



وزارة الصحة

School of Public Health

Jerusalem - Palestine



جامعة القدس

Deanship of Postgraduate Studies

Al-Quds University

**The relationship between psychological
hardiness and mental health among
mothers of children with Down syndrome**

Radwan Abdul-Rahman Ahmad Abu Rukba

M.Sc. Thesis

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The relationship between psychological hardiness and mental health among mothers of children with Down syndrome

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2005

بسم الله الرحمن الرحيم

وَقُلْ رَبِّ زِدْنِي عِلْمًا

سورة طه - (الآية 114)

Dedication

I would like to dedicate this work

to the memory of my father “Abdul-Rahman Abu Rukba, and to my
mother; to my brothers and sisters particularly my older brother ‘Zaki’;
to my wife and to my lovely children “ Ahmad, Shahd, and Mohammad
“.

Faithful

Radwan

Declaration

I certify that this thesis submitted for the degree of Master is the result of my own research, except where otherwise acknowledged, and that this thesis (or any part of the same) has not been submitted for a higher degree to any other university or institution.

Signed R. Rukba.....

Radwan Abdul-Rahman Ahmad Abu Rukba

Date : 10/8/2005.....

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Abstract

The study aims to investigate the relationship between psychological hardiness and mental health among mothers of children with Down syndrome, to determine the level of psychological hardiness and the level of mental health, and to explore the effect of some socio-demographic variables, such as mothers educational level, mothers chronological ages, children chronological ages, and children gender, on the level of psychological hardiness among mothers.

It is analytical descriptive study for 180 mother of Down syndrome children at the Right to Live Society at Gaza Strip.

Psychological hardiness questionnaire was used to measure psychological hardiness, and SCL-90-R was used to measure mental health.

The main results revealed high level of both psychological hardiness and mental health, and showed significant correlation between the level of psychological hardiness and the level of mental health among mothers of children with Down syndrome. The ratio of the total psychological hardiness was (58.9%), and the mean of total mental health was (22.68%), and the correlation between psychological hardiness and mental health was (0.434). Also, the results showed that there are statistically significant differences in the level of psychological hardiness due to educational level of mothers toward mothers who have university, secondary, and primary

education. Also, the results showed that there are no statistically significant differences in the level of psychological hardness due to chronological ages of mothers, chronological ages of children, and children gender.

The study highlighted the importance of establishing a comprehensive awareness program at various sectors such as schools, universities, and other local community organizations.

الملخص

تهدف الدراسة الحالية للتحقق من العلاقة بين الصلابة النفسية و الصحة النفسية لدي أمهات أطفال متلازمة داون. كما أنها تهدف إلى تحديد مستوى الصلابة النفسية والصحة النفسية وتحاول الكشف عن أثر بعض المتغيرات الاجتماعية الديموغرافية مثل المستوى التعليمي للأم ، العمر الزمني للأم ، العمر الزمني للأطفال ، وجنس الأطفال ، على مستوى الصلابة النفسية عند الأمهات.

أستخدم في هذه الدراسة المنهج التحليلي ل 180 من الأمهات اللواتي يتابعن أطفالهن المصابين بمتلازمة داون في جمعية الحق في الحياة بمدينة غزة .
أستخدم مقياس الصلابة النفسية لمقياس الصلابة النفسية و كما أستخدم مقياس الأعراض السيكوباتولوجية (SCL-90-R) لمقياس الصحة النفسية .

أظهرت النتائج الرئيسية مستوى عالي من الصلابة النفسية و الصحة النفسية ، كما أظهرت ارتباط دال إحصائياً بين مستوى الصلابة النفسية والصحة النفسية لدي أمهات أطفال متلازمة داون . وكانت نسبة الصلابة النفسية 58.9% ، كما كانت نسبة الصحة النفسية 22.68% ، ومعامل ارتباط بيرسون بين الصلابة النفسية والصحة النفسية كان 0.434 . كما أظهرت النتائج وجود فروقات ذات دلالة إحصائية في مستوى الصلابة النفسية تعزى إلى المستوى التعليمي للأمهات لصالح الأمهات اللاتي أنهين التعليم الجامعي والثانوي و الأساسي. كما أظهرت النتائج عدم وجود فروق ذات دلالة إحصائية في مستوى الصلابة النفسية تعزى لكل من عمر الأم ، عمر الأطفال وجنس الأطفال .

توصي الدراسة بأهمية البدء ببرنامج توعية شامل في مرافق مختلفة من مؤسسات المجتمع الفلسطيني مثل المدارس والجامعات والمؤسسات المجتمعية المحلية .

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