

# **Frustration degree and guilt among drug addicts harmful to themselves.**

**Researcher: Awni Abd Al Rahman Issa Toubasi**

**The supervision of Dr. Iyad Al Hallak**

## **Abstract**

This study aimed to identify the degree of frustration and guilt among addicts who hurt themselves with drug, and to know the addicts perspective who are in treatment clinics and rehabilitation centers in Palestine, in order to achieve this goal a Determination The study population has been identified , this study population consisted of ' (82) addict, the researcher used the descriptive analytical method which is appropriate for this study, so the researcher questioned the addicts who are in treatment clinics and rehabilitation centers in Palestine and analyze their responses in light of some of the variables.

The researcher used a questionnaire about frustration which is prepared by (Al Hindi 2006) in order to find out the degree of frustration in the addicts ,and the researcher adopted (Bathah scale 2002),although to ensure the sincerity of mymethod a sample has been presented to (9) experienced in this field , in order to make sure about the stability through internal homogeneity (Cronbach's alpha).

The study results showed that drug addicts who are in treatment clinics and rehabilitation centers in Palestine suffering from a high degree of frustration in all field that would be related to family , work, friends, Parents , treatment clinics and finally therapeutic supervisor. Also the results showed that drug addicts suffering from a high degree of feeling guilt.

Based on the results and discussion of this study ther esearcher offered a set of recommendations, start with encouraging the social and educational institutions to set up awareness and guidance meetings for parents about how to provide support and assistance for addicts and how to protect them from the recidivism, as a result of frustration. Also by encouraging the governmental institutions to pay attention to those existing therapeutic centers by providing a financial and technical and human support in order play there role in serving the community, although establishing positive trend toward the treatment institutions and therapeutic supervisors for the drug addicts and for the importance of cooperation between them to overcome the symptoms and enjoy mental health,by knowing the problems of the patients in the therapeutic institutions and there psychological and social needs, also to discharging the psychological pressure through entertaining methods.