological factors definitely affect student's education and success negatively; making him away from any kind of education. So, family/ school/ university all together should enhance understanding the effects of these factors like stress, anxiety, despair, loss of concentration, self-efficacy and lack of motivation that hinder the student from achieving good education. Their role is to provide the student with skills to enhance his abilities and to cope with various psychosocial demands. Moreover, they should help the student in different psychological facet in order to make him performs better in education and academic progress.

Certainly, our role is to encourage the student who feels less confidence in himself or suffer from any psychological pain in order to decrease the bad psychological state and make him overcome it. As a matter of fact, such a student can overcome any obstacle in his life if he decides to get rid his bad psychological state just to be a good and normal one.

There are some important recommendations that should be taken into consideration in order to provide a better environment that works to achieve the desired educational goals, the forefront of which is working to prepare generations free of diseases and psychological complexes, endowed with all the factors of confidence and desire for excellence and achievement; never forget the ability to

assume their responsibilities in reaching progress and advancement for the society. These recommendations are:

1. Establishing modern schools/ universities that keep pace with development and modernity.
2. Creating an educational climate and environment that takes into account the conditions for achieving psychological health.
3. Spreading a culture of psychological health for all employees within educational institutions.
4. Training and qualifying teachers in specialized courses to introduce psychological health.

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## تأثيرالصحة النفسية على التعليم

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### المستخلص:

التعليم مهم جداً في العالم كونه يعني إعطاء حياة جديدة، لذلك من الضروري متابعة الطلاب وعدم تركهم في مأزق. يمثل طلبة الجامعة الركيزة الأساسية لمستقبل المجتمع باعتبارهم هدفاً حيويًا تسعى مختلف المؤسسات التعليمية إلى تحقيقه. ومن هنا لا بد من الإشارة إلى المشاكل التي يواجهونها وتحديدًا صحتهم النفسية والتي تؤثر على أدائهم الأكاديمي.

تعد المرحلة الجامعية مرحلة مهمة في ترسيخ العادات والمهارات والأنماط السلوكية في شخصية الطالب، وبلورة القيم والاتجاهات والأفكار. عليه مهم جدا تسليط الضوء على العوامل النفسية التي تؤثر على مستوى الأداء الأكاديمي، ومنها الثقة بالنفس، والاكتئاب، والقلق، والدافعية للإنجاز. والنتيجة تؤكد أن مشاعر الاكتئاب تؤثر سلباً على مستوى الأداء الأكاديمي.

تشغل الحالة النفسية للطلاب جزءاً كبيراً من تفكيره، وتشغل العقل بأمور خارج نطاق الدراسة. وتؤدي هذه الحالة النفسية السيئة إلى وقوع الطالب في برائن الفشل، ويتعرض الكثير من الطلاب والطالبات للفشل الدراسي بسبب بعض الظروف والحالات النفسية السيئة.

بالتأكيد الحالة النفسية التي تشغل ذهن الطلاب تجعلهم يبتعدون عن التعليم. ولا بد أن يعقب الحالة النفسية ردود أفعال غير عادية تؤثر على المسيرة التعليمية للطلاب الذي يعاني من حالة نفسية يعرف مسبقاً أنه سوف يفشل مما يؤدي إلى انفعاله وتصرفاته غير طبيعية.

**الكلمات المفتاحية: الطالب، الفشل، الاكتئاب، القلق، الثقة بالنفس، النجاح**

### كاريگهري تهن دروستی دهروونی له سهه ره وهرده

پروفیسوری یاریده دهه دکتور سناء محمه دهه هدی زانکوی موسته نسریه - کولژی ئاداب - بهشی ئینگلیزی.

پوخته:

پهروه دهه له جیهاندا زور گرنهه چونکه بهخشی ئی زبانیکی نوئ دهه ده خات، بویه گرنهه پشتگیری قوتابیان بکریت و له تهنگانه دا به جیبیان نه هیلین. خویندکارانی زانکۆ بهردی بناغه ی داها تووی کۆمه لگه ن چونکه نامانجیکی گرنهه که دامه زراوه پهروه ده یه جۆراو جۆره کان هه ول ده ده ن به ده سته بهینن. لیره دا پیویسته تیشک بهینه سهه ره نه و کیشانه ی پووه پوو یان ده بنه وه، به تایبه ته تهن دروستی دهروونیان که کاريگهري له سهه ره ئاستی ئه کادیمیان هه یه. قوناغی زانکۆ قوناغیکی گرنهه له دامه زران دن خو، کارامه یی و شیوازه کانی هه ل سوکه وت له که سایه ته خویندکاردا، و له دارشتنی به ها کان، هه لو یست و بیروکه کان. بویه زور گرنهه تیشک بهینه سهه ره نه وه کاره دهروونیان هه که

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کاریگه‌ری له‌سه‌ر ئاستی ئە‌دای ئە‌کادیمی هه‌یه، له‌وانه‌ متمان‌ه به‌خۆبوون، خه‌مۆکی، دل‌ه‌پاوکی و هاندانی ده‌ستکه‌وت. ئە‌نجامه‌که‌ ئە‌وه‌ دوویات ده‌کاته‌وه‌ که‌ هه‌ستکردن به‌ خه‌مۆکی کاریگه‌ری نه‌رێنی له‌سه‌ر ئاستی ئە‌کادیمی هه‌یه.

باری ده‌روونی قوتابی به‌شیک‌ی زۆری بێرکردنه‌وه‌یان داگیر ده‌کات و مېشک به‌ باب‌ه‌ته‌کانی ده‌ره‌وه‌ی بواری خویندن سه‌رقال ده‌کات. ئە‌م دۆخه‌ ده‌روونییه‌ خراپه‌ و له‌ قوتابی ده‌کات بکه‌وێته‌ چنگی شکست و زۆرێک له‌ قوتابیان تووشی شکستی ئە‌کادیمی ده‌بن به‌هۆی بارودۆخی دیاریکراو و دۆخی ده‌روونی نه‌خا‌زراو. به‌دلنیا‌یی‌ه‌وه‌ ئە‌م دۆخه‌ ده‌روونییه‌ی که‌ مېشکی قوتابیان سه‌رقال ده‌کات وایان لێ‌ده‌کات له‌ خویندن دووریان بخه‌نه‌وه‌ ده‌بیت کاردانه‌وه‌ی نائاسایی له‌ دوا‌ی ئە‌م دۆخه‌ ده‌روونییه‌ هه‌بیت که‌ کاریگه‌ری له‌سه‌ر گه‌شتی په‌روه‌رده‌یی ئە‌و خویندکاره‌ هه‌بیت که‌ تووشی حاله‌تیکی ده‌روونی ده‌بیت، بې‌شوه‌خت ده‌زانیت که‌ شکست ده‌هینیت، که‌ ده‌بیتته‌ هۆی بې‌زاری و هه‌لسوکه‌وتی نائاسایی.

وشه‌ گرن‌گه‌کان: خویندکار، شکست، خه‌مۆکی، دل‌ه‌پاوکی، متمان‌ه به‌خۆبوون، سه‌رکه‌وتن.

