



ORIGINAL RESEARCH PAPER

Psychology

RELATIONSHIP BETWEEN PSYCHOLOGICAL RESILIENCE AND MENTAL HEALTH AMONG EDUCATION WOMAN LEADERS IN SAUDI ARABIA (HAIL CITY)

KEY WORDS: stress, global burden of disability caused by mental disorders.

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ABSTRACT

The aim of this study is identify the Relationship between psychological resilience and mental health among education woman leaders in Hail city, also identify the general characteristics of the educational leaders and the differences arising from the demographic variables. The researcher followed in this study descriptive approach, The study sample included 168 women working in leadership positions in pre-school, general and higher education. The study tools consisted of the personal data form, the Sydney Crown and CRISP Mental Health Scale, the Conformity Scale for Connor and Davidson. The results of the study were as follows: The prevalence of the educational leaders with the highest degree of psychological resilience at the level of significance (0.000), there is a correlation between psychological resilience and mental health at the level of significance (0.002), There are differences in psychological resilience due to the variable age in for the category of less than 30 years, Differences according to the health status for Who suffer from chronic diseases, also differences in psychological resilience according to the experience factor for the experienced in the period from 3 to 5 years. In conclusion the researcher recommended improving the working environment and reducing the professional and social stress, to leading women leaders to carry out their duties in work and social life.

INTRODUCTION:

Psychological resilience is an inherent characteristic of life and an inherent force created by God in man and cannot be turned into an advantage unless the individual activates it by experience and practice. This begins when things are viewed with different perspectives and recognizes the existence of different viewpoints and changes in attitudes, reactions and habits (Vahjn,2010). The psychological resilience is related to mental health if there are some indicators of sound mental health or compatibility, such as that the individual has the resilience to be balanced in matters of his life and away from extremism in the ruling on things and make decisions and manage others in some situations according to his conviction, and be able to live with The difference and the possibility of not closing on the range of experiences and perceptions (majid, 2008).

Mental health is an inseparable part of the health. Psychological problems mean health conditions that affect the health of the person suffering, resulting in disability or death. About 10 percent of the world's population is affected by at least one of these problems, which means that up to 700 million people worldwide , Which means that 1 in every 10 people in our society suffer from mild or moderate mental problems, many of whom do not receive good treatment or care (WHO,2013). Psychological problems account for 7.4 percent of the total global burden of health problems on the scale of lost disability-adjusted life years, the sum of years of life lost due to premature death of the population by mental illness, and years of lost life with disability for persons living with or with mental disorders(Silva& other,2013).

METHODOLOGY:

Objectives of the study:

- 1- Identify the Relationship between psychological resilience and mental health among education woman leaders.
- 2- Find the general characteristics of the educational leaders and the differences arising from the demographic variables

Hypotheses:

- 1- There is no significant mean Relationship between psychological resilience and mental health among education woman leaders.
- 2- There are significant mean differences in psychological resilience attributable to (age, health stats, experience) among education woman leaders.

The Sample:

This sample is conducted of 168 female leaders in educational institutions in Hail.

Tools:

Following tools were utilized in the present study:

- 1- Personal Data Sheet : In this sheet age, health stats, experience
- 2- Sydney Crown and CRISP Mental Health Scale.
- 3- Conformity Scale for Connor and Davidson.

Procedure:

The study permit was issued by the Ministry of Education and the study tools were designed online and distributed electronically to educational leaders.

Variables:

Independent: psychological resilience).
Dependent: age, health stats and experience.

RESULT AND DISCUSSION

The results obtained by using the Test were subjected to the statistical analysis. The T-Test was used to find out the differences between means, Person Correlation and one-way analysis of variance to Analysis of variance.

Table 1:

Variables	N	Mean	SD	T	Significance
Psychological resilience	168	86.8571	87.6786	-0.243	0.002
Mental health		87.6786	87.6786		

Showing the correlation between psychological resilience and mental health

Given the above table we find that the higher the degree of psychological resilience, the lower the degree of mental disorders. This result is consistent with Masuda and Tully (2013) in his study at the University of Georgia, which showed a correlative relationship between flexibility, mental alertness and mental disorders such as anxiety, depression and physical disorders. Majid (2008) reported that the trait of psychological flexibility is related to mental health or compatibility.

Table 2:

Age	N	Mean	SD
>30	6	91.0000	0.0000
31-39	72	67.82.16	15.6970
40-49	84	90.3571	14.0769
<50	6	90.0000	0.0000
Total	168	86.8571	14.8277

Sig	F	MS	DF	SS	Source
0.005	4.470	925.095	3	2775.286	Between groups
		206.959	164	33941.286	Within groups

Showing the differences in psychological resilience between the types of the age.

Looking at the table above, we find that the age group less than 30 years achieved the highest statistical average. The result of this hypothesis is somewhat consistent with the Birqiqa (2016) which found the age group 27 to 37 years are more resilience than others category. The degree of resilience of women in their thirties is evident.

commitment: A case study in a selected South African par-statel. Competitive Paper, 22nd Annual Conference of the Southern Africa Institute for Management Scientists (SAIMS), 12-15 September 2010, Mpekwani Beach Resort, South Africa.

Table 3:

Sd	Mean	N	Health state
14.9038	83.0625	96	Healthy individual
14.0458	91.8333	36	Casual diseases
12.5174	92.0000	36	chronic disease
14.8277	86.8571	168	Total

sig	F	MS	DF	SS	Source
0.001	7.947	1612.973	2	3225.946	Between groups
		202.973	165	33490.625	Within groups

Showing the differences in psychological resilience between the types of Health state.

In view of the above table, we find that educational leaders with chronic diseases have a high resilience that is statistically significant. The high degree of resilience in chronically diseases patients demonstrates their ability to cope with life stress and work stress. Egley and Carly (2007) show that women leaders are able to occupy the role of women and their leadership role.

Table 4:

Showing the differences in psychological resilience between the types of Experience years.

Sd	Mean	N	Experience years
0.0000	91.0000	6	>1 year
0.0000	94.0000	6	1-2 years
6.2668	100.0000	12	3-5 years
11.6729	87.8333	36	6-9 years
16.2833	84.4444	108	<10 year
14.8277	86.8571	168	Total

sig	F	MS	DF	SS	Source
0.005	3.817	786.226	4	3144.905	Between groups
		205.961	163	33571.667	Within groups

Given the above table, experienced leaders from 3 to 5 years are statistically more flexible.

The result of this hypothesis differs from the results of the Louw study, which confirmed that women who were recently enrolled in the organization (6-12 months earlier) were less than women who had been in the organization for more than 12 months in their ability to understand, manage, and sense the roles they played (Mayer,2010).

The less experienced leaders are more resilience, due to their high degree of openness and social acceptance.

RECOMMENDATIONS:

- 1- Take care of the work environment by providing the necessary aids to work.
- 2- Invest the high psychological resilience of the woman leader by empowering them and giving them more powers to work.
- 3 - Training leaders in stress management and crisis management skills.
- 4- Provide appropriate health and psychological care for educational leaders.
5. Raising awareness of the role of women in the development of society while maintaining their social role.

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