

*THE EFFECTIVENESS OF TRAINING
PROGRAM BASED ON THE THEORY OF
COGNITIVE FLEXIBILITY IN DEVELOPING
CREATIVE TEACHING SKILLS AND RAISES
THE LEVEL OF MENTAL MOTIVATION
AMONG TEACHERS STUDENTS WITH LOW
MENTAL MOTIVATION*

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ABSTRACT_ *The current study aimed at developing a training program based on the theory of cognitive flexibility in developing creative teaching skills and raises the level of mental motivation among teachers students with low mental motivation in Al- Majmaah University in KSA. The sample of study consisted of (53) students which divided into two groups (26 experimental group and 27 control group) – from students of the practical training at Al majmaah faculty of Education. Those students represented low level according to their scores on California mental motivation scale. The researchers used the cognitive flexibility scale (prepared by Dennis &Vander,[1]) which is suited with Saudi environment, Also they used a checklist of creative flexibility theory (prepared by the researchers).The results showed a variation associated ANCOVA test analysis (t) and calculated the impact size of Eta square. The training program based on the theory of cognitive flexibility is very effective in developing creative teaching skills and raises the level of mental motivation among teachers students with low mental motivation. Results were discussed and presented recommendations related to the results of the study.*

KEY WORDS: *the theory of cognitive flexibility, mental motivation, creative teaching skills.*