

**Self-Effectiveness is an Introduction to reduce
Symptoms of Anxiety on some Students who suffer from
Learning Disabilities**

Prepared by

Dr. Hayam Saber Sadek Shahein

Lecturer of Psychology at the Faculty of Women

Ain Shams University

Summary

Learning disability is one of modern areas in the field of Special Education. The term learning disabilities originated with and became popularized by Dr. Samuel Kirk (1963).

The rate of learning disabilities and its problems have been increased during the recent times. Learning disability has been one of most important fields, despite its modernity especially with its several forms, types, and effects on the individual, family and community (Mohamed Rizk Beheiri, 2009).

The main problems facing those students are attention deficit disorder, and memory, so teachers face problems in educate such students.

Students who suffer from learning disabilities face several problems like: decrease of the self-concept and self-effectiveness as well as they are more prone to anxiety and depression than normal students. Their anxiety may arise as result of repeated failure.

The repeated failures of such students and ostracism by teachers and other students as well as lack of support lead to weaken the right behavior.

Pandora discusses the impact of self-effectiveness in growth throughout the cognitive and emotional processes.

We find in the cognitive part that self-effectiveness improves attention, understanding, and memory while the emotional part effects in the quality of emotional life.

Although the anxiety is not essential and original part in self-effectiveness, the decreased self-effectiveness may create feels of anxiety for persons when they assess themselves as unable to deal with pressures in different situations. Several researchers confirmed that self-effectiveness could dispel the negative feels like anxiety (Fisher, & Laschinger, 2001).

Studies show that whenever self-effectiveness increased, the ability of success in changing some behaviors is increased like overcoming anxiety and fears. Self-effectiveness could effect in our performance to do several tasks (Plotnik, 1993, p461).

(Cervon& Peak, 1986) refer that beliefs of self-effectiveness determine the level of students' motivation. Whenever the confident in self-effectiveness increased, efforts and insistence are increased to achieve the goal.