

# The Impact of Mindfulness Education on Elementary School Students

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## Abstract

The current research aims at evaluating the reading for the fourth grade of primary school in the light of the habits of mind and followed the researcher descriptive approach to suitability the current research procedures to achieve the research objective, the researcher prepared a list that included the criteria of habits of mind based on this researcher prepared a questionnaire (6) standards and (141) paragraphs after verifying the authenticity of the tool from its presentation to a group of arbitrators the stability of the analysis using Holistic equation (0.83) The tool consists of (128) paragraphs distributed in six areas The researcher has developed three alternatives (valid), (invalid), (need to be modified), and the researcher used the appropriate statistical means for their research. The data obtained from the analysis process are: Holistic equation, centimeter weight, square cay, and weighted mean.

**Keywords:** Evaluation, Arabic Reading Book, Habits of Mind

## Introduction

The students are the real wealth of the nation and society must be prepared for life, including the development of writing and reading skills, the maximum extension of the hand of reform is the book must be a systematic evaluation of the curriculum to learn the extent to which the goals set for them <sup>1</sup> Reading is very important in the elementary stage as a natural entry point for learning and primary school fails miserably if it fails to teach its students to read because the student's success and progress in all subjects depend on his literacy ability is not material with content that can be taught separately from other subjects But is a fundamental part of every other material. It has become clear that there is a need for something new if schools are to start from a traditional mindset that is focused on capacity only so that students can have a kind of mind-set to create a productive self-fulfilling life and therefore the need for effective and effective mental habits such as the need to develop educational goals that reflect The belief that ability is a repertoire of skills that the individual stores and continues to be constantly expanding as one can increase the skill of thinking through man's efforts. Education in its general form is a familiar process for all reflect an activity produced by human societies across many times and places, It is not only a reflection of social, economic and political life, but it is an important

tool in the development and formation of this life, including from different social systems the prosperity of nations and the attainment of their goals are linked to their concerns. These nations raise and nurture a strong generation to take responsibility for the leadership of the nations and hand them over from fathers to sons, therefore, attention to education means providing the right direction and congratulating the environment for the emergence of righteous individuals. Language has a great role in the twenty-first century because it is a new world in which information prevails in all spheres of life as the individual is able to get the information he needs as quickly as possible in the least effort and language is the basic goal through which he knows what he wants <sup>1</sup> . One of these languages is the Arabic language that every speaker has the right to be proud of and is magnified by our Arabic language, which is characterized by the beauty of its methods and the strength of its expression and its vast wealth of words and meanings. reading is the means of the numbers of the individual scientifically and morally is a means of personal harmony and social assistance to the individual to autonomy and adaptation with others and reading helps to quickly understand and gain desired attitudes and behaviors. The textbook offers opportunities for the teacher to use many of the teaching methods, especially those that need to have a textbook in the hands of the student when the teacher assigned a student or several students to read a paragraph of

the book to develop information or a comparison with external information is the basic premise in front of students to the world of research, knowledge, thinking and knowledge.

### Methodology

The researcher followed descriptive research methodology to analyze the book of Arabic reading for the fourth grade of primary school because it means describing the facts to identify the data related to a particular educational phenomenon and follow closely and analyze and interpret and investigate the relationships and connotations and then access to the explanatory and complementary instructions can be used<sup>16</sup> The researcher relied on the analytical descriptive approach because it is a method that is compatible with the nature of the research and its requirements. The descriptive approach is a method for studying scientific phenomena or problems through scientific description and then reaching logical explanations with signs and bar Yen and that research is descriptive of a wider use of research in educational and psychological field it is

usually looking at the present and diagnose existing phenomena and the relationships with the discovery by classifying them and their works on the interpretation of those phenomena<sup>9</sup>

### Identify the research community and its sample :

The research community is identified and identified by the researcher to define their research community as well as to define their own identity so that the current research community is determined the fourth grade reading book in the Republic of Iraq, the tenth edition 1437/2018. Karim Obaid Al Waeli and Dr. Abdul Abas Abdul-Jassim and Turki Abdul Ghafoor Al-Rawi ,the book consisted of (147) page excelled by the researcher's title book title , the exclusion of these parts of the content is familiar to previous studies and does not affect the analysis procedures directed towards the content related to the objectives of the book and its subjects, which is the subject of physical and moral construction of the student and has the ability to achieve educational experiences, information and facts Concepts, values and trends. Here is a description of this book:

**A table showing the content of the reading book, the number of pages, their sequence and percentages**

No.	Contents	Pages no.	Its no.	No. of excluded pages	The remain no.	Percentage
1	Title and author page	1	1	1	0	0.68
2	Scientific supervisor page	2	2	2	0	0.680
3	Introduction	3-4	2	2	0	1.360
4	Books' subjects	5-145	140	0	140	97.27
5	Book contents	146-147	2	2	0	1.136
	Total	1-147	147	7	140	100%

### The Research Tool:

As regards to lack of a ready and appropriate tool to gather information commensurate with the purposes and objectives of the research, the researcher adopted the questionnaire as a tool for research and to prepare this tool, the researcher followed the following steps:

- List habits of reason:

In order to reach the list of habits of mind and use that list in the analysis of the book of reading for the fourth grade of primary The researcher adopted the

following steps:

- 1 - Review previous studies on the habits of reason
- 2 - Access to literature and books that dealt with the habits of mind
- 3 - The preparation of the preliminary list of the habits of reason based on the researcher's knowledge of past efforts
- 4 - Directing an open survey questionnaire for supervisors and teachers of the Arabic language in

primary schools, including the following questions:

- What habits should be read in the fourth grade reading books? Please specify in terms of relevance to the primary stage

- Do you think that the book of Arabic reading meets the habits of mind appropriate for the primary stage?

5. Distribution of the preliminary list of the habits of the mind to a group of specialists in the Arabic language to analyze them and determine whether the principles and their sub-indicators belong to the domains received and have been compiled and studied and used to reach the final list .

### **The tool's credibility:**

Honesty is one of the important characteristics of educational tests and standards psychological and different and is one of the old concepts so it is subjected to a lot of modification and change as a result of the spread and the expansion of the movement of tests and standards in the various humanities <sup>12</sup> and the truth of several types of the researcher has used what fits the nature of her research which is the apparent truthfulness of the initial examination of the content of the instrument and is reached by the consensus of the arbitrators' assessment of the measure of the instrument to which it was prepared <sup>14</sup> and to achieve the credibility of the tool based on the credibility of arbitrators and specialists in Arabic language and literature and curricula and methods of teaching as well as those who teach Arabic reading for the fourth grade of primary school .The researcher presented the tool in its initial form in order to ascertain the apparent honesty. The arbitrators expressed their observations about the tool and took the researcher . The researcher has adopted (80%) of the opinion of the arbitrators on the validity of the paragraphs , this is indicated by Bloom, as 80% and more of the arbitrators are evidence of an investigation virtual honesty <sup>2</sup>

### **The Analysis:**

A – The analysis unit : The researcher used the unit of thought in its analysis of the book of Arabic reading, if it is one of the most important units of analysis and the largest and may be the unity of the idea or phrase contains the idea that revolves around the subject of analysis <sup>15</sup>

### **B- The analysis steps:**

1- Reading each topic of the Arabic reading book for the fourth grade of the primary to identify the ideas contained in the subject in general

2 - Second reading of each line in the subject for the purpose of reaching the phrase or sentence that contains a particular idea

3 - The identification of the phrase containing a specific idea added by the researcher to the principles prepared in advance and work to determine the suitability of this idea with each paragraph of this principle in a special analysis form

4 - Give a repeat of each paragraph correspond to the idea extracted

5 - Calculate the frequencies obtained by each paragraph in one principle and then calculate the frequencies of each principle individually .

### **The stability analysis:**

While the method of content analysis is a scientific tool, there is a need to satisfy the conditions of objectivity, and achieving objectivity requires knowledge of the stability of the analysis. In terms of consistency, the results obtained from applying the analysis tool to the same sample are not changed <sup>20</sup> and one of the most prominent methods of verification of the stability of the most common analysis of the presentation of a sample of the analyzed article on a group of experts and specialists and the people of know-how and experience in the analysis of content <sup>19</sup>

So the researcher used two experts who have knowledge in the analysis of the content given each of them a random sample and 10% of the analyzed material from the topics of the book of reading and the researcher calculated the correlation between them and the two experts was the correlation coefficient between them and the first analyst (92,0) And between them and the other analyst (85,0%)

### **The statistical means:**

The researcher used the program (spss) statistical means to analyze the results as follows:

1 - The weighted average to measure the extent to which each concept of the questionnaire

2-Square Kai to calculate the honesty of building concepts

3 - Holistic coefficient to calculate the stability of concepts

4-Percent weight to be used in interpreting the results .

### Results

The researcher reached the following results: Taking into account the book of Arabic reading of some habits of the mind, which means taking into account individual differences between students. The habits of the mind give a wide range in the educational process to help the teacher to understand the minds of students and enhance their role in providing opportunities for students to learn and think in different ways. The planning and preparation of lessons through the habits of the mind left a great impact on the students, which led to an understanding of the students to read and assimilate well.

### Conclusion

The researcher has developed three alternatives (valid), (invalid), (need to be modified), and the researcher used the appropriate statistical means for their research. The data obtained from the analysis process are: Holistic equation, centimeter weight, square cay, and weighted mean.

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