

The Effective of Training Program Using Neuro- Linguistic Programming (NLP) to Reduce the Test Anxiety through the Use of Biological Feedback

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Abstract : The problem of test anxiety considered as one of the most important and most complex psychological problems faced by students of King Saud University, where university students in a need to bring their reassurance and psychological comfort, relieves feeling pain and difficulties of the study. Recently, there are programs and science that help human to change, including the science Linguistic Programming this neural science stems from not just the tips of the need to make the effort or continue to work, but provides the keys in which one can be controlled in the internal environment. Even human potential energy is extracted seeking to achieve success and happiness and excellence. Through the work of the researchers as members of the teaching staff at King Saud University and specialists in the field of psychology noticed the suffering of some students of King Saud University, test anxiety. In an attempt by the researchers to mitigate as much as possible of the unity of this concern, students will have a training program in Neuro Linguistic Programming. The main Question of this study is What is the effectiveness of the impact of a training program using NLP to reduce test anxiety by using a biological feedback. Therefore, the results of this study might serve as a good announcement about the usefulness of NLP programs which influence future research to significant effect of NLP on test anxiety.

Keywords : neuro linguistic programming, test anxiety, biological feedback, king saud

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