

The Effect of Online Teaching of English in The Treatment of verbal Phobias and Shame of Students

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I certify that all material in this proposal which is not my own work has been identified and that no material has previously been submitted and approved for the award of a degree by this or any other University

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Abstract

This research focuses on difficulty in speaking fluently in the classroom, and the importance of education by the internet for the treatment of fear or shame. At the end of the program, the questionnaire and interviews with some students will be distributed, so we can see the benefits accurately, and this research will contribute to help these students

Introduction

In the light of technological development and scientific progress, has become necessary for education to exploit of this development in solving some obstacles faced by students. Recently, occurred changes in education systems. As a result, of this major shift in the technology. Apparently, online education is a safe and comfortable area for some students who have difficulty in speaking fluently in the classroom, and that contributes to a positive interaction. Thus, by increasing students' self-confidence, they will be able to participate without fear or shame. Students have the chance for lots of practices and interactions away from the looks sarcastic, this feature is not available in traditional education. This research also, promises to use the Internet for medical treatment in the field of mental health.

Literature Review

in this article the writers confirm that the shame to speak is a problem that comes from the lack of awareness of methods of treatment. "SP is often untreated because adolescent sufferers hesitate to talk to teachers or attend any face-to-face treatment. Furthermore, teachers and caregivers, responsible for educating these young adults, often lack the clinical-psychological knowledge to help. Therefore, we developed an online training for providing educative knowledge about social skills, social fears and body relaxation methods " (Mario Lehenbauer, Oswald D. Kothgassner, Ilse Kryspin-Exner, Birgit U. Stetina, ۲۰۱۳)

Indeed, the article has proven that, interventions, supported by the Internet are effective in reducing psychological fears, by conducting tests on with ۶۶ training participants and ۴۷ control group students. More positive results were provided to lead to a significant improvement.

"The effectiveness was evaluated using pre- and post-tests with ۶۶ training participants and ۴۷ control group students. Preliminary results showed promising and significant effects in the intervention group: a decrease of social fears as well as an increase of social skills. These findings suggest that our self-administered online training is effective preventing social fears, and may be considered as an educative tool for teachers and caregivers (providing evidence-based information about social fears, social skills and body relaxation methods). "(Mario Lehenbauer, Oswald D. Kothgassner, Ilse Kryspin-Exner, Birgit U. Stetina, ۲۰۱۳)

Make sure that the treatment technique by effective internet. It seems, then, that it helps to ease the symptoms of fear, and anxiety in general, as indicated in this article. "Results: Improvement in social phobia was seen in all groups, whether comorbid or not. Significant improvements in comorbid symptoms of depression and generalized anxiety occurred even though the treatment was focused on the social phobia. Conclusions: Brief Internet-based CBT can reduce both the target disorder as well as comorbid symptoms. These findings are consistent with evidence that unified or transdiagnostic programmes may reduce the severity of comorbid disorders

and symptoms, indicating an important direction for future research.

"(Nickolai Titov, Matthew Gibson, Gavin Andrews, Peter McEvoy , ۲۰۰۹)

Significance of Research

This research is important because it displays new ways of interventions in psychotherapy by Internet technology. It also helps students in reducing the symptoms of phobias or shyness. Of course, one of the major characteristics of the Internet is the free expression and interaction without so much fear of ridicule and laughter. So it is better, in fact, to say that the learners were given a chance to enhance English language acquisition and focus on the positive impact, In order to motivate the students, and overcome major drawback.

Research Question

Is studying the possibility of using the Internet to treat psychological conditions for students such as phobias or shyness?

Do you have a promising future in the field of psychological treatment?

Research Methodology

I will go to high school and take ۲۰ volunteers suffering a problem in talking in front of audience , and then I'll start by giving lessons online. I will communicate through the microphone. After one month, I'll start with structured interview with individual students one by one to estimate the benefits, and write notes. I will distribution a questionnaire to students to learn about effective ways to help these students.

Ethical Considerations

The volunteers know that treatment for research purposes, taking in to account the approval if the request puts their names in secret, and conducting interviews and questionnaire as special because of the sensitivity of the subject to the student.

Limitations of Research

The only volunteers, saudi students in high school who have difficulty speaking in the classroom because of phobias or shyness.

Expected Result

Because the problem is mainly at psychological, it is expected to require more time to see significant improvement. It is expected that the participants felt a decrease in the degree of fear and shame, and that help them improve interaction and face-to-face, and communication skills in the school environment.

References

Lehenbauer, M., Kothgassner, O., Kryspin-Exner, I. and Stetina, B. (۲۰۱۳). An online self-administered social skills training for young adults: Results from a pilot study. *Computers & Education*, ۶۱, pp.۲۱۷-۲۲۴.

Titov, N., Gibson, M., Andrews, G. and McEvoy, P. (۲۰۰۹). Internet treatment for social phobia reduces comorbidity. *Aust NZ J Psychiatry*, ۴۳(۸), pp.۷۰۴-۷۰۹.

Appendix

Questionnaire:

۱. Are you unable to communicate with others because of fear or shame?

A. Yes B. No C. Did not affect at all.

۲. Do you have a fear of harsh criticism after you have any work?

A. Yes B. No C. Sometimes.

۳. Do you refrain from delivering a speech in front of people?

A. Yes B. No

۴. Do you think that education via the Internet helps in the treatment?

A. Nothing will change B. They will improve

Interview questions:

۱. In your opinion, how is the effect of education via the Internet to solve the psychological problems of students?

۲. What are the reasons that led to fear or shame from the face of the others?

۳. Do you have any problems when you talk in front of others?

۴. Do you recommend this method of treatment?