

## The Impact of Basic TRIZ Training on Psychological Flexibility among University Students

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**Abstract :** Psychological flexibility is a basic ability that allows people to adapt to a changing, difficult world. TRIZ is a Theory of Solving Inventive Problems that has many applications in both science & technology and creativity development; this research aimed to investigate the impact of basic TRIZ training on psychological flexibility among university students. The research sample included (30) university students divided into two groups: experimental group (n=15) and control group (n=15). The Psychological Flexibility Questionnaire (PFQ) was conducted in the pre-test and post-test on the experimental and control group, as the study treatment was applied to the experimental group only. Data were analyzed statistically by the Mann-Whitney test and Wilcoxon z test; results showed the effectiveness of the TRIZ training program on the development of psychological flexibility and its five factors. Results were interpreted, recommendations were presented.

**Keywords :** psychological flexibility, TRIZ, positive perception of change, self as flexible and innovative, perception of reality

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