

OPTIMISM, PESSIMISM, AND ITS RELATION TO PSYCHOLOGICAL HEALTH AMONG STUDENTS OF THE FACULTY OF EDUCATION, AL-JOUF UNIVERSITY

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ABSTRACT_ *The aim of this study was to detect the relationship between optimism, pessimism and psychological health among the students of the Faculty of Education at Al-Jouf University. In addition, the aim of the study was to know the level of optimism, pessimism and the level of psychological health. The researcher used the descriptive method. The study sample consisted of (113) students from the Faculty of Education at Al-Jouf University for the academic year 2017/2018, selected by cluster random sampling. For the purposes of the study, the researcher used Arab list of optimism and pessimism was prepared by Ahmed Abdel Khaliq [1] and the psychological health Scale by Khalil [2], after checking their psychometric characteristics. The results of the study showed that the students of the Faculty of Education are high level of optimistic, and the rate of pessimism is low, and the results showed that the students enjoy a high level of psychological health. There was a positive correlation between optimism and psychological health. There was a negative relationship between pessimism and psychological health.*

KEYWORDS: *optimism, pessimism, psychological health, Al-Jouf University.*