

The Emotional Balance and Its Relation to the Sense of Inferiority among the Students of the Faculty of Education for Pure Sciences / Ibn al-Haytham

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Abstract: *The emotional balance is the ability of the individual to control his emotions, feelings, motives, control and ability to deal with things patiently, And rational and confront life with vigor and activity and good behavior by relying on himself, confident and optimistic and reassuring in his outlook for the future and compatible with others. However, the sense of inferiority dominates the psychological life of all human beings, and is manifest in feelings of weakness of sufficiency and constant efforts Which means that the reality of the human being is the sense of inferiority, so the sense of inferiority is part of human nature, within each person there is a sense of lack or less, and although this feeling is the weakness of self-confidence and shyness in social attitudes and the weakness of decision-making ability, but it drives the person at a later stage to develop itself, and sets goals that seek to achieve in order to overcome the lack and reach the superiority or perfection that aspires to. The current research aimed at identifying: 1) measuring the emotional balance among the students of the College of Education for Pure Sciences / Ibn Al Haytham. 2) Significance of differences in emotional equilibrium according to gender variable (males, females). 3) measuring the sense of inferiority among students of the Faculty of Education for pure sciences / Ibn Al Haytham. 4) Significance of differences in feeling of inferiority according to gender variable (males, females). 5) to identify the nature of the relationship between emotional balance and a sense of inferiority. To achieve these goals, the researcher applied the emotional balance of researcher(Al Jumaili 2005) and the measure of the sense of shortness (AID 2005) on a sample of (250) students from the Faculty of Education for Pure Sciences / Ibn Al-Haytham were selected in a random stratified manner. After processing the data statistically using the t test for one sample and two independent samples, The current search results in the following results: 1) The students of the College of Education for Pure Sciences / Ibn Al-Haytham have an emotional balance. 2) Males are more emotionally alert than females because of social upbringing and the social roles they actually practice. 3) Students of the Faculty of Education for Pure Sciences / Ibn Al-Haytham have a sense of inferiority. 4) females have a feeling of inferiority more than males. 5) There was a positive relationship between the emotional balance and the feeling of lack among the students of the College of Education for Pure Sciences / Ibn Al-Haytham.*

1. Research Problem

The problem of research is that rapid changes in various spheres of life are a distinguishing feature of this age, and change is inevitable for the survival of man, but man also needs proper harmony with himself and the circumstances of the changing age (Solomon, 1996, 115). So that we will be able to keep pace with development, which will lead to build a pillar of society and the center of its energies that are capable and capable of bringing about change in different areas of life (AlKubaisi and Khazraji, 1999).

The emotional balance is one of the personal traits that has attracted the attention of many psychologists in all its branches, as well as other human sciences, such as philosophy, literature and history, have taken care of this subject despite the many different psychological theories. As this science has made the concept of emotional equilibrium objective of this concept of effectiveness and a significant impact on the sustainability of life and continuity in a way that ensures the development of the better, because the reduction of the emotional balance of the individual causes many of the problems that did not receive clear attention. As these problems have negative effects on the individual and society, as the reduction of emotional balance impedes proper interaction and social communication with others, and affects the mental health of the individual, which means wasting his energies and waste in which neither his nor his society harm until they do not remain for the human soul has an energy that helps it perform its functions efficiently.

The results of research and studies also indicate the prevalence of psychological, emotional and social disorders among members of the society in general, but students are more likely to suffer mental and emotional disorders compared to other members of society, as the studies of (Zigler, 1960) (Arggler, 1969) and (Hanyness * Clementst, 1984), The reason for psychological and emotional disorders among students is that there is a significant correlation between psychological and emotional disorders and weak social interaction resulting from psychological and social problems (Jassim, 2000).

Through the observations of the researcher and the observations of colleagues University professors emerged the idea of this subject in the mind of the researcher need to study and research where I found that there are behavioral manifestations of university students is a sense of lack where the sense of lack is not an individual phenomenon, But rather a phenomenon that pervades the entire human race. It exists in every human being, albeit in varying proportions. No one is affected at any time by this feeling of positive or negative influence (Adler, 1944, 37). The deficiency itself is not as effective as the tendency of the individual towards that shortcoming, which is the decisive influence of this emotional charge (Saleh, 1987, 96).

Looks and appearances that feel poor self confidence and low self esteem and shame and confusion and fear of social situations especially involving discussion and criticism, as well as weak individual satisfaction about his stature (Rajah, 1972:144), and weak capacity to take responsibility and get

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ready to pull out of the standoff, and Isolation from society, autism (hefny, 1975:22). The individual had a sense of inferiority in frequent situations with his results and weak capacity to compensate, leading to increase this feeling intensifies and becomes more painful to the individual which obliged it to keep him from feeling the impetus in the process of suppressing the subconscious, to turn into complex. And disturbing memories work negative personal deviation or work to instill hatred and fear (McBride, 1969:43). So the current search problem arises in recognizing emotional equilibrium among students in the College of Education Sciences/alhatham, and a sense of inferiority in personal (student) and especially at university level, and try to detect this process relationship between research variables and benefit from psychosocial and educational fields.

The importance of research:

in today's world of rapid changes in various aspects of intellectual life and social, political and economic changes that accompanied the scientific and technological development and industrial progress made communities full of conflicts and problems as a result of a change in lifestyle and relationships. Humanity that connects individuals with social systems that govern the conduct of groups hit by rapid change, too, that change has been accompanied by increasing demands on individual and multiple methods of satisfying the needs of the people and tools, and compatibility methods to be overlapped on the individual to fulfil. Life changing, life and the many needs of students and the inability to achieve them and the multiplicity of duties that must have created the types of conflicts and disorders that may affect their development and hampered by making them need help resource persons for their teaching and education. Face problems and solve themselves (AlObeidi, 1999:3).

Many social relations between individuals comprising a combination of varied emotions, including anger, blame and narrow sometimes, sharing love and affection and admiration at others (Ibrahim, 1994:434) since the University is the transition phase between adolescence and youth and for the Move a picture mature and intact, the student must comply among many, and its inviting acquired knowledge and new skills enable compatibility with the new situation (Aldesouky, 1995:269).

This represents an important age period, gravity as well as she is one of the important stages in human life to their development aspects represent aspects of the student's personality. (Niles, 2001:1), so the University student needs a feeling of love and warmth and compassion and to satisfy his sense of belonging to the family protected him and deflect it, and to feel safe and supported by standing beside him in crises and hardships in order to act in accordance with it quietly and emotional equanimity to his identity. And development (AlIssawi, 2004:240)

Emotional sobriety important where we see that there is a theory in psychology, had promised him a job that Psychology seeks to establish in an individual's personality, and has given several labels such as (ego, emotional maturity, stability, emotional stability, mental health) and

other Her label. It has confirmed Freud Freud, founder of psychoanalysis, ego system theory (ego) that several administrative control device regulating the profile, and that this machine great ability to control conduct and appropriateness of ports with appropriate environmental aspects and satisfy his instincts in a balanced way and accepted as being Which satisfy the demands of the higher ego system and the system of playing, and thought that Freud's strong ego system, the individual is more balanced and more compatible with itself and, in other words that the ego has a dual role, he has to maintain a balance of psychological device as it must reconcile the requirements this device for individual or toys No (Turkish, 2000:180). Young also said Yong who is the rightful heir to Freud's psychoanalytic movement important emotional equilibrium by putting it closer to concepts to This research theme, a condescending post 'Transcendental' Function that possesses the ability to unify all the conflicting trends of multiple systems that work to achieve the objective of full College (self), as well as the process of Individuation 'exclusiveness' personal moving towards unity Constancy and stability through energy transmission in accordance with the principle of 'The Principle of Equivalency' that makes a particular system uses energy that appear in another system (Al-Qaisi, 1997:45-46).

Either aiznk Eysenk emotional sobriety has counted a dimension of basic dimensions in profile says 'yet emotional equilibrium constant connected error extends between two points of the emotional equilibrium anode to cathode posed neuroticism, and that anyone can be anywhere. On this and we can bury him according to his place, and that all potential sites, and emotional equilibrium is the quiet one, magisterial, hard, disciplined, peaceful, optimist, imbalanced person (neurotic) is a crusty, unstable, aggressive, unpredictable, impulsive (aiznk, 1969 : 57-61). Horny Horne believes (the tendency towards excessive self-tuning and can be quite strong) and add it to the exact force self be completed her image when the trio and consistent with itself and with personal integrity as a whole, the exact attributes and willpower (emotional equilibrium) to a strong preference for retaining The conflicting impulses under control so as not to make emotions washing away under the influence of conflict (Horne, 1988:94).

Rogers Rogers distinguishes two devices to regulate behaviour (self, the organism), and emotional equilibrium occurs when these organs work together in harmony and cooperation, if each other Viewer, the result of emotional unbalance (less than a, 1977:242). In the 1930s Cattell Elsie maker tried to measure the basic features of profile by adopting the method of factor analysis, and came through his studies that there is a factor is the factor (C) or the third factor, which is the ego's power factor among the 16 workers, this factor represents the machines Zan neuroticism versus emotional (emotional unbalance) and pointed out that these features are characterized by stability and psychological stability throughout a person's life (Al-Zubaidi, 1997:53). As there are many studies on the subject of emotional equilibrium and gave it great importance being an important feature in the human character study (Kafafi, 1987) that the emotional equilibrium of great importance being characteristic for those who demonstrate ability and

efficiency to deal with the environment Physical and social benefit of abilities and energies and who don't feel guilty . But the sense of inferiority that controls the mental life of individuals, clearly manifested in feelings of vulnerability fulfillment in the continuing efforts of human beings to reach this sufficiency, meaning that the fact the human entity is the feeling of inferiority (Adler, 1944:74). So Adler noted that the sense of inferiority that exists in every human being, because all human beings find themselves in circumstances and conditions want to improve them (Adler, 1931:51), and this is what makes Adler's inferiority is the source of all human struggle, as all progress and evolution results from a successful attempt to compensate for a lack of either Whether this lack of real or imagined (Schultz, 1983:70), such a sense of human psyche works to overcome shortages and triumph through the compensation process, which may take various forms depending on the individual's personal characteristics and environmental and social conditions (Ramsey, 1981:98), that consciousness of inferiority that stimulates the individual to Working on offset shortfalls through trying to improve himself physically and intellectually, and to rise himself socially and professionally, and to achieve significant business in different areas of life (Elon Moreh, 1985:18).

In any case, if an individual is infected with malignant inflated sense of importance as a result of the sense of inferiority, it sets itself to a much higher level of ambition than actual competence level does not fall ill or fail, if infected with severe atrophy in appreciation to also output the same sense of inferiority is often ambitious level without touching Just wise, because he feared failure and sees this failure endangers itself fragile (Rajah, 1972:124), and the individual's sense of inferiority within the group to which it belongs in terms of level of cultural or social or physical organs, may prompt the individual to raise his ambition to reach the community level (Zahran, 1972:79).

Hence the current search in an attempt to identify the nature of the relationship between emotional stability and a sense of inferiority among college students slide, that university students representing the basic rule underlying the development of society and its development, and that their interest reflects the interest of the whole community. Current research aims to identify:

- 1) Measure the emotional equilibrium among students in the College of Education Sciences/Ibn alhaitham.
- 2) Significant differences in emotional equilibrium on according to the variable gender (male, female).
- 3) Measure the sense of inferiority among students in the College of Education Sciences/ Ibn alhaitham.
- 4) Indication of the differences in sense of inferiority on according to the variable gender (male, female).
- 5) Identify the nature of the relationship between emotional stability and a sense of inferiority.

2. Limits of Research

The current research is determined by the students of the Faculty of Science for Pure Sciences / Ibn al-Haytham (morning study) for the academic year 2016-2017 and of both gender. Terminology First - the emotional equilibrium defined by:

- 1) Guilford (1959) (emotional equilibrium, Feels comfortable in different situations and is devoid of extreme vision that causes emotional overload to observe others (Guilford, 1959, 98).
- 2) Rajih, 1961 is the ability of the individual to control his emotions and express them in a mature and balanced form away from the expressions of childhood and recklessness and impulsiveness, and that his behavior is not panic, and that his emotional life is thin and does not fluctuate and fluctuates for trivial reasons (Rajeh, 1961).
- 3) Freud (1967) (ie the power of the ego and its success in balancing the demands of God and the higher and the actual) (Freud, 1967).
- 4) Eysenck (1969) is one of the basic dimensions of the personality, The positive pole represents The emotional equilibrium, to the negative pole represented by the neurotic, represents the emotional equilibrium of the person who is calm, disciplined, stable, and unbalanced. The unstable person is unstable, unstable, impulsive. (Eisenak, 1969, 57-61).
- 5) Koussi, 1969 (full compatibility or integration of different psychological functions and the ability to cope with normal psychological crises that occur on the human, and the positive sense of happiness) (Alkosi, 1969 7).
- 6) Desouki, 1973 (The ability to shift from child emotional expression to adult mature and realistic mental means) (Desouki, 1973, 317).
- 7) Piskoff 1984 (restraint, independence, sensitivity, stability, stability and resilience to crises)(Piskov, 1984, 330-331).
- 8) Dawood and al-Ubaidi, 1990 (The ability of the individual to deal with matters with patience and patience is not provoked or provoked by trivial events, and is characterized by calmness and arrogance, rational in the face of things and controlled in his strong emotions) (Dawood and Ubaidi, 1990 278).
- 9) Kamel (1993) is the individual's ascension by adjusting his emotions and their proportion to his age and experience and the nature of the heterogeneous positions, so that his emotional responses correspond to what is expected of his specific capacity to suit the situation (Kamel, 1993, p.800).
- 10) Kadhim, 1994 (The emotional property that makes the individual able to deal with things calmly and patiently and rationally and non-arousal of petty events and control of emotions and good behavior in stressful situations) (Kazem, 1994 33).
- 11) Zubaidi, 1997 (It is a relatively consistent emotional trait is the control of the individual on his emotions and feelings and motives and control the ability and ability to deal with patience, patience and rationality and face life with vigor and activity and good conduct) (Zubaidi, 1997 28).
- 12) Tamimi, 1999 (It is a state of development and harmony of the body and intellectual and emotional self with himself and with the environment in which he leads to enjoy a relatively free life of intense emotions) (Tamimi, 1999 22).
- 13) Yunus, 2004 is the ability of the individual to control his emotions and control and not excessive emotional irritation or not to move behind the impact of external

events in transit and emergency so as to be subject to rapid fluctuation from one case to another, and to social and social adjustment without a great psychological effort (Yunus, 2004, 495).

The theoretical definition of emotional sobriety is as follows:

(an individual's ability to control his emotions and feelings and motives and control and his ability to deal with things with patience and prudence and face life with vitality and vigor and good behavior through self-reliance, confident and upbeat and reassuring in his Outlook for the future and is compatible with Of others). Emotional sobriety procedural definition is: (class obtained by the individual through the emotional equilibrium gauge paragraphs response prepared by the researcher (Aljumaily :2005) which is adopted in the current search.

Second, the sense of inferiority

It was defined by

- 1) Adler-1944 as 'the feeling of the individual as inferior and inferior to others as a result of organic, moral, social, physical or real disability, which makes the individual despise himself and feel weak self-confidence and shyness in social situations And weak ability to make a decision, which drives him to strive for excellence in an attempt to free himself from the sense of inadequacy and reach perfection by compensating for the shortfall (Adler, 1944 29).
- 2) McBride 1969 as a sense of individual deficiencies and poor efficiency and underdevelopment of others, which encourages him And drives him to conduct in a positive way to accomplish great works and walk the path of progress (McBride, 1969 14).
- 3) Rageh 1972 as a state of psychological recognized by the individual directly recognized and recognized, and arises from the lack of physical, mental or social, real or false, and this situation appears manifestations Loss of self-confidence and poor individual satisfaction with his status and low self-esteem (Rajeh, 1972, 144).
- 4) Adel 1985 is the sense of weakness and relative disability and poor efficiency felt by the individual, which is often strengthened and increased because of some of the shortcomings such as bad health or deformity, Which prompts the individual to try to emerge and excel (Sane, 1985, 57).
- 5) Dasouki 1988 as a feeling of weakness and low adequacy of the young, sometimes supported by a lack of physical health or malformation or defect, which raises efforts to ensure the appreciation of others (Dasouki, 1988).
- 6) As the researcher adopted the Adler theory of a theoretical framework for the sense of inferiority in this research, the theoretical definition of this view was adopted. The procedural definition of inferiority is the degree to which an individual (university student) On the scale of the researcher's sense of inferiority (Ayed 2005).

3. Theoretical framework and previous studies

The concept of emotional balance 'Emotional Stability' The term emotional equilibrium is two important concepts of the concepts of psychology are balance, and emotion. The first

concept is stability, which means that person has a certain amount of energy By - tends to distribution evenly within the organism, and this evenly distributed constant represents the (intermediate) state of the tension within the object. To this intermediate state, the organism always returns or tries to return after the alarm that changes the tension This return to the intermediate state is the balancing process, which leads to steadiness and regularity of the behavior despite the stimuli of the disorder (Holl & Lindsey, 1978, 398).

The concept of this concept is that there is a constant amount of energy distributed regularly within the living organism, and this fixed and organized distribution leads to the principle of stability (the equilibrium state of the organism, if the tension is physiological or psychological, and whether this tension due to external or internal stimuli, until this tension is removed or removed, part of the energy grows to the response or confrontation. After the tension is removed and the saturation stage is reached, the energy returns again and is distributed to the previous system itself, leading to the principle of stability So that another situation leads to tension and so on until the organic organism always seeks balance (Dawood and al-Ubaidi, 1990 122).

Emotion is one of the systems that make up the building of the individual, which starts with the biological system and the mental system, and is accompanied by another aspect is the emotional side, which includes a subsystem is the emotional system, which begins its activity and composition and growth during the second year of the child's life, influenced by factors of education and family care of the individual during his life (al-Qaisi, 1997 40). The interpretation of emotion varies according to the theories. Genetic theory attributes the emotion to the genetic predisposition that is transmitted to the individual, and Pavlov's conditional theory returns it to the basis in mind, (Alfred Meyer) came in an integrative direction in which he called for the need to combine biological and psychological aspects when looking at the causes of emotion (Kamal, 1983, 114).

Although the concept of emotion is common in the field of psychology, there is no single definition recognized by all specialists in the field of psychology. In the ancient writings of a number of scientists, such as Fonte, McDougall and others, emotion was seen as a subconscious event. The main problems focused on the relationship between emotional emotion and physical expressions. This was followed by the direct attention of psychologists to the substantive aspects of emotion. The individual must move between the emotional and reaction situations (Saad Eddin, 2005). A section of psychologists uses the concept of emotion as specific reflective models of response (anger, fear, joy, etc.) related to the neural centers in the hypothalamus region, and the other section uses the same concept widely as a severe disturbance arising from The psychological position and shows in the sensory experience and behavior and through changes in internal visceral organs (AlShammari, 2005 25-26).

Sad feelings such as loneliness and anxiety or some people may overlook their emotions (Saad Eddin, 2005 2). Emotions therefore contribute to the resolution of serious emergency situations, but these emergency situations require

emotion, because prolonging their survival leads to disorder and maladjustment (AlEssawi,1989,98).

4. The Emotional Equilibrium Theories of Psychology

By tracking researcher for emotional equilibrium concept in theories of Psychology found that all theories old and meant great care with this concept. It also found that those theories had agreed among themselves on varied naming this concept, plurality of emotional equilibrium concept labels such as (ego, emotional maturity, mental health, emotional stability, stability. Etc) as those theories we agree and differ on factors affecting this concept and the manner and method of measurement. And inform the researcher studies that addressed the concept of emotional sobriety, it was felt that researchers have used to review those theories through classified according to include them, or rated each category categories form a group of scientists and theorists and other methods of presentation. In the current research has been presented theories that explain the emotional sobriety with discussion and as follows:

A Theory of psychoanalysis, Psychoanalysis theory: the theory of psychoanalysis on a number of grounds which are inevitable in explaining their behavior universals, mental energy, fortitude and poise and pleasure principle (Abdul Ghaffar, 1975:26-27). The basic elements that make up the theoretical construction of psychoanalysis is subconscious and repression and resistance theories and the importance of gender and childhood experiences in analyzing disease (Freud, 1967:35).

Below are some opinions of Freud briefly as follows:
Sigmund Freud (1856-1939) S. Freud: Freud developed his theory of psychoanalysis which both explains and psychosocial treatment modalities, in accordance with the opinion of Freud show self or ego (Ego) during growth of children to control their daily dealings with the environment while you learn. M, it is the view of Freud's voluntary control device regulating the profile, it is able to function through control of the ports act and conduct, and choose the appropriate environmental aspects, adoption of instincts that need to satisfy, and how that gratification, as they work on the principle of hello Fall (Al-Qaisi, 1997:43) (Wood, 1996:439-441).

And when (ego) this function works to integrate the demands often grappling with each other, and she demands (playing Id) and demands (Supreme ego Super-Ego) and the outside world, and whenever a strong ego and possess the necessary energy to do this job, the individual is more balanced, more compatible with itself. Environment and society, and less prone to psychological disorders (Freud, 1967:48-49).

Freud believes that an imbalance in emotional equilibrium and the emergence of neurosis is caused by a conflict between personal systems and its three components because of weak ego and his inability to reconcile these systems in order to reach a solution to the conflict that occurs between them and the demands of reality (Shaffer, 1978:154).

B-psycho-social theories of Psycho-Social theories: in the last years of the nineteenth century sociology and anthropology began to emerge as independent branches of science. Specialists have found in these two flags that humans have the ability to form and nurture largely according to this new concept, primarily the product of his society's social and personal than biological, and gradually started new social and cultural principles Leakage of psychology and psychoanalysis to verify their ownership of the theoretical foundations and physical, and proceeded to rework according to psychoanalytic theory, the new trend of social sciences (Al-Nouri, 1990:162-166).

First: Alfred Adler (1870-1937):

A. Adler: Adler believes that individuals acting as an innate positive motives, are struggling to reach personal and social perfection, and that the struggle for excellence stems from a sense of inferiority that exists in every human being, this struggle is a fundamental truth of our life, is if Pay the equivalent status of organic growth, Adler has tried to limit the concept that a number of concepts such as perfect.

Adler believes that organic inferiority and neglect, rejection and pampering leads to psychological disorder so that the individual tries to compensate for feelings of inferiority has set unrealistic goals to show personal superiority that finally someone is inaccurate because the same estimate as well as permanent tension and feared decisions and frustrations (Weiten , 1994:43) (tameemi, 1999:51). I suppose there are four basic methods for Adler's life by people to deal with these problems are:

- 1) The kind that appears to control or control, and exhibits that is consideration for others.
- 2) Type the introduction or a hoarder who always takes, is the most common of the other when adler.
- 3) Type 'avoided, which its author attempts to cope with life's problems and eliminate them.
- 4) The socially useful type, a method of dealing with others.

Three species (1-3) tends to abnormal behavior as seen in neurosis and psychosis, and they lacked what Adler social interest (Schultz, 1983:77-78).

II: Harry stack Sullivan (1892-1949) H. S. Solevan:

Sullivan on social relations, the individual from birth and is in correlation with the others, as I think is acceptable behaviour through interactions with parents through the process of socialization or socialization ' Socialization in childhood, so that the child's sense of security (or lack thereof) depends on the behavior of the mother and child trends, children are very sensitive to other people's attitude toward them, through the merger of 'Empathy' and described Sullivan as a sort of emotional contagion child realizes other emotions Around him, and respond to them, and focused on self concept as sense (OK) or (badly), I assume that people are driven by two kinds of needs, security needs, and biological needs (Daowd and alobaidi, 1990:190).

III: K. Horny: Freudian school members or new social psychological theories and experiences of diverse children Horne says produces different types of personalities and conflicts, and annoying effects confirmed for the sense of isolation or vulnerability, and grow this Feeling as I thought

during early interactions between Horne child and the parents, the child's internal growth (Davidoff, 1988:589), and returns (Horne) exactly and willpower (emotional equilibrium) to a strong preference for retaining the conflicting impulses under control, in order to make Emotion washing away under the influence of the conflict where you see the tendency towards self-tuning is very strong, and that those who have this power of self-tuning to face conflicts openly, not bury it, keeping their conflicts in a balanced manner so as not to overwhelm any rival group over the other, so that they are coherent block by The best photos (1988, Horne: 93-94) (Wood, 1996:448-449).

IV: Carl Jung (1875-1961) Young: the young heir to Freud and psychoanalysis school who worked with him in the early years of set theory, and it's just break up with him because he believed that Freud might narrow conceptions of the nature of allbido, and developed a theory of assets known as analytical psychology 'Analytic psychology' (endowment, 1998:580). And its close to the subject of this research is the transcendental function that possesses the ability to unify all the conflicting trends of multiple systems that work to achieve the objective of full College (self) and the singularity of personal moving towards unity and stability and stability through transmission Power on in accordance with the principle of equivalence which makes energy used by a particular system that appear in another system, if the suppressed value of tilt can be used in dreams. The principle of moving is who decides to self-energy distribution tends to balance, that energy going from strong to weak value value that balance (Hall and Lindsey, 1978:128-137).

V: Eric Fromm (1900-1993) From: me Fromm in his theory of social character very carefully, as meant by what some community members recognize each other, any differences and variation between individuals, and that in turn determines the social nature of thought, feelings and emotion in individuals, see from that all cognitive, emotional regulation concepts have emotional matrix 'or her emotional fabric, love, justice and equality and sacrifice, thinking and imagining and remembering. Etc are all her notions of this matrix or this emotional fabric, this fabric has its roots in the social nature of the individual, and pointed in that direction to the function of education as responsible as a social tool to make the child consistent with the needs and demands of society (David walabidi, 1990:174-176). And recognizes (Frome, 1989) between two essential to existence, between two different kinds of human orientation towards oneself and the world (acquisitions and entity), 'a person's thoughts and feelings are determined and actions (Frome, 1989:43-44).

V: Eric Erickson (1902-1994) E. Erikson: Erikson's theory is in principle an extension of Freud's theory of psychoanalysis, Freud had died not through his readings, but also through personal contact and friction. The pair met at several social events ((Tallent, 1978:105-106. view Ericsson more humane than those of Freud as deals with self-side of life, as well as with estimating the person itself and others, was more optimistic of Freud that he recognized that people can change towards the Worse during the development of their personalities, but he insists that change for the better good chance in ages of adolescence (Sultan, 2004:27), which

maintains the basic premise derived from Freudian psychoanalysis but introduces important modifications on the motives of the conflict and additions to the General overall picture The phases of growth, especially the last stages of life (Lazarus, 1981:80), Ericsson has indicated to the psycho-genderal development of personality when Freud, emphasizing the critical stages of growth and developmental changes in later stages reflect the content operations.

5. The Concept of Sense of inferiority (Adler theory)

Adler theory explaining the sense of inferiority: Adler theory many important concepts as well as the concept of sense of inferiority, and that this theory is adopted in this research and the fact that these concepts are linked in one way or another the concept of sense of inferiority, the researcher will review in detail The concepts of this theory. A struggle for supremacy: Adler Adler first Aggression in his motivation is the basis for human behavior from me by the reaction when the individual foil or handicapped satisfy such basic need food or need gender need love and other such Boeree needs, 1997:3)), but was worth between aggression and hatred, but counting the first aggression is strong to overcome obstacles and aggressive tendencies that are necessary to the extent that it is required for the continued survival of the individual, and then developed an understandable motive, Adler made the basis for the behavior of a wish The force of Desire Power which will Power force concept feet Will for the German philosopher Nietzsche, later confirmed that the basis for the behavior is The struggle for supremacy of Striving Superiority stemming from a sense of inferiority, counting this fight the real power behind all sorts of behavior by which an individual can overcome its inferiority and solves problems and improves its capabilities and invest as much as possible (Adler, 1956:104). The struggle for supremacy can take towards positive and most negative, positive trend is that this struggle involves a sense of social concern Social Interest and takes into account the happiness and welfare of society along with individual evolution and improve its capabilities and achieve its objectives of excellence, the negative trend It includes attention to personal excellence which aims to reach success and excellence by power and control over others and weak interest of social interest and the welfare of others and integration with overall objectives (Fadiman, 1975:96).

B-dominated protest said Adler Adler that the baby is growing in society be remembered and contradictory meanings feminization connected over high and low, I represents strength and grace, while the second represents the weaknesses and shortcomings, because civilization that has lived by men and they control everything, including website usage T their grip on women in all aspects of life and physical and moral living facilities, although women are trying to get what they can from the rights enjoyed by men, but that men are actually more strength and greater importance in the community, as well as the man beats woman in physical composition and influential powers. And high stature and his voice speaking aloud, if start child opens his eyes to develop community showing his men and made

him a symbol of power, so his idea about covering everything, while his idea of women everything low, saw no luck females only obedience, service and dependency, while is manhood. Power and sovereignty colors and height, this yearning every child a boy or a girl to be a real man (Ramsey, 1981:104).

So human society masculinity include strength and control, freedom and independence than in womanhood, and it regards the E.U. position of community newborn's masculinity or another, look at the mentioned community give him highly and grant more privileges than the female, while others accept the child. Male aspire and works to be strong and in control and even violent, too, refuses to be weak or negative, while the female must not aspire to power and doesn't aspire to control but to be shy and weak and quiet, while the male equivalent to show strength and to blame if weakness in what position, and so grow up meter sound, the female is improper growth if it showed miles of power and domination and violence (Boeree, 1996:3).

C-social interest: the concept of social concern one of the most important concepts in the theory of Adler, who pointed at it: a sense of coherence and interdependence between human beings (Adler, 1928:32), all human behavior is social behavior because all people grow and develop in a social environment and that the characters They are shaped by social forces, social attention or what is sometimes called social interest is greater than to have a direct feeling just community orientation, but feelings of kinship with every Member of human society and their unions together throughout life as a public College, is the way for Lou Arrival to the ideal society for all mankind (Adler, 1964:35). I have pictures of individual social force succumbed to Adler rather than affected by biological forces, however, counting the social attention instinctively, but pointed out that the growing and developing through proper guidance and training and it depends on the child's first social experiences, as the Adler that the individual cannot Completely separated from the others and its obligations towards them, people have gathered together to form families and tribesAnd the people this is the result of collaboration (Schultz, 1983:79).

D- Lifestyle and creative self said Adler Adler that individual as long as live in adequate living conditions there can see his lifestyle evident, if the position of the individual in difficult circumstances are inappropriate it could show a way of life Very clear and distinct from other styles, and if psychologists teach individuals to identify characteristics, they had to digest when facing these problems and difficult conditions (Adler, 1944:64).

E- Lifestyle: Life Style at Adler is: the system whereby personal exercise their functions, all ordering parts, and the theoretical framework to guide the individual in subsequent conduct (Hall and Lindsey, 1987:168), a distinctive personal style individual who clearly is shaped at the end of the stage His buoyancy Ryckman, 1978:103)), and the unique way in which an individual chooses to pursue his goals in life (Fadiman, 1975:97), as well as lifestyle how an individual lives his life and deal with the problems facing it and held personal relations with others and how he handled With

them (Boeree, 1997:4), Adler said he could not find two identical in everything because what marks capita instincts and motives and many errors makes it difficult having two people are in the style of life in everything, with all the psychological and social life of the individual internal or external influences, That individual's thinking changed shifts and is affected by the environment around it (Adler, 1944:65).

Adler referred to that way of life stems from a sense of inferiority and try to compensate, whether this lack of physical or mental harm, real or imagined, such as an individual's belief that less effective than others around him which reflects on most of his conduct in life (Fontana, 1989 : 187), and if you require to understand an individual's future should understand his lifestyle first, because everyone has a special and distinctive way of life, it's easy to infer on his future than just talk to him and hear his answers to questions that require answers reveal the way he thinks and trends and goals in life (Adler, 1944 : 66).

h -Congenital sequence: suppose Adler Adler to congenital sequence for the child in the family is an important social influences in childhood that contribute to creating a lifestyle of the individual, although they have the same parents and brothers live in the same House but them psychological environments is completely identical, since h Baby Universe: smaller or bigger than his brother and his parents could change direction towards him as a result of the birth of more children, create different living conditions affect much in personality and in devoting a sense of inferiority, Adler was often astonishHis listeners as he tells them about the impact sequence congenital individual among his brothers and sisters in building and shaping the foundations of behavior, focused on three different centres of congenital sequence for kids in the family: first child, second child, the younger child (Schultz, 1983:81).

F- Compensation: elaborated much Adler Adler talk about compensation, since it started in organic compensation then circulated what he found in the organic sphere on psycho, he pointed out that sense of inferiority generally leads the individual to try to overcome this deficiency and striving to develop better through the compensation process, Rushes the individual child to find relieves the feeling of extreme inferiority and vulnerability, appear willing to make up early and clear through his movements and his toys, and because the child feels the gap between it and the adults and those of strength and power and prestige than his weakness and small size, it generates a Has great desire and compulsion to become big and strong and up to power and prestige enjoyed by adults, for example, puts to himself is the father or mother and attribute them all competencies and abilities that help the whole worldAs a whole and tries to raise himself to count, but pursuit of excellence (Ramsey, 1981:74, 91).

The driving force that stem from a sense of inferiority based on a desire to maximize personal feeling and grace, desire permeates its roots in human nature, if the analysis and examination of desire proved in its core is only the ability to compensate the individual owned for what frees a To a feeling of inferiority (Ramsey, 1981:96).

G- Inferiority complex: alenziri currency Adler Adler began focusing on feelings of inferiority resulting from lack of some Wii (Kaplan, 1995:498), which meant the lack of one member affects the body through weak growth is complete or to stop or the anatomical or functional efficiency weakness or inability to work after childbirth, there is born And he has a deformity or disability, there are born and has a weakness or defect in one of his internal organs, there is born and has flaws in speech or hearing or vision, and there is a scrawny and weak structure, there has very open to disease (Boeree , 1997:6), that the existence of such minor members and these defects affect the psychological life of the individual to be humiliating him; he in himself and feels weak, but missed the other hand which inflames the Jihad to confirmHis character and stimulated by the struggle to overcome the deficiency through the reimbursement process.

6. Previous Studies

- 1) Study of Ashowl emotional maturity 1982: ' do everything backwards and its relation to academic achievement ' the purpose of this study is to identify the relationship between academic achievement and emotional maturity to as variable theme sample consisted of (150) students from Riyadh University students, use the Finder tool to measure Emotional maturity. And use statistical methods (correlation coefficient, t-test, analysis of variance) the study found a link between emotional maturity and academic achievement, and College of pharmacy more mature sample sample College of education (do everything backwards, 1982:11).
- 2) Examination of Abu Zaid 1987: ' gender differences in perceiving each self and relationship to emotional equilibrium ' the purpose of this study is to identify differences between the gender in realizing each of the self and its relationship to emotional equilibrium, the sample of the study consisted of (270) students from Alexandria University students, Use emotional volatility test as August as research tools. The study found after using the Pearson correlation coefficient as a statistic that students are more receptive to female students, and On the existence and the existence of a relationship between function and emotional equanimity (Abu Zaid, 1987:231-237).
- 3) Study of measurement of 2001 during emotional sobriety to: College students ' study aimed to build a measure of emotional sobriety, and identify the level of emotional sobriety among university students on according to gender and variables. The sample of the study consisted of (450) students from Baghdad University students, and use the following statistical means int (Pearson correlation coefficient, t-test, factor analysis, analysis of variance), the study found that the average degrees of emotional sobriety for the sample was above average this speculation, The sample has the emotional equilibrium (AlMessaudi, 2001: master thesis).
- 4) Study of Adheb 2004: ' intelligence and emotional balance ' the purpose of this study is to identify the strength and direction of the relationship between intelligence and emotional equilibrium, the sample of the study consisted of (300) students of Mustansiriya University's College of basic education, use the verbal intelligence test prepared by research (Obeidi, 2003),

and emotional sobriety scale prepared by researcher and numbered paragraphs (29), after using the t-test and Pearson correlation coefficient as the study found statistical methods that the sample had a clear emotional poise, and that the relationship between intelligence and emotional balance. Is a statistical function (Adheb, 2004:1-39).

7. Research methodology and procedures

Community research to achieve the objectives of the present research community identified original research and selection of a representative sample of his college education/ Ibn alhaithem in Baghdad University had students (2647) students of preliminary studies for the academic year (2016/2017) spread over a variable type, number of males (1252) and females (1395) in five scientific sections, as shown in table (1) names of sections of the College of Education Sciences/ Ibn alhaithem and requested numbers (male-female).

Table 1: Names of sections of the College of Education Sciences/Ibn alhaithem according to variable type (m-f) for the academic year (2016-2017)

Total	Number of student according to type		Scientific department
	female	male	
629	372	257	biology
367	203	164	computer
671	344	327	chemistry
474	221	253	physics
506	255	251	mathematics
2647	1395	1252	total

Research sample

Was selected two of College of Education Sciences/Ibn alhaitham, how random and stratification are the Department of life sciences, Department of computing and reality (125) students from each section, and then select the sample was a group of applied research (250) and a college student was a brother Their current way of random class,

Table 2: Shows that table (2) sample sections names applied research according to the variable type (male-female)

total	Number of student according to type		Collage department	specialization
	female	male		
125	63	62	biology	Scientific
125	63	62	computer	
250	126	124	2	total

The research tools

To measure the two variables included in the current research, which is the emotional balance and sense of shortness, the researcher studied several Arab and local studies and measurements, and then relied on the following parameters:

The measure of the emotional balance of researcher (AlJumaili,2005)It consists of (52) paragraphs and four components of the scale and five alternatives to the answer (which apply to me to a very large extent, apply to me to a

large extent, apply to me to a medium degree, apply to me a little, do not apply at all) Of (46) paragraphs, and The researcher adopted the Likert Method with five-step alternatives (always, often, rarely, never).

Preparation of the instructions of the research criteria

The researcher is keen to ensure that the instructions of the research measures in the current research are clear and precise, as the interviewees were asked to answer with accuracy and truthfulness for the purpose of scientific research and asked the respondent not to be named to maintain the confidentiality of the response.

Validity of paragraphs (virtual truth):

View the tools on referees to indicate their opinions and targeted scientific judgment and areas for standards, content and number of paragraphs of content experts (10) experts from various psychological and educational terms had Abel (Eble) that the best way to ensure validity Paragraphs metrics are a number of experts report validity in measuring the characteristics or the domain for (Eble, 1972:555). For the purpose of verifying the validity of the scales and is a measure of emotional equilibrium and scale feeling of inferiority as shown in Appendix I which was displayed on a group of experts in the field of public and educational psychology, measurement and evaluation of the judgments on the validity of the alternatives adopted to respond to all Paragraph and the paragraph content domain and its censure placed for adoption have been the percentage value (80) and more standard for acceptance of each paragraph or deleted by maintaining or deleting paragraphs, I did all the paragraphs of the scales with the consent of all the experts.

The first exploratory application:

the researcher has sought to make this application to identify explicitly instruct its metrics and alternatives as well as detect ambiguous and unclear passages for respondents, and try to modify it, and calculate the time it takes to answer the metrics to achieve this objective The researcher application scales (20) students were selected from University Department of mathematics and chemistry by simple random method (ideal bag) distributed evenly on as a variable type (m-f) as shown in the table (3).

Table 3: Sample application first to the scales balance emotional and sense of inferiority, distributed according to the variable type.

Total	Female	Male	Department	No.
10	5	5	Mathematics	1
10	5	5	Chemistry	2
20	10	10	2	total

The researcher has found through this application that scales and substitutes and its instructions were clear and it was time to answer these time measurements with duration ranging from (10-15) the minutes.

Psychometric properties of the scales:

1. Honesty

Is honesty of the basic characteristics of psychological scales because it refers to the ability of metrics in measuring what

lay to measure (Eble, 1972:408). Both had current search index honesty:

- **(Face Validity)** checks this kind of honesty introduced by standard paragraphs applied to a group of judges who have experience enables them to judge the validity of paragraphs scale measuring property that most experts agreed (Gh iselli ,1981: 341). Researcher has achieved this kind of honesty on two emotional equilibrium search and sense of inferiority through display on the Group of experts and specialists in the field of General Psychology and educational measurement and evaluation and to voice their opinions about scales and designs and its alternatives and have received instructions All paragraphs of the scales approved all experts as shown in the Appendix (1).

-**Consistency:** if stability is important for the psychometric characteristics of psychological measurements which refers to the consistency of the scale degrees to measure what needs to be measured regularly (Maloney * Ward, 1980:60), it checks when measured by the method of internal consistency Internal Consistency or somehow called retest (Test Re-test) or external consistency External Consistency so when test continues to give consistent results when repeating applied across time periods are spaced no more than two weeks (Fransell, 1981:97), alpha factor also provides a good estimate of persistence in most situations and depends on consistency Individual performance from one period to another (Awdah and alkhilili, 1988:92). And the researcher steady emotional equilibrium and extraction both a sense of inferiority in two ways:

A-test-method test-retest Method.

B-Alpha coefficient of internal consistency Coefficient Alpha Internal Consistency.

The following articles

A-test method-test reliability coefficient is called test-retest extracted in this way by a factor of stability (Stability) over time and that requires reapplying the same fortitude sample scale interval of a fortnight and calculate the correlation coefficient between degrees of application I and II (Murphy, 1988:85). The researcher has applied the scales in current research in two weeks at once to extract the fortitude that way on the sample (30) students and college student of original research sample (100) students were selected (15) students from every department in the second application for re- The test by Mark student's form and his name on lists of names as shown in the table (4)

Table 4: Sample reliability test method standards are distributed according to the gender variable type (male-female)

total	Number of student according to gender type		department
	female	male	
15	8	7	biology
15	8	7	computer
30	16	14	total

After using the Pearson Correlation Coefficient of Pearson Correlation scales to identify the nature of the relationship

between the first and second application sample retesting dominates (30) showed that the coefficient of reliability of emotional sobriety scale (0, 81) and reliability coefficient to measure sense of inferiority (0, 90) and returned these values is an indication of high stability of individual responses to three metrics over time and in that regard, he noted that losing the correlation coefficient between two applications for any test myself if higher than (70) that a good indicator of the reliability test (Allsawi, 1985:58).

B-Alpha coefficient of internal consistency refers Indigo Nunnally 1978 that Alpha coefficient provides researchers with a good estimate for consistency in most situations (Nunnally, 1978:230) (thorndaik and Hagan, 1989:89) since this method depends on the consistency of individual performance of a paragraph to another. In order to extract the fortitude that way used a sample consistency referred to earlier of (30) as shown in the table (5).

Table 5: Detrimental emotional equilibrium search stability coefficients, a sense of inferiority in my test and Alpha formula.

Stability Coefficients	Method	Scale
0,81	retest	emotional equilibrium
0,79	Alpha factor	
0,90	retest	a sense of inferiority
0,84	Alpha formula	

The table shows (5) that all values of the coefficient of reliability function at (0, 05).

V: standard error of measurement: Standard Error of Measurements between Tyler (Tayler) that the standard error of the meter uses evidence on how much precision in interpreting the scores, if a little on the scale are accurate, if the standard error of a large scale, the scores on the That scale is relatively accurate (Tyler, 1983:58). The standard error is due to the difference between the scale measuring degrees obtained and real degrees. This is useful in interpreting assessment scale (Stanely * Hopkins, 1972:118). As each of the standard error of the scale and reliability coefficient way in express firmness scale researcher applying standard error equation for the scale and found that the value of the standard error of measurement of emotional sobriety (10, 49) when he extracted Alpha way fortitude internal consistency (0, 79) While the value of the standard error to measure sense of inferiority (17, 03) when he extracted Alpha way fortitude internal consistency (0, 84).

VI: final application

After adopting two emotional equilibrium search and sense of inferiority to verify current research objectives the researcher application scales on a sample of applied research (250) and a college student.

8. Statistical Methods

To address the current research data the researcher used the bag the following statistics:

- 1) Arithmetic: to extract the time it takes to answer two search.
- 2) Standard deviation: see deviation estimates about their arithmetic scales (albayati, 1977:162).

- 3) Two independent t-test: to recognize the significance of the differences of the two current search according to a variable type (m-f) (gronlund, 1971:253).
- 4) Pearson correlation coefficient of pearson correlation calculate reliability test method and test and learn the relationship between two variables (nunnally, 1978:280).
- 5) Alpha cronbach equation for internal consistency (cronbach alfa formula) for calculating the reliability of two current emotional equilibrium search and a sense of inferiority.
- 6) One sample t-test (one sample t-test) to measure the current search variables of Emotional sobriety and sense of inferiority among respondents (runyon * haber, 1973:80).
7. Standard error: have used to see statistical indicators for the scales balance and emotional sense of inferiority.

9. Presentation and discussion of results

first: measure the emotional equilibrium among students in the College of Education Sciences/Ibn Alhaitham

first objective of the researcher calculates the average scale of college degrees (208) with a standard deviation of (22,155) when compared to the average of this speculation (156) Using one sample t-test results showed that the calculated t value (37,116) when compared to the indexed value (3,391) when the level indication (0001) appeared d statistical table (6) shows that, as the research sample members having the high emotional equilibrium and the agreed Result with the study (Messaudi: 2001) study (torment: 2004).

The researcher attributed that to students in Iraqi universities enjoy a high emotional poise as a result of the correct socialization by the family and the school reached the University's role in it.

Table 6: Emotional equilibrium level in a sample research

Significant level	tabular t value	Calculated t value	Supposed mean	Standard deviation	mean	Sample no.
Significant at (0,001)	3,391	37,116	156	22,155	208	250

2-differences in the level of emotional equilibrium among the students of the Faculty of education science pure Ibn alhaitham on according to the variable gender (male, female) : to achieve this objective test has two independent researcher used to identify significant differences in emotional equilibrium and table (7) illustrates this.

Table 7: Results of two independent t-test to detect significant differences in emotional equilibrium among students in the College of Education Sciences/Ibn alhaitham

Calculated t value	Standard deviation	mean	No.	الجنس
6,8	24,362	228	130	الذكور
	22,155	208	120	الاناث

It appears that there are statistically significant differences in emotional equilibrium depending on the variable gender where the calculated t value (6, 8) is higher than the value of table t (3,391) at (0001) and the degree of freedom (248).

The result indicates that there is a statistically significant effect of variable (gender) in emotional equilibrium among the students of the Faculty of education/ibn alhaitham to identify significant differences in emotional equilibrium depending on the variant (gender) was compared between males and females on the basis of the arithmetic average. The arithmetic mean of m (228) is higher than the arithmetic mean of female (208) that males have more emotional equilibrium.

The researcher believes that this result, which confirmed that males are more enjoy the emotional equilibrium of females, and due to socialization in our giving to social roles and diverse males than females as well as giving them the freedom to make the decision until the chosen work And

which satisfies their needs and this leads to satisfy the needs of many males cannot pass her females, as well as to satisfy their desires and And close scrutiny of available and potential methods, unlike females.

III: measuring sense of inferiority among students in the College of Education Sciences/Ibn alhaitham:

Arithmetic mean of a sample search on the scale sense of inferiority (148) and standard deviation (14, 75), while the Middle this speculation (138), after applying one sample t-test showed that the calculated t value (5,252) indexed value greater than (1, 98) and is significant at (0.05), indicating that Ibn al-Haytham College of education/students have a sense of inferiority, (8) illustrates this.

Table 8: t-test for significant differences between the average sense of inferiority and average sample proposition

Significant level	Tabular T value	Calculated T value	Supposed mean	standard deviation	Calculated mean	No.	Sample type
0,05	1,98	5,252	138	14,75	148	250	student

This result can be explained on Adler and perspective: that feeling of inferiority is part of human nature, and is present in every human being, albeit in varying degrees, to be human, it means he feels inferior, one of human beings was not affected by his life that feels positively or negatively in a day, So the sense of inferiority rather than individual phenomenon but the whole human species-wide phenomenon, as compared to human nature, few limited object value, weak capabilities, this feeling of inferiority was a resident of himself always stimulated by detecting the best means by which to approve between himself and me. N natural habitat (Adler, 1944:37) (Ramsey, 1981:82).

Through the above can say that college students (students of the Faculty of Education Sciences/ibn alhaitham) are part of this human society members and therefore they feel what others feel and live human life itself with all its components and their interactions, which affects all human beings because they The human soul itself, so it's natural to feel inferiority felt by everyone in this community.

IV: The significance of the differences in sense of inferiority on according to the variable gender (male, female)

the significance of the differences in sense of inferiority on according to the variable gender (male, female) was the arithmetic of male on scale sense of inferiority (135) and contrast (98, 63), while the arithmetic sample females on the same scale (159) and contrast (125, 42), after two independent t-test application Show that the calculated t value (8,826), a moral significance at a level (0.05), indicating that females have a feeling of inferiority is higher than for males, (9) illustrates this.

Table 9: t-test for the significance of the differences between middle-grade sense of inferiority on according to the variable gender

Tabular T value	Calculated T value	Supposed mean	differences	Calculated mean	No.	Gender type
0,05	1,98	8,826	98,63	135	130	ذكور
			125,42	159	120	اناث

This result can be interpreted as Adler Adler perspective: the gender of the child male or female is not a reason in itself to influence the child's psyche and create a sense of inferiority has, a sense of inferiority that exists in every human being irrespective of gender, but the E.U. position society of male gender. M male-type of socialization for both of them is a factor in perpetuating a sense of inferiority and deepened, or reduce its effect (Alkholi, 1976:257), this structure is the individual psychological and embrace his character to it to determine its position about the lack of social status and gender (Ramsey, 1981: 161.)

As Adler sees the masculinity in our society include strength and freedom and control, while the feminine weakness and subservience, subordination and the interview between masculinity and femininity represent interview between rise and fall, so both gender are trained on the idea of male superiority and strength, weakness and insecurity Females, thus being appraised the qualities perceived as masculine such as strength and effectiveness and rationality, qualities perceived as feminine as weak and helpless and negative emotional, Adler believes that male child who opens his eyes to see the community men's control over everything in the Yah, you take the virility symbol of power and dominion, and height, and that the female opens her eyes to the community until you see the vulnerability of women and their subordinate status and it feel inferior, and that because of the large differentiation between society to masculinity and femininity, making the female hides under the semblance of tenderness and gentleness, Tenderness and subservience to power hunger cannot be saturated in civilization by men and seized on everything (Ramsey, 1981:104) (saleh, 1988:121).

Through the above arguably the society to a kind of baby, by parents for male or female, and completely different education method to handle all this, CAL is a crucial element in the disparity in the guilt between male and female, baby boy welcome and happiness, female The acceptance of the fait accompli, that have not been rejected and saddened by the family, the child grows up and grows with his concessions and accompanying it throughout its

growth, bigger and bigger with limitations and restrictions and taboos so almost to rob them of their rights, and male. The family is a source of pride and the future of the family and lineage, which is always in the foreground, the female it is concern that always in the rear, and such a situation should make females feel more inadequate than males, although the sense of inferiority that exists in every individual in society Forgot about me.

VA: identify the nature of the relationship between emotional stability and a sense of inferiority

after the researcher statistical data processing using the Pearson correlation coefficient, indicating that the correlation coefficient between this research sample grades on a scale feeling of inferiority and social shyness scale (0, 83), (10) shows

Table 10: Correlation coefficient between variables of emotional sobriety and sense of inferiority

Coefficient factor	Variable type
0,83	علاقة الاتزان الانفعالي بالشعور بالنقص

This result can be interpreted as a perspective Adler Adler noted that human ambitions: determined by a sense of inferiority, with several driving force behind these aspirations (Hurlock, 1976:265), Adler also noted also that the fondness of children attaining power and stemming from a sense of inferiority and vulnerability. And the basic building block of their ambitious composition (Ramsey, 1981:76), a sense of inferiority is the source of all human struggle and the driving force and motivation towards progress and success, so you could say that all progress and growth and development and balance in a person's life, from socializing and deficiency of life, like One individual is driven by the need to overcome the feeling of inferiority and strive to overcome that feeling, especially among females (Schultz, 1983:70), through a funeral likely could argue that the struggle for supremacy, driven by the desire to break free from a sense of inferiority, emotional equilibrium depends where it high or low on the level Wanting to make up for the shortfall and the pursuit of excellence and perfection.

Current search results can be displayed as follows:

- a) The College of Education Sciences/Ibn alhaitham have emotional poise.
- b) Males more balanced emotional females because of socialization and social roles that they practice in reality.
- c) The College of Education Sciences/Ibn alhaitham sense of inferiority.
- d) That females have a feeling of inferiority than males.
- e) There is a positive relationship between emotional stability and a sense of inferiority among students in the College of Education Sciences/Ibn alhaitham.

In the light of the results of this research the researcher recommends the following:

- 1) Interest of the student's personality in all aspects including emotional balanced personality entirely able to face life and compatibility with it.
- 2) The need to pay attention to the extracurricular activities in educational institutions to provide opportunities for

- social interaction, a university student who helps them to raise the level of emotional balance.
- 3) The interest of universities and colleges and educational guides student problems, especially those related to emotional for them to meet their psychological, social, and thus the proper emotional equanimity.
- 4) Lectures for students of the importance of a sense of inferiority and its effect on human personality and its evolution and routing, and alert to the causes that produce and fuel this feeling, and try to avoid or mitigate their impact.
- 5) Scientific programs and supervision to help students who exhibit feelings of inferiority, or who to ask for help in this matter for the purpose of directing them towards better scientific methods to deal with this feeling , overcome by the successful compensation and fruitful.
- 6) Work on a specialist myself qualified mentor loud each college, and at the head of the demonstration unit to address the psychological and social problems for students, providing guidance and advice to those in need of students: to complement this research aspects researcher suggests what becomes:
 - a) A study of emotional sobriety to upgrading University students.
 - b) Study the impact of emotional behavioral problems with poise again (delay, anxiety, anger).
 - c) A comparative study on the effect of emotional sobriety among college students with variables (problem solving, role playing, modelling, stop thinking)
 - d) Other scientific studies dealing with feelings of inferiority among other segments, researcher finds it more vulnerable to feelings of inferiority, and that her life is the scene to express This feeling : such as orphans, the disabled, young offenders, gender offenders, drug addicts and violent sports professionals or exotic, extremists, and creators.
 - e) Scientific study dealing with instructional program on building a sense of inferiority task, how compensated a successful profession.
 - f) Other scientific studies similar to current research on the different stages of the seminar.

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Appendix (1) The names of the experts who used their opinions in the research procedures

Academic affiliation	Name of expert	ت
Faculty of education/Ibn Rushd/Baghdad university	Prof. Dr. Saad Ali Zaer	1.
Faculty of education/Ibn Rushd/Baghdad university	Prof. Dr. Mohamed Anwar	2.
Faculty of education/Almustansrya university	Prof. Dr. Amal Ismael	3.
Faculty of education for pure science /Ibn Alhaitham /Baghdad university	Assistant Prof. Dr. Fadhel Jabar	4.
Faculty of education for pure science /Ibn Alhaitham /Baghdad university	Assistant Prof. Dr. Layth Mohamed Atash	5.
Faculty of education/Almustansrya university	Assistant Prof. Dr. Bushra Kadhem salman	6.
Faculty of education/Almustansrya university	Assistant Prof. Dr. Rahem Abdullah	7.
Faculty of education/Almustansrya university	Assistant Prof. Dr. Suhailah Abdulridha	8.
Faculty of education for pure science /Ibn Alhaitham /Baghdad university	Assistant Prof. Dr. Muntaha Muttasher Abdulsahab	9.
Faculty of education/Almustansrya university	Assistant Prof. Dr. Amal Ismael	10

The Scale of emotional balance and instructions to answer it
 Baghdad University / Faculty of Education for pure science Ibn Al-Haytham
 Department of Educational and Psychological Sciences

Dear student you will find in the following pages a number of paragraphs of some attitudes and trends, Which vary in degree of applicability from person to person, where you put five alternatives to answer in light of what applies to you more than others. The following example shows how to answer If you think this paragraph applies to you very much, please mark (ii) on the answer sheet and in front of that paragraph.

does not apply to me	apply to me to with a small degree	apply to me to a medium degree	Apply to me greatly	Apply to me very much	paragraphs	no.
		✓			Look ahead optimistically	1

The answer to these paragraphs requires you to be precise and explicit.

- Check the paragraph number you answer in the answer sheet.
- Be assured that your answer will be kept strictly confidential and will be respected by the researcher
- never Do not leave any paragraph unanswered.

Researcher

The scale of emotional equilibrium in its final form

does not apply to me	apply to me to with a small degree	apply to me to a medium degree	Apply to me greatly	Apply to me very much	paragraphs	no.
					I'm having the runway without anger	1.
					emotion I feel satisfied with my life,	2.
					I find it difficult to talk in front of others	3.
					or easily angered people who argue with m	4.
					who has an opinion contrary to my views	5.
					feeling nervous when discussing someone I feel more fun when I'm all alone, away from the	6.
					, I feel happy when I give charity or Known to others	7.
					others I have the ability to show restraint in tough situations	8.
					anger I have the ability to convince others of my views	9.
					I feel satisfied with the community in which I live	10.
					I tend to respect the opinions of before we tell opinion	11.
					others when I'm angry smash some stuff near me	12.
					I know within my means and act upon delay	13.
					I know within my means and act upon delay before we tell opinion	14.
					others have difficulty getting along with others	15.
					can discuss dissent me without emotion	16.
					I expect success in most business	17.
					I do get angry Easily in situations that don't	18.
					I feel good when I'm with her abilities themselves	19.
					please me hesitate in asking what I want of ideas	20.
					I can express my thoughts in a clear and understandable	21.
					Look to the future with optimism	22.
					does not find justification ' to help my colleagues in the College	23.
					deal with others on the basis of fact	24.
					I expect disaster of do my tolerate errs fails.	25.

does not apply to me	apply to me to with a small degree	apply to me to a medium degree	Apply to me greatly	Apply to me very much	paragraphs	no.
					constantly love to share grief and joys	26.
					others find it difficult to debate and express my thoughts before others	27.
					do my homework better than my colleagues	28.
					homework feel Satisfaction with different groups of people	29.
					tolerate errs fails.	30.
					I feel scared in discussing some grindstone	31.
					I don't feel discomfort when it refuses my demands	32.
					often took advantage of others to achieve my desires	33.
					sometimes fight with a number of my colleagues in the College,	34.
					things I find it difficult to abide by University	35.
					trying to address problems that touch her softly	36.
					feel appreciation of others ' work.	37.
					I like to be isolated from the others	38.
					personal accept the wisdom of others whatever their owner	39.
					effort to perform my duties at University	40.
					I feel that my friends hate me when I succeed	41.
					feeling discomfort in the presence of a school better then me	42.
					feeling that I can't control my actions,	43.
					I plan to do my business easily	44.
					figured my care of acts assign them want to quit when	45.
					I feel weak-willed easily	46.
					I feel weak-willed easily	47.
					confused Embarrassing feel that my relationships with my good fellow	48.
					feel that my relationships with my good fellow,	49.
					feel calm and sober ignore others	50.
					'feelings when my achievement for some important wor	51.
					I find pleasure in being rowdy in college.	52.

Dear student.

there are a set of phrases, and five choices for each term, place a sign (/) in front of words that apply to you, note that the secret answer for scientific research, not to mention the name. With appreciation

Apply to me					paragraphs	no. no.
does not apply to me	with a small degree	a medium degree	me greatly	very much		
					I feel that my appearance is unacceptable from others	1
					don't want to meet new people	2
					, I feel the fear of failure	3
					can access any crowd of people without hesitation	4
					I feel I need the advice and counsel of others	5
					feel resentment of success others	6
					that can adapt to any new position	7
					I feel upset at the bustling places	8
					I find it difficult to plan for my future	9
					, I admit to those seeking better than me and I'm not ashamed of that,	10
					I feel that my abilities inferior to others	11
					much happier with others	12
					when I decide something I don't hesitate to implement	13
					future set myself targets insisted achieved whatever	14
					I feel like I'm a person of worth in society	15
					running away from participating in activities	16
					I am happy to be the leader of social group	17
					Stonewall artificiality and brag about what I don't have,	18
					I feel like I really hate myself not worrying me	19
					surprises that happen in social events	20
					When satisfied, I reach the	21
					easily offended	22
					feel fast arousal for the slightest	23
					decision I upset when asked to speak in front of a crowd of people	24
					everyone must cooperate to reach a better life	25
					I don't regret from my actions	26
					I am sure her senses have the spirit of fun and humor that t Social niceties	27
					trying to avoid situations that require me decisive	28
					work by all means to be the center of everyone's attention	29

					find ease in persuading others to my thoughts.	30
					Behave in public concerts	31
					hesitate before accepting new work	32
					feel satisfied with what I got so far	33
					other reliable person sees me baffled when I went in a session	34
					I feel incapable of initiative	35
					I feel twice my confidence	36
					, I'm afraid to fail in my life	37
					concerts I feel that acted	38
					I feel all my behaviors are correct	39
					I feel less important than others.	40
					I feel like I'm able to succeed in life	41
					life I feel that my character is weak	42
					I like being away from the others	43
					I feel that others don't make fun of me	44
					I feel twice my love for myself	45
					trying so hard to be in competition with others.	46

