

The Effect of (Self-Suggestion and Problem-Solving) in Reducing Cognitive Distortions of Unemployed Youth

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Abstract: The aim of the research is to identify the effect of self-suggestion and problem solving in reducing cognitive distortions among unemployed youth and to identify cognitive distortions among unemployed youth. The study was conducted by 250 young men from Baghdad governorate. The scale was presented to a group of expert professors. 32 items were distributed in the 10 fields. After verifying the validity of the scale, In two ways, testing and retesting, with a stability coefficient of 0.85. The purpose of the program was to construct a self-explanatory program and solve problems. The scale was applied to a sample of (100) young people to identify the cognitive malformations. The training program sessions reached (13) guiding sessions after presenting them to the specialists. The sample consisted of three groups randomly distributed to two groups And a control group of (15) youth for each group and parity of the three groups Statistical methods used the Pearson correlation coefficient, the Kruskal–Wallis test to determine the significance of differences between groups, and the Man-2 test for two independent samples. The test showed the differences between the three groups. After applying the program to the experimental groups, the scale was applied to the three groups- .- Both self-suggestion and problem solving have an effect in reducing cognitive distortions among unemployed youth In the light of the research results, the researchers put forward a number of recommendations and suggestions.

Keywords *self-suggestion, problem solving, and cognitive distortions.*