

The Effectiveness of a Counseling Program in Confronting the Psychological and Social Effects of the Coronavirus (Covid-19) among Families of Disabled Children in Taif Governorate

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Abstract- The aim of the current research is to identify the effectiveness of a counseling program in confronting the psychological and social effects of the Corona virus (Covid-19) among a sample of (30) families of beneficiaries with disabled children who frequent the Taif Charitable Society in Taif Governorate, and they were divided into two groups, the first: control: and its number. (15), and the second: experimental, numbering (15). The study used a scale of psychological and social effects, and a counseling program prepared by the researcher. The results concluded that there were no statistically significant differences between the control and experimental group on the scale of psychological and social effects, and statistically significant differences were found. between the experimental group on the psychological and social effects scale in the pre- and post-measurements in favor of the post-application, while there are no statistically significant differences between the experimental group on the psychological and social effects scale in the pre- and post-measurements. The study recommended the necessity of providing guidance programs that help families of children with disabilities help spread Positive thoughts, constructive thinking, and spreading the spirit of hope and optimism among parents (Hubed, ,2020).

key words : Guidance program - psychological and social effects - Corona virus - families of disabled children - Taif Governorate.

Introduction:

The World Health Organization (“the Organization”) reported in a scientific brief issued today that the first year of the COVID-19 pandemic witnessed a significant increase in the prevalence of anxiety and depression in the world by 25%.

The brief also highlights the most affected groups and summarizes the impact of the pandemic on the availability of mental health services and the changes that have occurred during the pandemic. In his life, a person goes through many stress, crises, adversities, and hardships that would negatively affect his life psychologically and socially if he does not prepare and learn ways and methods to accept them and deal constructively with them Abul-Enein. (2021)..

It also shows the importance of recognizing and being convinced that there is no escape from a person going through such crises, and that It is not possible to prevent all of them from occurring.

As for the responses of individuals to these stress, they vary according to their different fields and orientations, and one of the most important of these stress that the individual is exposed to at the present time is the Corona pandemic and its social and psychological effects, as God Almighty mentioned that man will remain in hardship(Klopp, 2021).

He worked hard until God inherited the earth and those on it. The Almighty said (Indeed, We created man in a cosmos) (Surat Al-Balad, verse 4).

Stress is a phenomenon of human existence that a person experiences in different situations and times that require him to adapt or re-adjust to the environment in which he lives. Stress is not necessarily a negative phenomenon. Rather, some argue that existence without stress means nothingness (Al-Faisal, 2009, p. 4).

Some also believe that a person's exposure to stress from time to time makes him more capable and efficient in carrying out and accomplishing tasks and more daring to take on challenges and succeed in them, and thus the individual gets the positive feeling that follows this success (De Carvalho, 2020)

Attention to mental health in such difficult periods that Saudi society is going through due to the Corona pandemic is extremely important, as the necessary measures must be taken to preserve the mental health of communities affected by the virus, and fears about the transmission of the disease from one person to another can affect social cohesion and ease of transmission.

Obtaining the required social support leaves a negative impact on mental health. Unfortunately, the media was an additional factor that contributed to spreading panic among the general public. However, many positive measures can be used that help take care of the mental health of society and individuals, especially the families of people with disabilities.

Sobhi et al. (2009, p. 59) emphasize the importance of counseling programs and their effectiveness in reducing psychological stress, paying attention to families, especially those who have a disabled child, meeting their needs, and directing and advising them on how to deal with the psychological and social problems and stress they face.

Al-Dahimat (2009, p. 159) mentions the importance of using counseling programs and their effectiveness between families and children with disabilities in order to identify the needs of each party and communicate among them to address problems that increase psychological stress.

It seems that commitment to guidance programs should be accompanied by a global increase in interest in confronting the psychological and social effects of the Coronavirus (Covid-19) among families of disabled children in Taif Governorate. There is no doubt that the Saudi family in general and families of disabled children are facing social and psychological stress due to the Corona pandemic. It threatens their existence and the continuity of their psychological and family harmony(Al-Hamad, 2012)..

Therefore, this study attempts to alleviate the social and psychological stress facing families of disabled children in Saudi society through a counseling program that helps them coexist and adapt to the Corona pandemic.

The psychological and social stress facing families of people with disabilities can be overcome by helping parents adopt some strategies for coexistence and compatibility with the Corona pandemic, with the aim of accepting its effects as he is, regardless of his disability, treating him like his normal peers in the family, and informing parents about specialized bodies that provide psychological or social services.

Or educational, medical, or rehabilitation for their child, and encouraging parents to establish social relationships with their children through their abilities and potential, as well as modifying some of the parents' negative attitudes and expectations toward their disabled child. (Shuwaikh, 2020).

Research problem:

The results of many studies have indicated that the presence of a disabled child in the family exposes parents to a series of psychological and social stress that negatively affect their social and psychological adaptation.

Families of disabled people are more likely than others to suffer from psychological problems such as (anxiety, depression, tension, and irritability) and social problems such as (isolation). And unity). Mental health specialists also agree that the Coronavirus (Covid-19), or the quarantine imposed on Saudis and residents due to the Coronavirus (Covid-19) pandemic, is neither an easy matter nor a matter to be taken lightly, as it is an exceptional and unprecedented measure that restricts individual freedoms even in democratic countries, this situation causes psychological problems for many people, especially for families of disabled people who fail to deal positively with this circumstance (National Democratic Institute, 2020).

Therefore, the matter calls for the need to provide counseling services to parents, represented by a counseling program to reduce the psychological and social stress resulting from the Corona virus (Covid-19).

Hence, the research problem is defined in the following main question:

What is the impact of a counseling program in confronting the psychological and social effects of the Corona pandemic (Covid-19) among families of disabled children in Taif Governorate?

Research Importance:

The importance of this study lies in:

- ♣ Clarifying the role of the counseling program in confronting the psychological and social effects of the Coronavirus (Covid-19) for families of disabled children in Taif Governorate.
- ♣ Adding to the importance of the study is its provision of a measurement tool aimed at measuring the social effects and psychological stress of the Corona pandemic (Covid-19) on families of disabled children.
- ♣ The results of the current study can be used by other researchers to create preventive and therapeutic counseling programs that aim to help families of disabled children coexist and adapt to the Corona pandemic (Covid-19) and reduce the negative effects that may result from this pandemic (Cudjoe, 2020).

♣ The importance of the research derives from the vitality of the phenomenon that the research addresses, which is the psychological and social effects of the Corona pandemic (Covid-19).

♣ Providing the Arab Library with a specialized scientific study on a guidance program aimed at alleviating the psychological and social stress of the Corona pandemic (Covid-19) among families of disabled children.

♣ Building a cognitive-emotional-behavioral training program that helps alleviate social and psychological stress among families of disabled children.

♣ This research is an addition to the field of counseling.

Research Aims:

The research attempts to achieve the following objectives:

1. Identify the impact of the counseling program in confronting the psychological and social effects of the Corona pandemic (Covid-19) among families of disabled children in Taif Governorate.
2. Identify the most prominent psychological and social effects of the Corona pandemic (Covid-19) on families of disabled children in Taif Governorate.
3. Identifying the social needs of families of disabled children in Taif Governorate through the Corona (Covid-19) crisis.
4. Identifying the psychological needs of families of disabled children in Taif Governorate through the Corona crisis (Covid-19).

Research Hypotheses:

The research attempts to verify the following hypotheses:

1. There are no statistically significant differences between the average scores of families of disabled children, the control group and the experimental group on the psychological and social effects scale in the pre-measurement.
2. There are statistically significant differences between the average scores of families of disabled children in the experimental group on the psychological and social effects scale in the pre- and post-measurements in favor of the post-measurement.
3. There are no statistically significant differences between the average scores of families of disabled children in the experimental group on the psychological and social effects scale in the pre- and post-measurements.

Theoretical Background of the Research:

The concept of the new Corona virus (Covid-19):

The World Health Organization (WHO) has named the coronavirus SARS-CoV-2 and COVID-19 has named the disease caused by this virus.

The letter "CO" is an abbreviation for the word Corona, the letter "VI/VI" is an abbreviation for the word virus, and the letter "D/D" is an abbreviation for the word "Disease" in the English language.

This name was chosen to avoid referring to specific groups of people or locations and give... Negative impressions about it (<https://www.google.com/search>). COVID-19 affects different people in different ways. Most people who become infected experience mild to moderate symptoms and recover without hospitalization (Chong, 2004).

Most Common Symptoms:

- Fever .
- dry cough.
- Exhaustion Less common symptoms.
- Aches and pains.
- sore throat.
- Diarrhea.
- Conjunctivitis.
- headache.
- Loss of sense of taste or smell .
- Skin rash, or change in color of fingers or toes (<https://www.google.com/search>).

Although the symptoms of most people with COVID-19 range from mild to moderate, the disease can cause severe medical complications and lead to death for some people.

Older people or those with existing chronic medical conditions are more likely to develop a serious case of COVID-19.

Complications can include:

- ♣ Lung infection and breathing problems.
- ♣ Failure of several organs in the body.
- ♣ Heart problems.
- ♣ A severe lung condition that results in a decreased amount of oxygen coming through your bloodstream to your organs (acute respiratory distress syndrome).
- ♣ Blood clots.
- ♣ Acute kidney injury.
- ♣ Additional viral and bacterial infections (Al- Madhoun. 2015)..

The Concept of Effectiveness:**The researcher defines it procedurally as:**

The ability and impact of the proposed guidance program to achieve the desired results in confronting the psychological and social effects of families of disabled children in Taif Governorate.

The Concept of the Mentoring Program:

The Guidance Program: It is an organized, planned process that aims to help families of disabled children with some facts and information about the Coronavirus (Covid-19), in addition to providing them with some of the necessary skills to deal with it and training them with the aim of alleviating the psychological and social stress that the families of these children are exposed to by achieving psychological and social compatibility.

It is an organized, planned program based on principles and techniques related to the cognitive, emotional, behavioral and social aspects of families of disabled children.

The program includes a set of experiences, practices, costs and activities with the aim of eliminating social and psychological stress and reducing their severity.

The Concept of Social Stress :

Social stress are defined as any powerful force that has an impact directed towards individuals, individually or collectively, or towards different or similar groups as a result of their communication, voluntarily or involuntarily, with the sources of this force, which constitutes a burden on their ability to challenge. It is also a set of circumstances or situations that the individual experiences that require the occurrence of A specific change in the prevailing lifestyle patterns that an individual lives (Abdel Hassan, 2018).

The researcher defines social impacts procedurally: as the social impacts that families of disabled children are exposed to due to the Corona pandemic (Covid-19) and that affect their lives and social harmony.

Social stress have several factors that can be summarized as follows (Al-Sumayran, Al-Masaieed, 2014, p. 174):

1. The Social Environment:

The social environment plays an important role in shaping the individual's behavior and personality, and the production of a rich environment is not the same as the product of a poor environment.

2. Civilizational and Cultural Reasons:

The cultural and cultural trends of society affect the production of disordered behavior, and much research has shown that stress is more widespread in civilized societies than in primitive or less civilized societies.

3. **Socialization:** It is the process of learning, teaching, and shaping the individual's behavior and personality to move him from a biological being to a social being. Many studies have proven that any obstacles to socialization and integration lead to stress and tensions for the individual.

4. **Poor Social Adjustment:** A coercive society is a source of frustration and conflict. When an individual grows up in this environment, he feels insecure because it prevents his needs from being satisfied, and his behavior and personality will be a result of that.

5. **Poor Economic Adjustment:** Unemployment and poverty are some of the manifestations of these conditions, in addition to monopoly, high prices, and people's inability to obtain them. These are clear causes of social and psychological stress on groups and individuals.

The concept of psychological stress:

In his life, a person faces many situations that include unwanted or threatening experiences, as his well-being and integrity face danger as a result.

Psychological stress have become a feature of contemporary life, and an experience that the individual lives on a daily basis as a result of rapid changes and changes and multiple complexities.

Psychologists have increased their interest in In recent years, psychological stress have been studied, because of their importance on the individual's physical and psychological health at the individual and collective levels.

This interest stemmed from our being in the era of psychological stress and crises, which have become a feature of contemporary life, keeping pace with the change of human societies and their transformations in their various dimensions (Abu Habib, 2010). .

Psychological stress arise from the reactions resulting from the individual's interaction with the environment, through his attempt to satisfy his social, psychological, cultural and physiological needs. When he is unable to meet these needs, psychological tension occurs, but if this tension continues, it leads to physical and psychological exhaustion (Al-Hamad, 2012).

Rogers considers psychological anxiety the highest level of stress, as it arises as a result of the lack of harmony and harmony between the self and experience, in addition to the contradiction between the self that the individual perceives and his actual experience(Al-Arifi ,2021).

The contradiction also causes psychological anxiety, as it is accompanied by anxiety, internal confusion, sadness, and distress resulting from a conflict between reality and motives or Desires for self-actualization (Khatahtbeh and Hamdi, 2015).

Rogers believes that psychological stress occurs as a result of stressor self-needs such as love and warmth, where a high self-concept plays an important role in increasing an individual's motivation for achievement and learning, in developing his personality and making him less susceptible to various psychological disorders (Robins and Trzesniewski, 2005).

Psychological stress: It is the degree of an individual's response to events or environmental variables in his daily life, and these variables may be painful and cause some bad effects psychologically and physiologically (Al-Sayyid and Al-Farjani, 2005, p. 6).

The researcher defines the psychological effects procedurally:

As the psychological effects that families of disabled children are exposed to due to the Corona pandemic (Covid-19) and that affect their lives and psychological adjustment.

Sources of Stress:

Girdano Everly & Dusek talked about the causes or sources of stress in general, and they classified these causes into three main categories (Al-Dhafiri, 2007):

1. Psychosocial factors: It focuses on lifestyle and the factors it includes, such as the degree of adaptation, excessive fatigue, frustration, and deprivation.

2. Organic (biotic) environment factors: These include factors such as organic balance and its lack, degree of discomfort, nature of nutrition, heat and cold.

3. Personal factors: self-awareness, anxiety, time urgency, feeling of loss of control, anger, and aggression.

Types of Psychological Stress:

Researchers differed in defining the types of psychological stress according to the criteria they used in classifying it.

Moore classified the psychological stress that an individual faces into three types (Al-Jabali, 2006, p. 22):

♣ ***Stress Resulting from Normal Tensions:*** These are the stress that an individual faces in his daily life resulting from his inability to satisfy his needs, or his concealment in satisfying his requirements and solving his problems that he faces in his daily life.

♣ ***Developmental Stress :***

These are stress resulting from developmental changes that require a temporary change in habits and lifestyle.

♣ ***Life crisis stress :*** These are stress resulting from infection with diseases or viruses (Coronavirus) (Covid-19) that the individual cannot resist, or the stress of death, such as the loss of a loved one, and they may last for a long period. Symptoms of psychological stress: Psychological stress has several symptoms, which are as follows (Abdullah, Askar, 1988, p. 7):

- ♣ Feeling exhausted and bored.
- ♣ Feeling depressed and frustrated.
- ♣ Anger, boredom, and distress.
- ♣ Speed of arousal.
- ♣ Several ability to focus.
- ♣ High blood stress and rapid pulse.
- ♣ Pessimism.

♣ Loss of interest in those around him.

♣ Pain in the buttocks and shoulder.

♣ Lack of feeling of security and psychological stability (Qi et al., 2020).

Definition of Counseling Families with Special Needs:

Guidance for families of disabled children can be defined through the following (Gulf Kids with Special Needs, www.gulfkids.com):

♣ Counseling is a supportive relationship between a trained professional and the parents of an unusual child, working to reach a better understanding of their special concerns, problems and feelings.

♣ It is an educational process that focuses on counseling and encouraging personal growth, through which the counselor helps parents to acquire, develop, and use the skills and attitudes necessary to reach a satisfactory solution to their problem or concern (Al-Mashhadani,,2020)..

♣ Guidance helps parents to become fully effective in serving their child and to appreciate the value of harmonious living as members of a fully compatible family unit(Torales et al.2020).

Previous Studies:

The study (Erguner, 2004) dealt with the effect of a training program to confront stress among mothers of autistic children and train them on social skills to deal with their children and reduce their feelings of despair.

The study sample consisted of two groups of mothers, one experimental and the other control, with (20) mothers for the experimental group whose children's ages ranged from (12-19 years old and 20 mothers for the control group, aged from 11-17 years.

This group did not receive any treatment program, while the experimental group received a treatment program that took several sessions.

Many interviews were conducted and they were trained on how to solve problems.

And benefiting from the social support used, which is shown in a decrease in the degree of avoidance by mothers and their acceptance of the problem-solving method as one of the strategies for coping with the stress that mothers, members of the study sample, suffer from (World Health Organization ,2020).

The study (Bitsika et. Al., 2004) also aimed to prepare an educational program that was applied to mothers of autistic children that included special strategies for dealing with stress. The study sample consisted of (11) mothers of autistic children whose ages ranged between (29-39) years. A parental support program was implemented to train them to use these strategies on how to deal with the stress they suffer from, over the course of (8) sessions (75 minutes) per session, in order to deal with anxiety, depression, and confidence in addition to stress . The results of the study indicated positive changes for all the variables of the study, there are significant differences in the results of using methods of dealing with stress.

The study also recommended the necessity of conducting more studies on training families of children with disabilities on methods of coping with psychological and social stress .

While the study (Lang & Doolyk, 2005) dealt with revealing the effectiveness of the home counseling and training program method in helping parents come to terms with the state of their emotionally disturbed child in order to reduce the psychological stress on them. A tool designed for this purpose was used, and the sample consisted of (42 families) who They have an emotionally disturbed child whose age ranges between (4-6) years. They are divided into two groups: one experimental and the other control. The results indicated that the program had a statistically significant effect in reducing the level of psychological stress among mothers compared to fathers, and fathers and mothers also expressed their needs. To obtain information about their children's condition and their needs for guidance.

The study (Prince, 2008) also aimed to identify the methods of coping with stress among parents of an autistic child and the extent of their psychological health characteristics and their suffering from depression, anxiety, stress, some health problems, marital problems, and other family problems. This study aimed to develop methods for parents to cope with stress by By helping parents identify the stress they suffer from, especially those related to the presence of an autistic child, family members, and the environment around them, and improving the parents' ability to benefit from the cognitive, emotional, and behavioral aspects associated with adopting new strategies to confront and overcome stress , and for parents to work to increase sources of social support from community sources (Sanchez-Gomez,2021)..

The study of Al-Qahtani (2007) also dealt with identifying the relationship between social stress and administrative decision-making, identifying the most prominent social stress facing the study sample, identifying the expected effects of social stress on administrative decision-making, and identifying the factors that lead to reducing the negative effects of social stress on To make administrative decisions, the researcher used the descriptive approach in the form of a social survey because it is more appropriate to knowing the reality of the aspects of the study.

The study found that there are social stress facing the study sample, and the most important of these stress are (the stress of some friends and acquaintances to help them fulfill their own interests, the courtesy of some stakeholders with social positions at the expense of regulations and instructions, the individual's personal relationships outside the scope of work, the individual's personal relationships with his in-laws and personal considerations of some reviewers).

While Al-Hamad's study (2012) aimed to identify the effectiveness of a counseling program in confronting psychological stress among tenth grade students in Mafraq Governorate in Jordan. The study used two strategies in the counseling program, namely (the problem-solving strategy, and the immunization strategy against psychological stress), and the study sample consisted of (24) tenth grade students who had high psychological stress. The study sample was divided into three groups: two experimental groups that included (16) students, and a control group that included (8) students. The researcher also prepared a psychological stress scale and a counseling program according to cognitive theory.

Behavioral validity and reliability coefficients were found using the Pearson method. The research tools were characterized by high degrees of validity, and the reliability of the psychological stress scale as a whole reached (0.92). This study concluded the effectiveness of the counseling program in confronting psychological stress among the students of the first and second experimental groups, using the strategy of immunization against stress. Psychological and problem-solving strategy.

Fayyad's study (2017) examined the effectiveness of the counseling program in developing methods of coping with psychological stress . The study also aimed to measure the level of psychological stress among members of the target sample. It also aimed to enlighten mothers on the nature of the stress they face and try to reduce them and develop methods of confronting them. The study used the semi-automatic approach. Experimental, and the study population consisted of all surrogate mothers in the Children's Village in Rafah for the year (2016 AD).

The study used the counseling program, the psychological stress questionnaire, and the ability to cope with psychological stress questionnaire as a tool for the study. The study concluded that there was psychological stress among the surrogate mothers working in the Children's Village to a degree. High, there are statistically significant differences between the average scores of the experimental group members on the scale of the ability to cope with psychological stress, in the post-measurement compared to the pre-measurement, in favor of the post-measurement, and there are statistically significant differences between the average scores of the experimental group members in the post-measurement compared to the pre-measurement on A measure of the level of psychological stress, in favor of the post-application. There were no statistically significant differences between the average scores of the experimental group members on the measure of the ability to cope with psychological stress, in the post-application and the follow-up application. While the study (Al-Mohsen, 2018) aimed to identify the level of psychological stress among families of children with mental disabilities in the Qassim region and its relationship to some variables, the sample of this study consisted of (199) families of children with mental disabilities who receive rehabilitation and education services at the Juffali Center. For special education in Unayzah Governorate/Qassim region, they were divided according to the severity of their children's disability (mild, moderate, severe). The psychological stress scale prepared by the researcher was applied to them. The results of this study indicated the following: The field of emotional symptoms ranked first with the highest average. Arithmetic, while material problems ranked last, there were statistically significant differences at the level ($\alpha \leq 0.05$) due to the effect of the gender of the disabled person in all areas of the psychological stress scale and in the total score, and the differences were in favor of families of mentally disabled females. There were statistically significant differences at the level ($\alpha \leq 0.05$) is due to the effect of the severity of the disability, in all areas of the psychological stress scale and in the total score, and the differences were in favor of families of children with severe disabilities(Taylor, 2019).

Farouk's study (2018) also investigated the effectiveness of a counseling program based on cognitive-behavioral theory in reducing psychological stress among a sample of mothers of children with autism spectrum who were intentionally selected from the Ain Shams Specialized Center for Communication and Developing the Skills of Autistic Children. Participants in the study were randomly distributed to The two study groups: an experimental group that included (15) participants who were exposed to the counseling program, and a control group that included (15) participants who were not exposed to the program. The psychological stress scale was applied to the two study groups before and after exposure to the program and a follow-up one month after the end of the program, and to answer the two hypotheses in In this study, arithmetic means, standard deviations, and the accompanying analysis of variance were calculated (Rodríguez-Rey et al. 2020).

The results of the study indicated that there were statistically significant differences at the 0.05 level between the average scores of the experimental and control groups on the total score of the study scale in favor of the experimental group in the two post-measurements and the follow-up after a month, which indicates the effectiveness of The training program applied in reducing psychological stress and its effects persisted a month after the end of the study. Multiple analysis of variance also revealed the presence of statistically significant differences between the two study groups on the post- and follow-up measurements on some dimensions of the psychological stress scale. While the study by Al-Khawaldeh and Al-Khawaldeh (2018) aimed to identify the effectiveness of a therapeutic program in reducing psychological stress and self-improvement among students at Philadelphia University.

The study population consisted of all students of the College of Arts and Letters at Philadelphia University for the academic year 2015/2016 AD, where two scales (psychological stress, (and self-concept) The study sample consisted of (30) students and they were distributed into two groups, each group of (15) students. The results of the study showed that there was an effect of the therapeutic program in reducing psychological stress and improving job satisfaction. The results of the statistical analysis indicated that there were statistically significant differences between the groups (Jaber, 2018).

The experimental and control tests on the posttest of both the psychological stress and self-concept scales are attributed to the effectiveness of the therapeutic program that was applied to the experimental group(Khatatba, ,2015).

The study also recommends applying the cognitive-behavioral counseling program to broader samples and diverse age groups such as children and families, especially those exposed to psychological stress.

The study (Liu & Zhong (2020) aimed to determine the level of perception, psychological state, anxiety, and depression among university students in China during the period of the spread of the Corona epidemic, in order to understand the psychological dynamics of students who suffer from stress. The descriptive survey method was adopted, and data was collected (509) a university student through a questionnaire carried out online, and the Anxiety and Depression Scale of the Center for Epidemiological Studies was used to evaluate symptoms of anxiety and depression.

The results showed that there were statistically significant differences between the two types of university students in feelings of anxiety and panic about exposure to risks, and the levels of anxiety and depression among the students were similar. Universities are higher than national standards. In addition, it was found that panic over the epidemiological situation was a risk factor for anxiety.

The study of Caiyun, et al.(2020) examined the psychological effects of the Covid-19 pandemic on adolescents. The study sample consisted of (493) male and female secondary school students in China. The online questionnaire was used to reach the results. It was concluded that more than a fifth of secondary school students had their mental health affected by the disease. The results concluded that flexibility and positivity lead to adaptation and improvement of the psychological and mental health status of students, while negative adaptation is a risk factor for mental health (Al-Sayed, ,2005).

Wang's study also addressed; Jungie & Wenbin (2020) entitled The psychological effects associated with the outbreak of the Corona virus Covid-91, where the researchers in this study addressed the psychological isolation of some citizens in different regions of China after the spread and outbreak of the Corona virus, and rates of anxiety and depression were measured among a sample of (122) respondents and used The study was a questionnaire tool, and a measure of anxiety and another for depression. The study concluded that females were more anxious compared to males, and that individuals in the age group over 40 years were more anxious and depressed than those in the younger age groups. The results also indicated the presence of significant differences. Statistically significant between educational level and occupation, those with a bachelor's degree have a 0.39 times risk of depression (95% CI 0.17-0.87). Compared to professionals, the results reflected a general state of anxiety and depression among the public due to the outbreak of the Coronavirus(Hartstone, 2021).

Comment on Previous Studies:

Given the previous studies reviewed, several elements can be extracted, the most important of which are the following:

- ♣ It is clear that counseling therapy has proven effective in alleviating the social and psychological stress to which members of the study sample are exposed, and its effectiveness in modifying false thoughts and negative behaviors and modifying them into positive behaviors.
- ♣ Some previous studies have proven the effectiveness of the counseling program in confronting psychological stress among families of disabled children, such as the study (Al-Mohsen, 2018) and the study (Farouk, 2018).
- ♣ Some previous studies have also demonstrated the relationship between social stress and psychological illnesses and their impact on peaceful decision-making and psychological and social harmony, such as the study (Punjabi, 1998) and the study (Al-Qahtani, 2007).
- ♣ The results of some previous studies confirmed the effectiveness of counseling in alleviating mothers' stress and developing parental awareness, such as the study (Greenberg, 1983), the study (Adams & Tiduall, 1989), the study (Erguner, 2004), and the study (Bitsika et. Al., 2004). (Lang & Doolyk, 2005) and a study (Prince, 2008).

♣ The results of most previous studies also indicated the effectiveness of the therapeutic, counseling and training programs used in reducing the severity of psychological and social stress in mothers, such as the study (Bitsika et. Al., 2004) and the study (Farouk, 2018).

♣ Some previous studies have shown that the level of psychological distress increases in families whenever there is a disabled child in the family, as stated in a study (Al-Mohsen, 2018).

♣ The researcher benefited from previous studies in formulating his research problem, determining the appropriate method, selecting the research sample, and formulating the scale statements.

♣ Some studies also recommend the importance of applying the cognitive-behavioral counseling program to broader samples and diverse age groups, such as children and families, especially those exposed to psychological stress, such as the study (Al-Khawaldeh and Al-Khawaldeh, 2018) and the study (Bitsika et. Al., 2004), which emphasizes the necessity of conducting more Studies on training families of children with disabilities on methods of coping with psychological and social stress .

Methodological Procedures for Research:

Research Methodology:

This study is considered a quasi-experimental study, and through the nature of the research and the objectives it seeks, and since the research aims to identify the impact of the counseling program in confronting the psychological and social effects of the Corona pandemic (Covid-19) among families of disabled children in Taif Governorate, it will therefore be based The researcher uses the quasi-experimental method, where the study sample members will be divided into two groups (the experimental group and the control group).

Research Population and Sample:

The research population will consist of a sample of beneficiary families who frequent the Taif Charity Association in Taif Governorate.

The research sample will be chosen intentionally from the families who frequent the association, numbering (30) families.

They will be divided into two groups: the control group: numbering (15), and the experimental group.

Their number is (15). search tools:

The researcher adopted the following tools: First: Measure of psychological and social effects:

The researcher reviewed many of the theoretical heritage and previous studies that dealt with psychological and social stress , as well as looking at some other measures of psychological and social stress and benefiting from them in forming the scale.

The scale consists of two axes:

♣ The first axis:

Primary data for the study sample and consists of (occupation, educational level, type of disability of the family child, degree of disability of the family child) (Al-Fiqi & Omar,2020).

♣ The second axis:

Questionnaire phrases, which consists of (45) phrases.

Second:

The guidance program: The concept of the mentoring program:

Guidance Programme:

It is a planned and organized program based on sound scientific foundations, and it consists of a group of direct and indirect guidance services.

These services are provided with the aim of achieving normal growth and psychological, social and professional compatibility.

This program is planned, implemented and evaluated by a work team of qualified specialists. Through the above, the researcher defines the counseling program used in the research as a group of activities and events that were developed in an organized and planned manner and are presented to families of disabled children with the aim of reducing the psychological and social stress on them, which reflects positively on the adjustment of their children. The program includes a number of counseling sessions (Dong, 2020).

The general objective of the mentoring program:

The guidance program aims to alleviate the psychological and social stress of the Corona pandemic (Covid-19) among families of disabled children, which contributes to achieving psychological and social harmony.

Specific objectives of the mentoring program:

1. Providing families of disabled children with information and knowledge about the Corona pandemic (Covid-19), which makes them more understanding and able to coexist and adapt to the Corona pandemic (Covid-19).
2. Helping families of disabled children cope with the characteristics of the Corona pandemic (Covid-19).
3. Informing families of disabled children about the precautionary measures regarding the Corona pandemic (Covid-19) and how to live with it.
4. Informing families of disabled children about the psychological stress of the Corona pandemic (Covid-19) to which they are exposed and ways to confront them.
5. Informing families of disabled children about the social stress of the Corona pandemic (Covid-19) to which they are exposed and ways to confront them.
6. Correcting some information and misconceptions about the Corona pandemic (Covid-19)(Xiang et al., 2020)..
7. Directing parents to benefit from the community services provided to them due to the Corona pandemic (Covid-19).
8. Informing families of disabled children about the psychological and social needs necessary to confront the Corona pandemic (Covid-19).
9. Families of disabled children replace irrational thoughts with rational thoughts that help alleviate psychological and social stress .
10. Training families of disabled children to control their emotions in several situations in which they are exposed to psychological and social stress .
11. Giving families of disabled children a number of behavioral techniques that help them confront and overcome psychological and social stress (Duan & Zhu ,2020).

Heuristic Method Used:

The researcher used the group counseling method in the counseling program sessions, and its importance lies in the interaction it creates between the counselors and the counselor (researcher), and between the group of families (the counselors) themselves.

Techniques used in the guidance program:

1. Giving instructions: This step includes the guide explaining the method of communicating and interacting with the families of children with disabilities, which includes the introduction, initiating the greeting, giving expressions of praise and compliments, smiling, shaking the head, and making eye contact to form a professional relationship with the study sample. This technique aims to get to know the children's parents and the guide. Building a positive, professional relationship in which an atmosphere of familiarity prevails between parents of disabled children and the counselor Lee et al. (2020).

2. Lecture and discussion: This method in Jawhara relies on simplified topics about the Corona pandemic (Covid-19) in the form of lectures that the researcher presents in an easy and simple way during the therapeutic sessions by exchanging opinions about the Corona pandemic (Covid-19) between families of disabled children and the researcher.

This is on the one hand and on the other hand between families and children together. The aim of using this technique is to provide knowledge about the Corona pandemic (Covid-19) to families of disabled children and modify their wrong ideas, which helps them confront the psychological and social stress associated with the Corona pandemic (Covid-19), which contributes to achieving psychological and social harmony among the children's families. Disabled (Al-Shraida, 2016).

3. Modeling and role playing: Modeling is one of the techniques that aims to modify the behavior of families of disabled children, expose them to models, and provide information. It is a procedure for teaching desirable behaviors to families of disabled children, and the goal of using this technique is to teach parents new behaviors (Amin, 2020).

4. Social reinforcement: The behavior of families of disabled children is enhanced when they learn how to achieve behavioral change in an autonomous way, and when they provide the correct answers and appropriate responses during the discussion. This technique aims to encourage families of disabled children to coexist and adapt with the Corona virus (Covid-19) and dealing with it according to precautionary measures so that it becomes a part of their lives (Al-Zoghbi, (2005).

5. Religious counseling : This method is one of the most important methods for dealing with stress effectively in many families. It is a source of emotional support, and it is also an action and behavior to overcome the stressful situation through the researcher helping the children's families with religious preaching, spiritual values, and an optimistic outlook on life, and instilling in them a spirit Strength and challenge, and keeps them away from tension, turmoil, fear, and anxiety, and that this is a test from God Almighty, and it is necessary to be patient and seek reward (Chan, 2020).

6. Promoting optimism: It is considered a positive direction towards the future through the Corona (Covid-19) crisis by enhancing optimism among the families of disabled children and teaching and training them in new methods and behaviors to deal with the Corona pandemic (Covid-19) by following the model.

Some Techniques or Techniques can be Presented in General:

1. Reinforcement for positive behavior
2. Training on problem solving method.
3. Lifestyle modification.
4. Learn to joke and have fun.
5. Homework.
6. Guidance bulletins on the Corona pandemic (Covid-19).
7. Establish a professional relationship.
8. Social support.
9. Preparing the social environment.
10. Watch a video presentation (Banerjee & Rai, ,2020)..

Program Planning:**♣ Location of the sessions:**

The sessions were held in one of the halls of the Charitable Association for People with Special Needs in Taif.

♣ Number of sessions:

The program took (12) weeks to implement, during which (12) sessions were implemented, one weekly session.

♣ Session time:

The session time ranged between an hour and an hour and a quarter.

♣ Content of the sessions: Each session begins with a general introduction, then defining the topic of the session and a comprehensive review of its content (Al-Asmari, , 2020).

The researcher relied on the method of dialogue, discussion, persuasion, reinforcement and encouragement for families to attend, commit and discipline in performing household duties.

The researcher was keen to create an atmosphere of fun and humor in the program sessions and at the end of the program. After applying the scale laterally, and a month later, it was re-applied to ensure the continued effectiveness of the program (Cao, et al. ,2020).

The researcher asked the families to clarify their opinion of the program, the extent to which they benefited from it, and what were the positives and negatives that they encountered during training on the program. Steps to implement the program:

1. **The beginning of the program:** It is the stage of getting to know each other and forming a friendly relationship between the researcher and the families and between the families with each other. The necessary data is collected and the pre-measurement is conducted.

2. **The program implementation stage:** This is the stage of conducting sessions one by one and training parents on the techniques during the program sessions with the aim of alleviating the psychological and social stress among the families and members of the study sample in the experimental group.

3. **Program evaluation stage:** This is the stage of evaluating the effectiveness of the program in achieving psychological stress, by conducting post-measurement.

4. **Follow-up stage:** This is the last stage of the program, one month after the end of the program. The goal in this stage is to ensure the continued effectiveness of the program and that no setback occurs for members of the experimental group.

Guidance Program Sessions

Session Number	Session Title	Today's
First session	Introducing the counseling program for families of disabled children and the system of sessions and building a counseling relationship.	Saturday
Second session	Recognizing the psychosocial effects of Coronavirus (Covid-19)	Saturday
Third session	Expressing the negative and positive feelings of families of disabled children towards the Coronavirus (Covid-19)	Saturday
Fourth session	Coping strategies and thinking errors .	Saturday
Fifth session	Cognitive and behavioral coping training .	Saturday
Sixth session	Training to refute irrational thoughts.	Saturday
Seventh session	Training on the skill of relaxation and adaptation to illness.	Saturday
Eighth session	Training on the skill of requesting psychological, social, medical.	Saturday
Ninth session	Counseling and family assistance for people with disabilities to mitigate the effects of the Coronavirus (Covid-19).	Saturday
Tenth session	Training on stress management in dealing with others.	Saturday
Eleventh session	Giving families of disabled children a number of behavioral techniques that help them confront and overcome psychological and social stress .	Saturday
Twelfth session	Termination and evaluation Follow-up evaluation	Saturday

Validity of the Scale:

First: The Honesty of the Arbitrators:

The researcher presented the scale to a group of university professors specializing in mental health, psychology, and special education, where they expressed opinions and comments about the suitability of the items included in the scale, and the necessary modifications were made based on that (Jubeir ,2021).

Second: Internal consistency:

It means the extent to which each item of the scale agrees with the total score of the dimension to which these items belong.

The researcher verified the validity of the internal consistency of the scale. The researcher applied the scale to a survey sample, and the Pearson correlation coefficient was calculated between the items of the scale with the total score of the scale. Using the statistical program (SPSS), and the following table shows this:

Table (1) Pearson correlation coefficients between the scores of each item and the total score of the scale

The scale as a whole							
M	Correlation Coefficient	M	Correlation Coefficient	M	Correlation Coefficient	M	Correlation Coefficient
1	**0.656	13	**0.689	25	**0.773	37	**0.828
2	**0.687	14	**0.729	26	**0.794	38	**0.769
3	**0.499	15	**0.660	27	**0.855	39	**0.789
4	**0.743	16	**0.752	28	**0.845	40	**0.776
5	**0.776	17	**0.628	29	**0.821	41	**0.788
6	**0.773	18	**0.755	30	**0.759	42	**0.729
7	**0.733	19	**0.731	31	**0.831	43	**0.721
8	**0.736	20	**0.660	32	**0.862	44	**0.830
9	**0.560	21	**0.642	33	**0.826	45	**0.859
10	**0.713	22	**0.611	34	**0.876		
11	**0.808	23	**0.663	35	**0.736		
12	**0.702	24	**0.714	36	**0.787		

There is significance at the level (0.01) It is noted from Table No. (1) that the correlation coefficients for each item of the study tool and the total score of the scale to which it belongs were all statistically significant at the significance level (0.01), which indicates a high degree of internal consistency validity for the study tool.

Third: Stability of the scale:

The researcher took steps to ensure the stability of the scale, after applying it to members of the exploratory sample using the Cronbach's alpha method.

Table No. (2) Reliability Coefficients of the Scale and the total Score of the Scale using the Cronbach's Alpha Method:

Dimensions	Stability Coefficient
The scale as a whole	0,79

It is clear from Table No. (2) that the reliability coefficients for the scale reached (0.79) for the scale as a whole, which is a statistically significant coefficient, which calls for confidence in the validity of the results produced by applying the scale.

Statistical methods: Based on the nature of the study and the objectives it sought to achieve, the data was analyzed using the Statistical Package for the Social Sciences (SPSS) programs, and the results were extracted according to the following statistical methods:

- ♣ Arithmetic average.
- ♣ Standard deviation.
- ♣ Pearson correlation coefficient.
- ♣ Cro-Nebach alpha stability coefficient.
- ♣ T-test.
- ♣ Calculating repetitions.
- ♣ Percentages.

Research results and discussion:

Table No. (3) shows the characteristics of the study sample: n = (30)

Component	Group	Frequency	Percentage %
Father Job	Government Employee	17	%56.7
	Private Sector	13	%43.3
	Employee does not Work	-	-
The Total		30	%100
Mothers Job	Government Employee	10	33.3
	Private Sector	8	26.7
	Employee Housewife	12	40
The Total		30	%100
Father Teaching	Primary	-	-
	Preparatory	-	-
	Secondary	6	20
	University	15	50
	Above my University	9	30
	Illiterate	-	-
The Total		30	%100
Mother's Teaching	Primary	-	-
	Preparatory	-	-
	Secondary	5	16.7
	University	17	56.7
	Above my University	8	26.7
	Illiterate	-	-
The Total		30	%100
Type of Disability	Mental Retardation	11	36.7
	Impaired Hearing	2	6.7
	Impaired Mobility	6	20
	Visual Impairment	3	10
	Autistic Disorder	8	26.7
Degree of disability	Severe	12	40
	Medium	13	43.3
	Weak	5	16.7
The Total		30	%100

It appears from Table No. (3), which shows the distribution of the number of sample members according to the father's profession, that we find that the majority of fathers are those who teach in the government sector, and their number is (17), at a rate of (56.7%), and by the mother's profession, we find that the majority of mothers are housewives who do not work, and their number is (12), at a rate (40). As for the distribution of the study sample according to the father's education, we find that the majority of fathers have a university education, numbering (15), at a rate of (50%).

As for the mother's education, we find that the majority of mothers have a university education, numbering (17), at a rate of (43.3%). As for the distribution of the study sample according to the type of disability, we find that the majority of the study sample is from families who have children with mental disabilities at university, numbering (11), at a rate of (36.7%).

The study sample was also distributed according to the degree of disability of their children, numbering (13), at a rate of (36.7%).

Results of the first hypothesis: The text of the first hypothesis is as follows:

There are no statistically significant differences between the average scores of families of disabled children, the control group and the experimental group on the psychological and social effects scale in the pre-measurement.

Table No. (4) T-test results between the average scores of the control and experimental group, pre-test

Component	Group	Number	Mean	Deviation	The standard mean difference between the two measurements.	The standard error of the difference	Value of The "T"	level value indication
All scale	Control group	15	13.880	2.007	0.200	0.107	1.871	0.082 Not Signed
	Experimental group	15	13.860					

The tabular (t) value is at a significance level of (0.05) and a degree of freedom (14) = (2.977). It is clear from Table No. (4) that there are no statistically significant differences between the control and experimental groups on the scale of psychological and social effects, as the calculated (t) value is (1.871) at a significance level (0.05), which is less than the tabulated (t) value, which It is equal to (2.977) with a degree of freedom (14), and this confirms the homogeneity between the two groups, and therefore we accept the null hypothesis, which reads:

"There are no statistically significant differences between the average scores of families of disabled children, the control group and the experimental group on the psychological and social effects scale in the pre-measurement".

Results of the second hypothesis:

The text of the second hypothesis is as follows: There are statistically significant differences between the average scores of families of disabled children in the experimental group on the psychological and social effects scale in the pre- and post-measurements in favor of the post-measurement.

Table No. (5) T-test results between the average scores of the pre- and post-test

Component	Group	Number	Mean	Deviation	The standard mean difference between the two measurements.	The standard error of the difference	Value of The "T"	level value indication
All scale	Pre-measurement	15	138.60	1.957	38.33	0.659	58.126	0.000 Signed
	Post-Measurement	15	100.27	2.492				

Tabular T value at significance level (0.05) and degree of freedom (14) = (2.977) It is clear from Table No. (5) that there are statistically significant differences between the experimental group on the scale of psychological and social effects in the pre- and post-measurements in favor of the post-application, as the calculated (t) value is equal to (58.126) at a significance level (0.05), which is higher than the value of (T) Tabular, which is equal to (2.977) with a degree of freedom (14), and this confirms the impact of the program and its effectiveness among members of the experimental group.

Therefore, we accept the null hypothesis, which reads: "There are statistically significant differences between the average scores of families of disabled children in the experimental group on the scale of psychological and social effects in The pre and post measurements are in favor of the post measurement.

The result of the hypothesis indicates the effectiveness of the counseling program in confronting the psychological and social effects of the Coronavirus (Covid-19) among families of disabled children (experimental group), as the program relied on several families that were trained on, and it had an impact in reducing psychological and social stress, including (relaxation and modeling). Restoring the cognitive environment, stopping thinking, controlling emotions, self-management, and religious guidance) in addition to using several methods in the program, namely dialogue, discussion, persuasion, content reinforcement, agreeing on a sample discussion, persuasion, content reinforcement, and agreeing to perform and follow up on homework at the beginning of each session, which led to a reduction in the intensity of stress (Xiao et al. ,2020).

Psychological and social among families of disabled children. The results of this hypothesis are consistent with the principles and theoretical foundations presented by the scientist Albert Ellis (Ellis, 1995: 16), through training on the ABCDE model to evaluate the relationship between events, knowledge, beliefs, and emotions identified by the individual. Through training on the model, families learned how stresses occur (Viswanath,& Monga 2020).

Psychological stress, then training to confront and overcome it (Wang et al.2020).

This result is consistent with the results of some previous studies, such as Al-Hamad's study (2012), which confirmed the effectiveness of the counseling program in confronting psychological stress among the students of the first and second experimental groups, using the strategy of immunization against psychological stress and the problem-solving strategy.

This result also agreed with Fayyad's study (2017) on the presence of statistically significant differences between the average scores of the experimental group members on the scale of the ability to cope with psychological stress, in the post-measurement compared to the pre-measurement in favor of the post-measurement, and the presence of statistically significant differences between the average scores of the group members.

Experimental analysis of the post-measurement compared to the pre-measurement on the psychological stress level scale, in favor of the post-application.

While the study of Al-Khawaldeh and Al-Khawaldeh (2018) agreed with the results of the current study, which confirmed the existence of an effect of the therapeutic program in reducing psychological stress and improving job satisfaction.

The results of the statistical analysis also indicated that there were statistically significant differences between the experimental and control group on the post-test for both psychological stress scales.

This is attributed to the effectiveness of the treatment program that was applied to the experimental group.

Results of the third hypothesis:

The text of the third hypothesis is as follows:

There are no statistically significant differences between the average scores of families of disabled children in the experimental group on the psychological and social effects scale in the pre- and post-measurements.

Table No. (6) T-test results between the average scores of the post and follow-up experimental scores:

Component	Group	Number	Mean	Deviation	The standard mean difference between the two measurements.	The standard error of the difference	Value of The "T"	level value indication
All scale	Pre-measurement	15	100.27	2.492	0.333	0.126	2.646	0.019 Not Signed
	Post-Measurement	15	99.93	2.250				

Tabular T value at significance level (0.05) and degree of freedom (14) = (2.977) It is clear from Table No. (6) that there are no statistically significant differences between the experimental group on the scale of psychological and social effects in the post and follow-up measurements, as the calculated (t) value is (2.646) at a significance level (0.05), which is less than the (t) value) tabular, which is equal to (2.977) with a degree of freedom (14), and this confirms the continued

effectiveness of the program and therefore we accept the null hypothesis, which reads: "There are no statistically significant differences between the average scores of families of disabled children in the experimental group on the scale of psychological and social effects in the pre- and post-measurements."

This result agreed with the results of some previous studies, such as Farouk's study (2018), which confirmed the presence of statistically significant differences between the average scores of the experimental and control groups on the total score of the study scale in favor of the experimental group in the post- and follow-up measurements, which indicates the effectiveness of the applied training program in reducing stress.

Mental. While we find that the results of the current study indicate that the program has a statistically significant effect in reducing the level of stress among mothers compared to fathers, fathers and mothers also expressed their need to interact with fathers and mothers of other deaf children, and their needs for information about their children's condition and their needs for guidance.

As for the study (Gregor et al., 2005), which indicated that the program had a statistically significant effect in reducing the level of psychological stress among mothers compared to fathers, the fathers and mothers also expressed their need for information about their children's condition and their need for guidance. This result is generally consistent with the findings of a number of researchers whose study results demonstrated the continuing effectiveness of a counseling program in confronting the psychological and social effects in post and follow-up measurement.

Summary of study results:

The study reached a set of results:

1. There are no statistically significant differences between the average scores of families of disabled children, the control group and the experimental group on the psychological and social effects scale in the pre-measurement.
2. There are statistically significant differences between the average scores of families of disabled children in the experimental group on the psychological and social effects scale in the pre- and post-measurements in favor of the post-measurement.
3. There are no statistically significant differences between the average scores of families of disabled children in the experimental group on the psychological and social effects scale in the pre- and post-measurements.

Study recommendations and suggestions: Through the results of the current study, some recommendations and proposals can be presented as follows:

- ♣ The need to provide guidance programs that help families of children with disabilities help spread positive ideas and constructive thinking and spread the spirit of hope and optimism among parents.
- ♣ Paying attention to providing psychological and social services to families of people with disabilities.
- ♣ Design additional counseling programs similar to the same study sample to alleviate the psychological and social stress experienced by the same important segment.
- ♣ The need to conduct field research on the best precautionary measures that can be used to improve the psychological state of families of disabled children.

- ♣ Holding more courses, workshops and lectures aimed at extending a helping hand and providing advice and guidance to families of people with disabilities on how to overcome problems and obstacles on how to overcome the problems and obstacles they face.

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