



University of Zabol  
Faculty of Literature and Humanities  
Department of Arabic Literature

Subject:

**Two-way evaluation of positive thinking skills and shyness  
components in Ali Hijazi and Samad Behrangi's children's stories**

**Supervisor:**

Dr. Ashoor GHelich Paseh

**Advisor:**

Dr. Mojtaba Behroozi

**By:**

Raziyeh Kordi Tamandani

Summer 2023

## ***Abstract***

Positive thinking as a branch of positive psychology has six steps (searching for the positive, doing things on time, strengthening the attitude of gratitude, having a continuous training program, avoiding negative influences and starting with a positive attitude) and four skills: hunting negative thoughts, evaluating automatic thoughts, coping with his unpleasant self-compassion and avoiding catastrophism) which leads to an increase in a person's ability to deal with individual challenges and problems and establish constructive social relationships. On the other hand, shyness is a social disability that is caused by negative thoughts and ideas and affects a person's cognitive, emotional and social development and has subscales of dependence, loneliness, indifference, withdrawal, passivity and rejection. Ali Hijazi and Samad Behrangi are considered among the children's writers in Arabic and Persian, who in their children's stories always seek to process topics that indirectly pay attention to the psychological aspects of children and try to increase positive skills in them. Based on this, the current research tries to analyze and evaluate the positive thinking skills and the negative components of the children's stories of two authors with a descriptive-analytical method. The results indicate that there is an inverse relationship between the possession of positive thinking skills and the reduction of hypocrisy components and vice versa for the fictional characters of Samad Behrangi, but there is a direct relationship for the fictional characters of Ali Hijazi. The main positive thinking step in the selected stories of these two authors is the sixth step (starting with a positive attitude), as well as the main positive thinking skill in their stories, the second skill (evaluating automatic thoughts) and its most frequent subscale of hypocrisy. It is passive.

**Keywords:** Positive thinking/ Shyness/ Children's stories/ Ali Hijazi/ Samad Behrangi.