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(17) (40) (PTSD)

(PTSD) (PTSD) (PTSD)

(PTSD) (DSM, IV, 1999) (PTSD)

(PTSD)

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(2)

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(PTSD)

(3)

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(PTSD)

(4)

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(5)

2004/5/3

.2005/6/9

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(PTSD)

(6)

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.3 ()

.4

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(PTSD)

(PTSD)

(7)

(PTSD)

(DSM-II - 1968

(DSM-I)1951

(DSM-III)

68)

.(DSM-IV-R)

(DSM-III-R,78)

(ICD-

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IO,90)

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(DSM-IV-R, 94)

(8)

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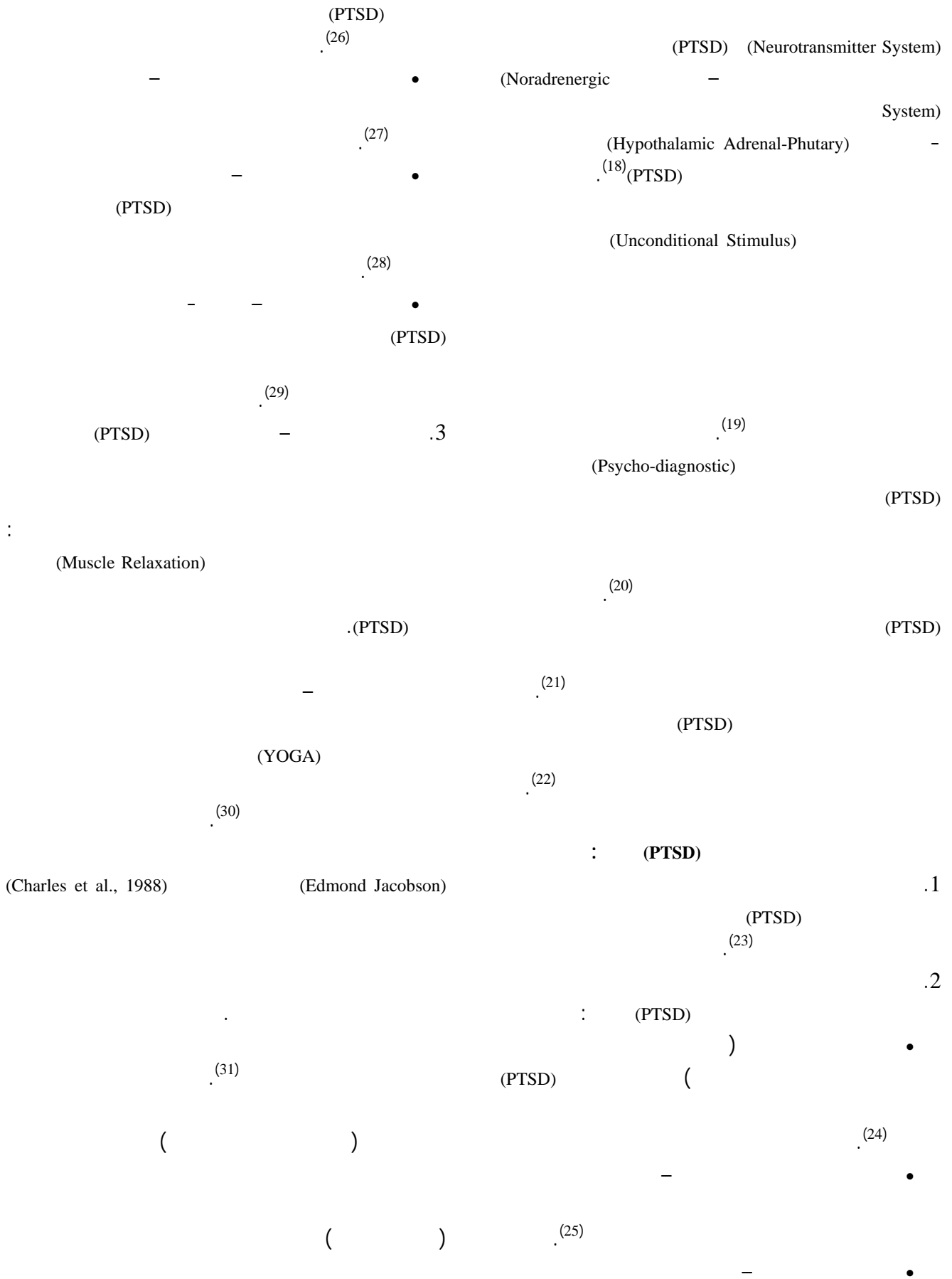
.7

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(DSM-IV-R, 94)

(PTSD)

	(-	.	.	()	.1
	(13)	.	.	.	()	.2
(Wilson and Krauss, 1985)							.3
	(PTSD)	.	()			.4
)		.5
	(Self-defensive)				(
	(Psycho Overload)	:			(2	/	/
	(14))		
	(PTSD)	(Masic)	(Acute-				•
			(3-1)				PTSD)
			(Chronic-				•
	(-)	(3)			PTSD)
	(Acute Shock)		(PTSD)				.
							•
							(Delayed-PTSD)
(Hiding Negative Phase)	()					.
(Emotional							(9)
		Expression)					.
			(PTSD)				
					()	
	(Relative adaptation and sadness)						
			(10)				
							(
)
(Final Phase)							.
	(15)						.
	(Horowitz, 1976)		()	.	(11)	
		(PTSD)					(
)
		(Completion Tendency)		(12)			
		(PTSD)					(Moussong)
	(16)						
		()		(-)
		(17)(-	-)		



(Alarm Reaction)

(PTSD)

(Hodges, 1980)

(34)

-

(Addiction)

(35)

(Corley,1980)

(32)

(Bilevins, 1985)

(36)

(PTSD)

(PTSD)

(37)

(F41 OTHER

(33) ANXIETY DISORDERS)

(Pennsylvania, 2002)

(38)

(PTSD)

(65-18)

(PTSD)

(PTSD)

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(12-9)

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(39)

(40)

(46)

(41)

(PTSD)

(42)

(PTSD)

:

.1

(PTSD)

(PTSD)

.2

(43)

:

.1

(PTSD)

(PTSD)

.2

:

:(Traumatic Stress)

.1

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()

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...

.(...

-

.(DSM, IV, 1994)

(Post (PTSD)

.2

()

(44)

:Traumatic Stress Disorder)

(Traumatic Stress)

)

(45)

(Charles et al., 1988) (Edmund Jacobson al., 1988) ()
 ()
 (PTSD)
 .(2004 – 2003)
 (DSM, (PTSD) :
 (1998) (PTSD) IV, 1994)
 :(Muscle Relaxation Style) .3
 (40) (PTSD)
 (13) (25-18) (PTSD)
 (4)
 :
 (1)
 .(PTSD) :

	48					48					
4	0	3	0	0	0	0	0	0	1	0	
13	0	6	0	0	0	3	2	1	0	1	
17	0	9	0	0	0	3	2	1	1	1	

(9) : -
 (8)
 (PTSD) -
 () (47)
 (0.05 = α)
 (2)
 -)
 .(PTSD) ()
 (2)

		X		

:

(30)

.(PTSD)

4	2	2	
13	6	7	
17	8	9	

.1

: -

(PTSD)

.1

(7)

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(1998)

(PTSD)

(DSM,IV,

-)

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2003/12/24

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(- -)

(85)

(48)

.2004/1/15

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(DSM, IV, 1994)

:(PTSD)

(17)

(2003

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(PTSD)

(6)

(DSM,IV)

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(6)

(PTSD)

(30)

(9-6)

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.2

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.(1980)

(15)

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(PTSD)

.(PTSD) ()

2004/1/18

2004/1/19

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(43)

.4

2004/3/1

(3)

(8.66)

2004/3/2

.(11.25)

()

(4)

(4)

()

9.34 ()

(0.05 = α)

(3)

(PTSD)

(4)

(PTSD)

(0.40) ()

(PTSD)

.(PTSD)

(0.4)

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(4 3)

(PTSD)

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(3)

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0.4	0.009	9.34	48.77	1	48.77	
			5.21	14	73.03	
				16	172.26	

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(PTSD) (6 5)
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(5)

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.(PTSD)

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(PTSD)

9.34

(0.05 = α)

1.05	8.88	
4	11.18	

(PTSD)

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(PTSD)

(5)

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.(0.4)

(8.88)

(

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(6)

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7.14 ()

(0.05 = α)

7.14 ()

.(0.05 = α)

(5)

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(0.34)

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(49)

(PTSD)

(50)

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(PTSD)

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0.34	* 0.018	7.14	41.15	1	41.15	
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				16	165.53	

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.147	(50)	.122	(31)

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**Effectiveness of Muscle – Relaxing Technique in Reducing the Levels of
Posttraumatic Stress Disorder Syndromes
among Undergraduate Students at the University of Jordan**

*Mohammad Mahmoud Bani Younis**

ABSTRACT

The purpose of this research was to evaluate the effectiveness of the muscle relaxing technique in reducing the levels of Posttraumatic Stress Disorder (PTSD) Syndromes among undergraduate students at the University of Jordan. To achieve this purpose, the researcher selected a purposive sample of (40) undergraduate students, (17) of them were diagnosed with a moderate and a severe degree of PTSD.

In order to evaluate the effectiveness of the muscle relaxing technique, the researcher employed "Jacobson Technique", diagnosis of the disorder was reached to in accordance to (DSM, IV, 1999 and Al-Kobysee scale).

The results indicate that the muscle relaxing technique was effective in reducing (PTSD) symptoms in these students, and this reduction continues through time, because of the use of this technique.

The researcher recommended that a periodical and regular diagnosis of (PTSD) in the university students should be applied, and that they should be directed to use muscle – relaxing techniques.

KEYWORD: Muscle – Relaxing Techniques, Post Traumatic Stress Disorder (PTSD).

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