

## The Relationship Between Psychological Resilience and Future Anxiety in a Sample of Unemployed Workers in Jerusalem Governorate

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### ABSTRACT :

**Background:** This study explores the relationship between psychological resilience and future anxiety among unemployed workers in the Jerusalem Governorate. It focuses on how resilience helps reduce anxiety about the future in the context of the region's economic and political challenges .

**Methods:** The study utilized a correlational approach, targeting a sample of unemployed workers selected through convenience sampling. It used standardized scales for measuring psychological resilience and future anxiety, both of which showed high validity and reliability. Various statistical analyses were conducted to explore the relationships between variables .

**Results:** The findings indicated that participants exhibited moderate levels of psychological resilience and future anxiety. Significant differences were found in future anxiety based on gender, with males experiencing higher anxiety. Age and duration of unemployment also affected future anxiety, particularly in areas like thinking about the future and fear of failure. There was a negative correlation between psychological resilience and future anxiety, suggesting that higher resilience is associated with lower anxiety .

**Conclusions:** The results highlight the importance of psychological resilience in mitigating future anxiety among unemployed workers. This suggests the need for targeted interventions to enhance resilience, particularly for individuals with lower education and those facing prolonged unemployment .

**Keywords:** Psychological resilience, Future anxiety, Unemployment, Mental health, Jerusalem Governorate.

### Introduction:

Amid the economic and social challenges facing societies today, job loss is one of the primary sources of anxiety and psychological stress individuals endure. Unemployed workers in Jerusalem Governorate face significant challenges concerning their future due to the prevailing political and economic conditions, which increase their levels of future anxiety. In this context, psychological resilience plays a critical role in helping individuals adapt to difficult circumstances and overcome the psychological pressures associated with unemployment. Psychological studies suggest that psychological resilience, as manifested in its three dimensions: commitment, control, and

challenge, is a key factor in enhancing individuals' ability to cope with life's pressures (Kobasa, 1979). Commitment is one of the core components of psychological resilience, as it contributes to reducing the effects of psychological stress. Control refers to an individual's ability to influence the course of their life, while challenge indicates an individual's readiness to face changes and deal with them positively. The relationship between psychological resilience and future anxiety is evident in the ability of highly resilient individuals to anticipate crises and prepare for them. In contrast, individuals lacking this resilience may feel vulnerable when confronted with challenges. Several studies indicate that unemployed individuals with high levels of psychological resilience are better able to cope with psychological pressures and future anxiety (Radi, 2007; Mukhaymer, 2011). Research also confirms that unemployed individuals are more prone to psychological stress, which often manifests as increased levels of anxiety and depression. These feelings are exacerbated by financial instability and family pressures (Rida et al., 2024). Unemployed individuals often hold a pessimistic outlook toward their future, as studies reveal a direct link between unemployment-related anxiety and negative perceptions of the future (Aljumili, 2020). However, some research suggests that certain unemployed individuals may demonstrate psychological resilience in certain areas compared to their employed counterparts (Coscioni et al., 2023). Pre-employment training programs have proven effective in boosting self-efficacy and reducing psychological pressures among individuals struggling to find employment. These programs demonstrate that targeted interventions can reduce future anxiety and improve psychological outcomes for unemployed individuals (Matt et al., 2006). In general, the psychological state of unemployed individuals reflects a complex interaction between anxiety, despair, and the need for psychological support to cope with an uncertain future (Darenskikh, et al., 2023). The relationship between psychological resilience and future anxiety is influenced by social and economic factors, particularly financial pressures and the duration of unemployment. Research shows that unemployed individuals experience high levels of anxiety, especially those with negative perceptions of their financial situation (Gathergood, 2012; Majstorović et al., 2019). This is particularly true for graduates and other highly educated individuals who often express increasing pessimism about their job prospects (Aljumili, 2020). Coping strategies play a crucial role in this context, as the use of maladaptive coping mechanisms, such as denial, is associated with higher rates of anxiety and depression, while problem-solving strategies are linked to more positive psychological outcomes (Navarro et al., 2018). An individual's perception of financial stress can exacerbate psychological and physical challenges, underscoring that psychological resilience and future anxiety are closely tied to broader social and economic conditions (Majstorović et al., 2019). Therefore, addressing both psychological and financial challenges is essential to improving the mental health of unemployed individuals. Although not all unemployed individuals experience a uniformly negative psychological future, some studies suggest that the unemployed may exhibit higher levels of psychological resilience in certain areas compared to employed individuals (Coscioni et al., 2023). Research also highlights the significant impact of emotional intelligence and core self-evaluations on the mental health of unemployed individuals. Individuals with high levels of emotional intelligence and self-assessments experience lower rates of anxiety and depression during periods of unemployment (Peláez-Fernández et al., 2019). Finally, psychological resilience, often referred to as mental strength or "psychological toughness," is a key factor in how unemployed individuals cope with the psychological and social challenges

stemming from job loss and future uncertainty. Studies indicate that individuals with high levels of psychological resilience experience lower levels of anxiety and depression even during unemployment, particularly during crises such as the COVID-19 pandemic (Mojtahedi et al., 2021). However, the loss of identity and purpose resulting from unemployment may heighten anxiety about the future, negatively affecting mental health across various social groups (Arena et al., 2022). Several studies have shown statistically significant differences based on gender. Studies such as Human et al. (2024) and Al-Mutairi et al. (2023) indicated that males exhibit higher psychological resilience and lower future anxiety compared to females. On the other hand, some studies, like Saleem et al. (2022) and El-Feki et al. (2021), did not find significant differences between genders in psychological resilience levels. However, they found that males experienced higher future anxiety in certain cases, as highlighted by Hedibel & Mekbal (2018). Age: Some studies, such as Saleem et al. (2022) and Adam (2019), showed that age was not a significant factor in determining levels of psychological resilience or future anxiety. However, studies like Al-Rabdi (2020) pointed to statistically significant differences in favor of younger age groups regarding psychological resilience. Educational Level: Many studies, such as Al-Rabdi (2020) and El-Feki et al. (2021), found that educational level plays a role in determining psychological resilience and future anxiety. Psychological resilience increased with higher educational levels, while future anxiety decreased. Duration of Unemployment: Most studies did not directly address the impact of the duration of unemployment on psychological resilience and future anxiety. However, Upadhyay (2024) examined psychological resilience among professionals and its association with lower levels of future anxiety, suggesting that continuous employment may be linked to increased psychological resilience.

## **Methodology and Procedures**

### **Study Methodology**

This study adopted a correlational methodology, which aims to study the relationship between current phenomena or events without researcher intervention. This method focuses on describing and analyzing data related to the phenomenon, identifying relationships between its components and effects, and assisting in understanding the phenomenon scientifically and systematically.

### **Study Population and Sample:**

The study population consisted of all unemployed workers registered with the labor office in Jerusalem Governorate. Due to the inability to obtain the phone numbers of unemployed workers to draw a representative sample, a convenience sample was used, where questionnaires were distributed to unemployed workers in cafes. A total of 100 questionnaires were distributed, and 92 valid questionnaires were returned for analysis, as shown in Table 1, which details the distribution of the study sample according to the study variables.

Table 1 Distribution of Study Sample According to Study Variables.

Variables	Level	Frequency	Percent
Gender	Male	49	53.3%
	Female	43	46.7%
Age	34–20years	43	46.7%
	44–35years	24	26.1%
	45years and older	25	27.2%
Educational Level	High school or less	47	51.1%
	Bachelor's or higher	45	48.9%
Duration of Unemployment	Less than 1 year	30	32.6%
	3–1years	31	33.7%
	More than 3 years	31	33.7%

Table 1 shows the distribution of the study sample according to gender, with 53.3% males and 46.7% females. The age variable shows that 46.7% are aged 20-34 years, 26.1% are aged 35-44 years, and 27.2% are 45 years and older. The educational level variable shows that 51.1% have a high school education or less, while 48.9% have a bachelor's degree or higher. As for the unemployment duration variable, 32.6% have been unemployed for less than a year, 33.7% for 1-3 years, and 33.7% for more than 3 years.

### Study Tool

Based on educational literature and previous studies related to the subject of the study, a psychological resilience scale developed by Bartone et al. (2012) and a future anxiety scale developed by Shuqair (2005) were used. Responses were recorded using a five-point Likert scale, with response levels classified as follows: low (1 to <2.33), medium (2.34 to <3.67), and high (3.68 to 5).

### Reliability and Validity of the Study Tools

The validity of the psychological resilience and future anxiety tools was verified using Pearson's correlation coefficient between the items and the overall score, showing statistically significant consistency between the items. Reliability was calculated using Cronbach's Alpha formula, where the overall reliability score for psychological resilience was 0.846, and for future anxiety, it was 0.928, indicating a high degree of validity and reliability suitable for the study.

### Statistical Analysis

After collecting the questionnaires and ensuring their suitability for analysis, they were coded (assigned specific numbers) to prepare the data for input into the computer for appropriate statistical processing. Data were analyzed according to the study questions, with statistical treatments including the calculation of means and standard deviations for each item of the questionnaire, Pearson's correlation coefficient, and Cronbach's Alpha reliability formula using SPSS statistical software.

### Analysis

This section presents the results of the study on the subject "Psychological Resilience and Its Relationship to Future Anxiety Among Unemployed Workers in Jerusalem Governorate," detailing the impact of each variable through the responses of the sample members to the study tool and the analysis of the statistical data obtained.

Table 2 Means and Standard Deviations of the Responses of the Study Sample on the Level of Psychological Resilience among Unemployed Workers in Jerusalem Governorate.

Dimensions	M	S D	Grade	Percent
Control	3.40	0.62	Medium	68.1%
Commitment	3.21	0.77	Medium	64.2%
Challenge	3.02	0.63	Medium	60.6%
overall score	3.21	0.47	Medium	64.3%

It is observed from Table 2, which represents the means and standard deviations of the study sample responses regarding the level of psychological resilience among unemployed workers in Jerusalem Governorate, that the overall mean score is (3.21) with a standard deviation of (0.47). This indicates that the level of psychological resilience among unemployed workers in Jerusalem Governorate is moderate, with a percentage of (64.3%).

Table 3 Means and Standard Deviations of the Responses of the Study Sample on the Level of Future Anxiety among Unemployed Workers in Jerusalem Governorate.

Field	M	S D	Grade	Percent
Life Domains	3.46	1.11	Medium	69.2%
Fear of Failure	3.01	0.94	Medium	60.3%
Thinking About Future	2.98	0.78	Medium	59.7%
Health and Death	2.86	1.05	Medium	57.3%
Hopelessness about the Future	2.83	0.68	Medium	56.6%
overall score	3.03	0.62	Medium	60.6%

It is evident from Table 3, representing the means and standard deviations of the study sample responses on the level of future anxiety among unemployed workers in Jerusalem Governorate, that the overall mean score is (3.03) with a standard deviation of (0.62), corresponding to a percentage of (60.6%). This indicates that the level of future anxiety among unemployed workers in Jerusalem Governorate is moderate.

Table 4 Independent Samples "T" Test Results for the Study Sample's Response on the Mean Level of Psychological Resilience Among Unemployed Workers in Jerusalem Governorate Attributed to Gender.

Field	Gender	N	M	S D	T Value	Sig
Commitment	Male	49	3.08	0.82	1.73	0.08
	Female	43	3.35	0.68		
Control	Male	49	3.33	0.62	1.11	0.26
	Female	43	3.48	0.61		
Challenge	Male	49	3.06	0.64	0.66	0.50
	Female	43	2.98	0.62		
overall score	Male	49	3.16	0.49	1.11	0.26
	Female	43	3.27	0.45		

Table 4 shows that the "T" value for the overall score is (1.117), with a significance level of (0.267), meaning there are no significant differences in the mean level of psychological resilience among unemployed workers in Jerusalem Governorate attributed to gender.

Table 5 Means and Standard Deviations of the Responses of the Study Sample on the Mean Level of Psychological Resilience among Unemployed Workers in Jerusalem Governorate Attributed to Age.

Field	Age	N	M	S D	F Value	Sig
Commitment	34–20years	43	3.33	0.78	1.27	0.29
	44–35years	24	3.19	0.66		
	45years and older	25	3.02	0.84		
Control	34–20years	43	3.60	0.62	4.20	0.02
	44–35years	24	3.23	0.50		
	45years and older	25	3.24	0.65		
Challenge	34–20years	43	3.04	0.48	0.02	0.98
	44–35years	24	3.03	0.54		
	45years and older	25	3.01	0.91		
overall score	34–20years	43	3.32	0.46	2.26	0.11
	44–35years	24	3.15	0.34		
	45years and older	25	3.09	0.58		

Table 5 shows apparent differences in the mean levels of psychological resilience among unemployed workers in Jerusalem Governorate attributed to age. The "F" value for the overall score is (2.26) with a significance level of (0.11), which is greater than the significance level ( $\alpha \geq 0.05$ ), meaning there are no statistically significant differences in the mean levels of psychological resilience attributed to age.

Table 6 Independent Samples "T" Test Results for the Study Sample's Response on the Mean Level of Psychological Resilience among Unemployed Workers in Jerusalem Governorate Attributed to Educational Level.

Field	Educational Level	N	M	S D	T Value	Sig
Commitment	High school or less	47	3.02	0.79	2.48	0.02
	Bachelor's or higher	45	3.41	0.70		
Control	High school or less	47	3.31	0.62	1.53	0.13
	Bachelor's or higher	45	3.51	0.62		
Challenge	High school or less	47	3.04	0.63	0.16	0.88
	Bachelor's or higher	45	3.02	0.64		
overall score	High school or less	47	3.12	0.46	1.91	0.06
	Bachelor's or higher	45	3.31	0.48		

From Table 6, it is clear that the "T" value for the overall score is (1.914) with a significance level of (0.059), meaning there are no statistically significant differences in the mean levels of psychological resilience among unemployed workers in Jerusalem Governorate attributed to educational level, except for the commitment dimension, where differences were in favor of those with a bachelor's degree or higher.

Table 7 Means and Standard Deviations of the Responses of the Study Sample on the Mean Level of Psychological Resilience among Unemployed Workers in Jerusalem Governorate Attributed to Duration of Unemployment.

Field	Duration of Unemployment	N	M	S D	F Value	Sig	
Commitment	Less than 1 year	30	3.21	0.74	0.309	0.735	
	3-1years	31					0.73
	More than 3 years	31					0.85
Control	Less than 1 year	30	3.47	0.69	0.307	0.737	
	3-1years	31					0.46
	More than 3 years	31					0.70
Challenge	Less than 1 year	30	3.11	0.55	0.347	0.708	
	3-1years	31					0.72
	More than 3 years	31					0.62
overall score	Less than 1 year	30	3.26	0.45	0.404	0.669	
	3-1years	31					0.41
	More than 3 years	31					0.57

Table 7 shows apparent differences in the mean levels of psychological resilience among unemployed workers in Jerusalem Governorate attributed to the duration of unemployment. The "F" value for the overall score is (0.404) with a significance level of (0.669), meaning there are no statistically significant differences in the mean levels of psychological resilience attributed to the duration of unemployment.

Table 8 Independent Samples "T" Test Results for the Study Sample's Response on the Mean Level of Future Anxiety among Unemployed Workers in Jerusalem Governorate Attributed to Gender.

Field	Gender	N	M	S D	T Value	Sig
Life Domains	Male	49	3.63	0.98	1.55	0.13
	Female	43	3.27	1.24		
Health and Death	Male	49	2.88	1.05	0.18	0.86
	Female	43	2.84	1.08		
Thinking About Future	Male	49	3.20	0.72	2.98	0.00
	Female	43	2.73	0.79		
Hopelessness about the Future	Male	49	2.89	0.71	0.95	0.34
	Female	43	2.76	0.65		
Fear of Failure	Male	49	3.18	0.82	1.81	0.07
	Female	43	2.83	1.04		
overall score	Male	49	3.16	0.57	2.10	0.04
	Female	43	2.89	0.67		

Table 8 shows that the "T" value for the overall score is (2.098), with a significance level of (0.039). This indicates that there are significant differences in the mean levels of future anxiety among unemployed workers in Jerusalem Governorate attributed to gender, as well as for the "Thinking About Future" dimension, with the differences favoring males.

Table 9 Means and Standard Deviations of the Responses of the Study Sample on the Mean Level of Future Anxiety among Unemployed Workers in Jerusalem Governorate Attributed to Age.

Field	Age	N	M	S D	F Value	Sig
Life Domains	34–20years	43	3.81	1.01	8.006	0.001
	44–35years	24	2.76	1.08		
	45years and older	25	3.53	1.05		
Health and Death	34–20years	43	2.95	1.01	0.500	0.608
	44–35years	24	2.68	1.06		
	45years and older	25	2.88	1.16		
Thinking About Future	34–20years	43	3.00	0.79	1.255	0.290
	44–35years	24	2.79	0.64		
	45years and older	25	3.14	0.88		
Hopelessness about the Future	34–20years	43	2.69	0.70	2.059	0.134
	44–35years	24	2.88	0.50		
	45years and older	25	3.02	0.77		
Fear of Failure	34–20years	43	3.21	1.09	2.797	0.066
	44–35years	24	2.66	0.72		
	45years and older	25	3.02	0.76		
overall score	34–20years	43	3.13	0.63	3.278	0.042



44–35years	24	2.76	0.55
45years and older	25	3.12	0.65

Table 9 shows that there are statistically significant differences in the mean levels of future anxiety among unemployed workers in Jerusalem Governorate attributed to age, with an "F" value of (3.278) and a significance level of (0.042). The differences are in favor of the older age group (45 years and above) in the overall score and "Life Domains" dimension.

Table 10 Independent Samples "T" Test Results for the Study Sample's Response on the Mean Level of Future Anxiety among Unemployed Workers in Jerusalem Governorate Attributed to Educational Level.

Field	Educational Level	N	M	S D	T Value	Sig
Life Domains	High school or less	47	3.69	1.10	2.08	0.04
	Bachelor's or higher	45	3.22	1.10		
Health and Death	High school or less	47	3.03	1.15	1.56	0.12
	Bachelor's or higher	45	2.69	0.93		
Thinking About Future	High school or less	47	3.10	0.79	1.42	0.16
	Bachelor's or higher	45	2.87	0.77		
Hopelessness about the Future	High school or less	47	2.90	0.75	1.03	0.31
	Bachelor's or higher	45	2.76	0.61		
Fear of Failure	High school or less	47	3.31	0.96	3.29	0.00
	Bachelor's or higher	45	2.70	0.82		
overall score	High school or less	47	3.21	0.65	2.86	0.01
	Bachelor's or higher	45	2.85	0.56		

From Table 10, the "T" value for the overall score is (2.859) with a significance level of (0.005), meaning that there are statistically significant differences in the mean levels of future anxiety among unemployed workers in Jerusalem Governorate attributed to educational level, specifically in the "Life Domains" and "Fear of Failure" dimensions, with differences favoring those with high school education or less.

Table 11 Means and Standard Deviations of the Responses of the Study Sample on the Mean Level of Future Anxiety among Unemployed Workers in Jerusalem Governorate Attributed to Duration of Unemployment.

Field	Duration of Unemployment	N	M	S D	F Value	Sig
Life Domains	Less than 1 year	30	3.75	1.10	3.687	0.029
	3–1years	31	3.60	1.06		
	More than 3 years	31	3.04	1.10		
Health and Death	Less than 1 year	30	2.67	0.99	0.739	0.480
	3–1years	31	2.99	1.01		
	More than 3 years	31	2.92	1.18		
	Less than 1 year	30	3.29	0.75	4.649	0.012

Thinking About Future	3-1years	31	2.98	0.81		
	More than 3 years	31	2.70	0.71		
Hopelessness about the Future	Less than 1 year	30	2.92	0.59	.850	0.431
	3-1years	31	2.87	0.65		
	More than 3 years	31	2.70	0.79		
Fear of Failure	Less than 1 year	30	3.36	0.96	3.352	0.039
	3-1years	31	2.92	0.93		
	More than 3 years	31	2.77	0.86		
overall score	Less than 1 year	30	3.20	0.61	2.869	0.062
	3-1years	31	3.07	0.61		
	More than 3 years	31	2.83	0.63		

Table 11 shows apparent differences in the mean levels of future anxiety among unemployed workers in Jerusalem Governorate attributed to the duration of unemployment. The "F" value for the overall score is (2.869) with a significance level of (0.062), indicating no statistically significant differences, although there were differences in certain dimensions such as "Life Domains," "Thinking About Future," and "Fear of Failure," with the differences favoring those unemployed for less than a year.

Table 12 Pearson Correlation Coefficient and Statistical Significance for the Relationship Between the Mean Levels of Psychological Resilience and Future Anxiety among Unemployed Workers in Jerusalem Governorate.

Dimensions		Commitment	Control	Challenge	overall score
Life Domains	Pearson's coefficient	-0.231*	0.06	0.13	-0.04
	Significance level	0.03	0.60	0.20	0.70
Health and Death	Pearson's coefficient	-0.12	-0.14	0.06	-0.10
	Significance level	0.28	0.18	0.60	0.35
Thinking About Future	Pearson's coefficient	-0.399**	0.02	-0.07	-0.236*
	Significance level	0.00	0.85	0.51	0.02
Hopelessness about the Future	Pearson's coefficient	-0.641**	-.272**	-0.369**	-0.626**
	Significance level	0.00	0.01	0.00	0.00

Fear of Failure	Pearson's coefficient	-0.393**	0.05	0.02	-0.18
	Significance level	0.00	0.62	0.84	0.09
overall score	Pearson's coefficient	-0.476**	-0.07	-0.03	-0.296**
	Significance level	0.00	0.54	0.82	0.00

Table 12 shows that the Pearson correlation coefficient for the overall score is (-0.296) with a significance level of (0.004), indicating a statistically significant inverse relationship between the level of psychological resilience and future anxiety among unemployed workers in Jerusalem Governorate. This means that as psychological resilience increases, future anxiety decreases, and vice versa.

### Discussion:

The study results showed that the level of psychological resilience among unemployed workers in Jerusalem Governorate was moderate, indicating that they possess a moderate ability to handle psychological stress and daily challenges. The three dimensions of resilience—control, commitment, and challenge—also showed moderate levels, with control being the most prominent dimension, reflecting the participants' ability to feel in control of life situations, followed by commitment and challenge, indicating a moderate capacity to adapt to circumstances. Regarding future anxiety, the results indicated that the level of future anxiety among unemployed workers was also moderate, meaning that they experience a moderate level of anxiety about their future in areas such as daily life, health, death, thinking about the future, and fear of failure. The "Life Domains" dimension was the most associated with anxiety, reflecting significant concerns among the unemployed about the stability of their daily lives, while "Hopelessness About the Future" showed the lowest level of anxiety. The study also found statistically significant differences in psychological resilience levels between males and females, with males demonstrating higher resilience. This result aligns with previous studies such as Human & Al-Kubaisi (2024) and Al-Mutairi et al. (2023). However, no significant gender differences were found in the dimensions of commitment, control, or challenge. Regarding the age variable, the study found no statistically significant differences in the level of psychological resilience attributed to age, except for the "Control" dimension, where differences favored the younger age group. This result aligns with Rabdi (2020), indicating similar levels of resilience across age groups, with a slight variation in the ability to feel in control of life. Concerning educational level, the study revealed statistically significant differences in the level of commitment, favoring individuals with a bachelor's degree or higher, which is consistent with the findings of Rabdi (2020) and El-Feki et al. (2021). However, no differences were observed in the other dimensions or the overall score, suggesting that education primarily affects commitment, where more educated individuals show higher levels of commitment when facing challenges. The study did not find significant differences in psychological resilience levels attributed to the duration of unemployment, indicating that the length of unemployment did not significantly affect the resilience levels of the sample. In terms of future anxiety, the results showed statistically significant differences between males and females, with males experiencing

higher levels of future anxiety. This aligns with the findings of Dagher et al. (2015). Regarding age, the results indicated that older individuals had higher levels of future anxiety than younger ones, reflecting that middle-aged workers may experience greater anxiety about their future compared to other age groups. Educational level also played a significant role in future anxiety, with individuals with lower education levels showing greater anxiety about their future than those with higher education. The study further revealed differences in some dimensions of future anxiety based on the duration of unemployment, particularly in the dimensions of "Thinking About Future" and "Fear of Failure," with differences favoring individuals who had been unemployed for less than a year. This aligns with the study by Chen et al. (2012), suggesting that long-term unemployed workers may become more adaptable to their situation, reducing their anxiety about the future. Finally, the study demonstrated a negative relationship between psychological resilience and future anxiety, indicating that as resilience levels increase, future anxiety decreases. This finding highlights the importance of psychological resilience in mitigating the psychological challenges associated with unemployment and future uncertainty.

### Conclusions:

The study revealed that unemployed workers in Jerusalem Governorate exhibit moderate levels of psychological resilience and future anxiety. The results highlighted that males show higher levels of both resilience and future anxiety compared to females. Additionally, higher education was found to enhance commitment and reduce future anxiety, while age and unemployment duration did not significantly affect overall resilience. Finally, the study demonstrated a negative relationship between psychological resilience and future anxiety, where higher resilience is associated with lower levels of anxiety about the future.

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