



Faculty of Women for Arts, Sciences and Education

Department of Psychology

The Development of Optimism and Hope in a Sample of Mothers of Children with movement Disabilities and Their Effect on Their Mental Health

A Thesis submitted to obtaining a Ph.D. in Arts
(Psychology)

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Abstract

The importance of the study:

The importance of the study lies in an attempt to examine the effectiveness of a counseling treatment program for developing optimism and hope to improve the mental health of a sample of mothers of physically disabled children. The current study has a great importance, according to the perspective of the researcher, either in theoretical or practical aspect, the importance of the study can be examined through the following points- :

1- Scientific importance

(A) The importance of the study considered as an addition to the psychological literature, especially in light of the scarcity of research and studies, which focused on examining the role of optimism and hope in improving the mental health of mothers in particular, and other categories in general, on the Arab level in general and Libyan level in particular.

(B) The second aspect of the importance of the study represents in its contribution of designing tools for psychological measuring, such as: optimism scale, hope scale, and mental health scale. In addition to its contributions in preparing and building a program for developing optimism and hope to improve the mental health of mothers of physically handicapped children.

2- Applied importance:

The applied importance represents in the following aspects :

(A) The nature of the sample: Many studies have overlooked mothers and their mental disorders as a result of the presence of a disabled child in the family, as they need a lot of psychological and physical effort for providing care and attention for their handicapped children. Hence, The current study contribute in developing optimism and hope among mothers, which may contribute in improving their mental health, and to help overcome many of the problems that hinder their way and benefiting their children and the entire family by happiness and stability.

(B) The current study used positive psychology methods in psychological treatment programs through developing positive emotions toward the future, representing in optimism and hope, as a means to improve the mental health of the study sample.

(C) The current study considered as a start point of the interest of the Libyan society in providing family support programs at psychological counseling and treatment centers, which lacking for such essential services in the field of mental health, treatment, and psychological counseling.

Objectives of the study:

The current study aims to achieve several objectives, which can be illustrated as follows:

1. **Standard objective:** reflected in the preparation of psychological scales and providing psychometric properties, such as:
 - A. Optimism scale for mothers of physically handicapped children.
 - B. Hope scale for mothers of physically handicapped children.
 - C. Mental health scale for mothers of physically handicapped children.
- 2- **Therapeutic developmental objective:** demonstrated through the preparation of a program for developing optimism and hope for a sample of mothers of physically disabled children, and then evaluate the effectiveness of the program in terms of:
 - A. Reveal the effectiveness of the prepared program, which submitted for the experimental study sample to raise optimism and hope levels among members of the sample.
 - B. Identify the relationship between the response of mothers on the program and increasing the optimism, hope and mental health levels, which demonstrated in measuring the differences between the experimental

and control groups on both pre and post applications, as well as by measuring the differences between both pre and post applications for the experimental group of the study measures.

C. Reveals the extent of continuity effect of the prepared program in developing optimism and hope, and improve mental health for the experimental sample, through identifying the differences between both post and follow- up applications.

Problem of the study :

The problem of the current study determined in the following questions- :

1. Are there significant differences between the two groups "experimental and control" in pre application of the study measures (optimism scale – hope scale - mental health scale)?
2. Are there significant differences between the two groups "experimental and control" in the post application of the study measures (optimism scale – hope scale - mental health scale)?
3. Are there significant differences between both pre and post applications for the control group on the study measures (optimism scale – hope scale - mental health scale)?

4. Are there significant differences between both pre and post applications for the experimental group on the study measures (optimism scale – hope scale - mental health scale)?
5. Are there significant differences between both post and follow- up applications after a month and a half from completing the program for the experimental group on the study measures (optimism scale – hope scale - mental health scale)?

Methodology procedures of the study:

The methodology and procedures of the current study includes several aspects as follows:

First: the methodology of the study: The current study is based on the experimental approach, in an attempt to detect the effectiveness of the program for developing optimism and hope and to increase optimism and hope level, and improve the mental health of the sample of mothers of physically handicapped children.

Second: the sample of the study: The total study sample included two samples:

- 1. Psychometric sample:** (n=30) mother from Zliten city, their responses were used on the study measures to calculate the internal consistency and stability, so as to ensure the validity of the study tools (scales).

2. Experimental study sample: (n=12) mothers of physically handicapped children.

This sample was divided into two groups:

A. Experimental group consisted of (6 mothers) underwent counseling therapeutic program.

B. Control group consisted of (6 mothers) are not exposed to any of the procedures of the counseling therapeutic program

Thus, this sample (n = 12) were selected from the total number of mothers attending the Department of Physical Therapy at Zliten Central Hospital for treating their physically disabled children, age ranged between (7 months to 5 years).

The researcher has selected mothers who received low scores on mental health, optimism and hope scales, and age ranged between (25 - 40 years old).

Third : the study tools :

The study tools include two basic types

- 1- **Measurements:** aimed to measure the degree of optimism, hope and mental health of a sample of mothers through a series of standards (optimism - hope - mental health), making it possible to validate some of the hypotheses of the study.
- 2- **Therapeutic intervention tool:** represented in a program for developing optimism and hope for a sample of mothers of physically handicapped children, which aims

to raise optimism and hope levels, and improve the mental health level for this sample.

Fourth: the study hypotheses

The main hypotheses of the study are as follows:

- 1- There are no statistically significant differences between the experimental and control groups in the pre application, on the study measures (optimism scale- hope scale - mental health scale).
- 2- There are statistically significant differences between the experimental and control groups in the post application, on the study measures (optimism scale- hope scale - mental health scale).
- 3- There are no statistically significant differences between both pre and post applications for the control group, on the study measures (optimism scale- hope scale - mental health scale).
- 4- There are statistically significant differences between both pre and post applications for the experimental group, on the study measures (optimism scale- hope scale - mental health scale).
- 5- There are no statistically significant differences between both post and follow- up applications for the experimental group on the study measures (optimism scale- hope scale - mental health scale).

Results of the study

The results of the current study revealed some psychometric facts as follows:

- 1- There are no statistically significant differences between the experimental and control groups in the pre application, on the study measures (optimism scale- hope scale - mental health scale).
- 2- There are statistically significant differences between the experimental and control groups in the post application, on the study measures (optimism scale- hope scale - mental health scale).
- 3- There are no statistically significant differences between both pre and post applications for the control group, on the study measures (optimism scale- hope scale - mental health scale).
- 4- There are statistically significant differences between both pre and post applications for the experimental group, on the study measures (optimism scale- hope scale - mental health scale).
- 5- There are no statistically significant differences between both post and follow- up applications for the experimental group on the study measures (optimism scale- hope scale - mental health scale).

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

﴿ وَلَا تَيَاسُّوا مِنْ رَوْحِ اللَّهِ إِنَّهُ لَا يَيَاسُ مِنْ رَوْحِ
اللَّهِ إِلَّا الْقَوْمُ الْكَافِرُونَ ﴾

(الآية 87 من سورة يوسف)

الإهداء

إلى كل أم ظننت أن نجمها قد أفل . . .

وتضاءل في نفسها التفاؤل والأمل . . .

أهدي هذا الجهد المتواضع

وأقول : إن الإيمان بأن زمام العالم بيد الله يبعث

قدراً هائلاً من الطمأنينة في قلب الإنسان .

الباحثة

شكر وتقدير

والصلاة والسلام على رسولنا الصادق الأمين ، خاتم الأنبياء والمرسلين وبعد : -

بسم الله الرحمن الرحيم

(رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَى وَالِدَيَّ وَأَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ وَأَدْخِلْنِي بِرَحْمَتِكَ فِي عِبَادِكَ الصَّالِحِينَ)
(سورة النمل : آية 19)

الشكر والحمد لله حمداً كثيراً طيباً ومباركاً فيه على نعمه التي لا تحصى ولا تعد ،
أتقدم بالشكر والتقدير وفائق الاحترام إلى الجامعة العريقة " جامعة عين شمس " التي
منحتني شرف البحث والدراسة بها .

والشكر والاحترام إلى الأستاذة الفاضلة / أ.د. عزة حجازي ، والتي تفضلت
بكل رحابة صدر بقبول الإشراف على دراستي وأفادتني بالكثير من توجيهاتها
وعلمها وطيب نفسها معها الله بالصحة والعافية .

والشكر الجزيل والاحترام إلى الأستاذة الفاضلة / د. ماجي وليم يوسف ، والتي
غمرتني بنبل أخلاقها وعلمها وتوجيهاتها الغالية وشملتني بإهتمامها ورعايتها
حفظها الله .

كما أتوجه بالشكر الجزيل إلى كل من الأستاذة الفاضلة / د. نبيلة أمين أبو زيد ،
والأستاذة الفاضلة / د. وفاء محمد فتحي ، على تفضلهما بمناقشة هذه الدراسة جزاهما الله
عني خير الجزاء .

كما لا يفوتني أن أشكر إدارة مستشفى زليتن المركزي في بلدي الحبيبة ليبيا
وكل العاملين في قسم العلاج الطبيعي بالمستشفى على ما قدموه لي من دعم
ومساندة أثناء تطبيق البرنامج مما ساعد على إتمامه بنجاح .

ولن أنسى أن أشكر خالص الشكر: أهلي وأسرتي وصديقاتي وزميلاتي
العزيزات على الدعم والمساندة والمساعدة الدائمة والمستمرة جزأهم الله عني خير
الجزاء بإذنه تعالى.

الباحثة

مستخلص الدراسة

اسم الباحثة : فاطمة محمد مفتاح الجحيري .

عنوان البحث: تنمية التفاؤل والأمل لدى عينة من أمهات الأطفال ذوي الإعاقات الحركية وعلاقته بالصحة النفسية لديهم.

جهة البحث : كلية البنات للآداب و العلوم و التربية – جامعة عين شمس - قسم علم النفس .

هدف البحث : الكشف عن مدى فاعلية برنامج مُعد ومُقدم لعينة من أمهات الأطفال المعاقين حركياً في رفع مستوى التفاؤل والأمل لديهم ، و التعرف على العلاقة بين استجابة الأمهات للبرنامج وبين رفع مستوى التفاؤل والأمل والصحة النفسية لديهم والتي سوف تتضح من خلال قياس الفروق بين المجموعتين التجريبية والضابطة في التطبيقين القبلي و البعدي على مقاييس الدراسة ، كذلك من خلال قياس الفروق بين التطبيقين القبلي و البعدي للمجموعة التجريبية على مقاييس الدراسة ، والكشف عن مدى استمرارية تأثير البرنامج المُعد في تنمية التفاؤل والأمل وتحسين الصحة النفسية بالنسبة للعينة التجريبية وذلك من خلال تحديد الفروق بين التطبيقين البعدي والتتبعي .

اعتمدت هذه الدراسة على المنهج " التجريبي " ، واشتملت عينة الدراسة الكلية على عيّنتين :-

1.العينة السيكومترية :- بلغ مجموعها (ن=30) أمّاً من مدينة زليتن تمّ استخدام استجاباتها على مقاييس الدراسة لحساب الإتساق الداخلي ، والثبات وذلك للتأكد من صدق أدوات الدراسة (المقاييس) وثباتها .

2.عينة الدراسة التجريبية:- بلغ مجموعها (ن=12) أمّاً من أمهات الأطفال المعاقين حركياً.

وانقسمت هذه العينة إلى مجموعتين :

أ. مجموعة تجريبية قوامها (6 أمهات) خضعت للبرنامج العلاجي الإرشادي .

ب. مجموعة ضابطة قوامها (6 أمهات) لا تتعرض لأي إجراء من إجراءات تطبيق البرنامج العلاجي الإرشادي .

توصلت الدراسة إلى النتائج التالية : فعالية البرنامج في رفع وتنمية التفاؤل والأمل لدى الأمهات الأمر الذي أسهم إسهاماً فعالاً في رفع مستوى الصحة النفسية للأمهات المشاركات في البرنامج .

الكلمات المفتاحية :

- التفاؤل : Optimism

- الأمل : Hope

- الإعاقة الحركية : Movement Disability

- الصحة النفسية : Mental Health

- الأمهات : Mothers

Abstract

Researcher Name: Fatma Mohammad Mofteh Al-Jehedry

Research Title: The Development of Optimism and Hope in a Sample of Mothers of Children with movement Disabilities and Their Effect on Their Mental Health.

Research institute: Department of Psychology- Faculty of Women for Arts, Science and Education- Ain Shams University.

Objective of the research: To detect the effectiveness of a prepared program submitted to a sample of mothers of physically handicapped children in order to raise their level of optimism and hope, and to identify the relationship between maternal response to the program and raising their level of optimism, hope and mental health, which will be shown from measuring the differences between the two groups (experimental and control), on the pre and post applications of the study measures, as well as measuring the differences between the two applications (pre and post) for the experimental group on the study measures, and to detect the sustainability of the impact of the prepared program in developing optimism and hope and improving mental health for the experimental through identifying the differences between the two applications (pre and follow up).

The current study is based on the experimental approach; the total study sample included two samples:

- 1. Psychometric sample: (n=30) mother from Zliten city, their responses were used on the study measures to calculate the internal consistency and stability, so as to ensure the validity of the study tools (scales).**
- 2. Experimental study sample: (n=12) mothers of physically handicapped children.**

This sample was divided into two groups:

A. Experimental group consisted of (6 mothers) underwent counseling therapeutic program.

B. Control group consisted of (6 mothers) are not exposed to any of the procedures of the counseling therapeutic program.

The study has reached the following results: the effectiveness of the program in raising and developing optimism and hope among mothers, which effectively contributed in raising the level of mental health of mothers participated in the program.

Key Words:

Optimism.

Hope.

Movement Disability.

Mental Health.

Mothers.