

Methods of Dealing with Psychological Pressures among Martyrs' Widows in Hebron Governorate

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Abstract:

The study aimed to identifying methods of dealing with the psychological pressures among martyrs' widows in Hebron Governorate. Descriptive method has been used to achieve the objectives of this study. The sample included 81 widows. The credibility of the tool was verified by calculating Pearson correlation coefficient of the questionnaire paragraphs, with the total degree of the tool. Statistical indication was found in all paragraphs of the questionnaire. The researcher determined the stability of the tool by calculating the stability of the total degree of stability coefficient of the domains of study according to the stability equation (Cronbach's alpha). Results of the study showed that the tool is consistent enough to meet the purpose of the study. The results also showed that the methods of dealing with psychological pressure came to a medium degree. Moreover, the results indicated that there were no statistically significant differences in the methods of dealing with psychological stress due to the variables of age or job. On the other hand, differences in methods of dealing with psychological stress were found among the martyrs' widows in Hebron Governorate due to the variable of number of children and the domains -except of the method of social support- in favor of the number of children who are 6 years old or more. In addition, the results of the study revealed that there were differences in the ways of dealing with psychological stress due to the variable of duration of the husband's martyrdom and the domains except of the defense and social support methods in favor of the longer duration of the husband's martyrdom which is 10 years or more. There were also differences due to the variable of residence in favor of separate housing, either residence with husband's or wife's families. Based on the results of the study, it is recommended that the social institutions of the widows of martyrs should pay attention to providing a separate place of residence so that they can live independently with their children. Also, the institution should work on developing the skills of the martyrs' widows by involving them in small businesses that provide them with an adequate income.