

Assessment the Feeling of Psychological Loneliness among Wives of Martyrs in the Light of Some Social Variables in Babylon Governorate/Iraq

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Abstract:

Background: God has many blessings on human, and from these blessings the grace of health and wellness. There is no doubt that the health of the soul is not less important than the health of the body or mind, but in the light of the developments and changes experienced by human in different areas of life, and the various problems and pressures that affected the nature of stability and quiet life.

Objectives: To assess feeling of psychological loneliness wives of martyrs who reviews to martyrs foundation in Babylon Governorate; and it is also, to determine the relationship between the wives feel with psychological lonely and their social variables of age, economic status, housing style, number of sons, number of years after the husband was martyred, level of education, and residency.

Methodology: A descriptive study is carried out in the Babylon Governorate, by a questionnaire and interview techniques, as a means for data collection from those who reviews to martyrs foundation and who lack their husbands as considered martyrs. After the Credibility and stability of the questionnaire was estimated through a pilot study and a panel of expert. By a purposive sample which account of (117) from those who reviews to martyrs foundation for the purpose of the study. Through the used descriptive and inferential statistic, data are analyzed.

Results: The study findings reveals that the most of wives are young and meddle adults ranged (18-28) years. And most of them making sometime enough of economy. It is also, live with their husbands families and have one to three son, and lack their husbands through (1-5) years. Most of wives able to read or write and residents in rural areas. Among findings, results depicts that the majority of (66.7%) of wives feel with psychological loneliness. Also, there is a high significant association at p-value (< 0.0.5) between psychological loneliness and wives of martyrs their economic status, house style, education level, and residency.

Conclusions: The study concludes that more than half of wives of martyrs fell with psychological lonely. As well as wives of martyrs their economic status, hose style, education level, and residency affected their felling.

Recommendations: It is need to increase attention to the martyrs' wives, especially those with a low level of education and housing in the countryside, by preparing more religious, educational and recreational programs to increase cultural awareness, and reduce psychological stress. As well as an increase in the number of institutions dealing with the families of martyrs. It is also, conduct awareness meetings for the families of martyrs to strengthen social relations with the others families. Further studies should be conducted to involve a comparative study and assess the psychological lonely among families of martyrs and others families.

Key Words: Assessment, Psychological Loneliness, Social Variables.

I. INTRODUCTION

The loneliness belongs to the nation-wide life. The subject about loneliness among women has been considered as one of the health problems in many countries. There is limited number of researches concerning this topic. However, it has been considered as one of the main health influencing predictor among women. Even though limited studies have shown the influencing and other related factors that contribute to the loneliness among women both in developed and developing countries⁽¹⁾. Loneliness makes it harder for people to regulate themselves and leads to self-destructive habits, such as overeating or relying on alcohol. Loneliness weakens willpower and perseverance over time, so people who have been lonely for a while are more likely to indulge in behavior that damages their health. Lonely people are more likely to withdraw from engaging with others and less likely to seek emotional support, which makes them more isolated. Lonely people experience more difficulties sleeping, and sleep deprivation is known to have the same effects on metabolic, neural and hormonal regulation as ageing⁽²⁾. According to the World Health Organization, the loneliness population is increasing in every century. In most developed and developing countries, many more women are widowed than men. It is due to the fact that the longevity of females is more than that of males⁽³⁾. The Palestinian experience under Israeli occupation was and still is the most tragic one in terms of the victims and violence it has left behind, as a result of acts of killing, injury, handicap, physical and psychological torture which is exercised in the form of house demolition, confiscation of lands and water, arrests, raids, pursuits

and other forms of violence that harmful for both gender male-female⁽⁴⁾. Loneliness may lead to serious health-related consequences. These wars leave many victims, mostly men⁽⁵⁾⁽⁶⁾. Problem occurs when people loneliness expresses itself in terms of various health related consequences. This may include frequent headaches, sleep disturbances (insomnia/excessive sleep), diet variation (anorexia/overeating) and irritable/depressive behavior of the housewives⁽⁷⁾.

II. METHODOLOGY

A Study Objectives:

1. To assess the psychological loneliness wives of martyrs at martyrs foundation in Babylon Governorate.
2. To determine the relationship between the wives feel with psychological lonely and their social variables of age, economic status, housing style, number of son, number of years after the husband was martyred, level of education, and residency.

A Study Design: A descriptive design used assessment approach to identify psychological loneliness of wives who reviews to martyrs foundation.

A Study Participants: A purposive sample which account of (117) subjects is selected for the purpose of the study among those who husband was martyred in Babylon Governorate.

Inclusion Criteria: Its is includes:

1. Woman's who reviews martyrs foundation.
2. Woman's who lost their husbands as considered martyr.

Materials and Methods: A modified questionnaire adopted by the researcher. It considered a means for data collection. It consist of the followings parts:

Part I: These part includes social variables which include (age, economic status, housing style, number of son, number of years after the husband was martyred, level of education, and residency).

Part II: This part is composed with psychometric lonely which adopted by ⁽⁸⁾. It composed of (34) items are measured on 3-level type Liker Scale as always, sometime, and never.

Credibility and stability: The content credibility of the instrument was estimated through a panel of (10) experts, the stability of the items was based on the internal consistency of the questionnaire was evaluated by calculating Alpha Cronbach' which as= 0.70.

Data analysis: Through the used descriptive statistical (SPSS) version XX analysis approach that includes, frequencies, percentages, mean of scores, and graphical presentation of data; and inferential statistical data analysis approach that include Chi-squared test.

III. RESULTS

Study results reveals that the (47%) of the participants are within first age groups (18-28) years old. In regard of economic, most of the wives making enough to certain limit status and account (49.6%) out total number of the study participants. Concerning nature of residents, most of wives resident with family husband and constituted (41.9%) out total number of the study sample. It is obvious that the most of wives (62.4%) have one to three son. Concerning number of years after the husband was martyred. Findings indicate that the (73.5%) out total number of wives have been lack their husbands. Most of participants are able to read or write in the present findings and account (40.2%). Finally in regard wives social variables, results indicate that the most of them are rural residents and constituted (67.5%) out total participants.

In light of statistical cut off point, findings demonstrated that the majority of (66.7%) wives of martyrs are responses to always fell with psychological loneliness at martyrs foundation in Babylon Governorate.

Table (1): Distribution of Wives by their Social Variables

| Demographic data | Rating | Frequency | Percent |
|---|----------------------------|-----------|---------|
| Age (years) | 18-28 | 55 | 47 |
| | 29-39 | 45 | 38.5 |
| | 40+ | 17 | 14.5 |
| | Total | 117 | 100 |
| Economic Status | Enough | 15 | 12.8 |
| | Enough to Certain Limit | 58 | 49.6 |
| | Not Enough | 44 | 36.6 |
| | Total | 117 | 100 |
| Nature of Resident | Independent | 31 | 26.5 |
| | With family wife | 37 | 31.6 |
| | With family husband | 49 | 41.9 |
| | Total | 117 | 100 |
| Number of Son | No have Son | 34 | 29.1 |
| | 1-3 | 73 | 62.4 |
| | 4+ | 10 | 8.5 |
| | Total | 117 | 100 |
| No. of years after the husband was martyred | 1-5 years | 86 | 73.5 |
| | 6-11 years | 15 | 13.7 |
| | 21+ years | 12 | 12.8 |
| | Total | 117 | 100 |
| Education Level | Not able to read and write | 25 | 21.4 |
| | Able to read or write | 47 | 40.2 |
| | Primary | 7 | 6.0 |
| | Secondary | 13 | 11.1 |
| | Preparatory | 21 | 17.9 |
| | Institute and above | 4 | 3.4 |
| | Total | 117 | 100 |
| Residency | Rural | 79 | 67.5 |
| | Urban | 38 | 32.5 |
| | Total | 117 | 100 |

Table (2): Distribution of the Study Sample by their Overall Assessment

| | Rating | F | % | M.S. | Assessment |
|-------------------------|----------|-----|------|------|-------------|
| Psychometric loneliness | Never | 12 | 10.3 | 2.56 | Always Fell |
| | Sometime | 27 | 23 | | |
| | Always | 78 | 66.7 | | |
| | Total | 117 | 100 | | |

F= Frequency, %= Percentage, M.S.= Mean of score

Table (3): The statistically association between psychological lonely and wives of martyrs their social variables

| Social Variables | Rating | Overall Assessment | | | χ^2 | d.f | p- value |
|---|----------------------------|--------------------|----------|--------|----------|-----|-------------|
| | | Never | Sometime | Always | | | |
| Age/ years | 18-28 | 7 | 13 | 35 | 7.192 | 4 | 0.126 NS |
| | 29-39 | 1 | 10 | 34 | | | |
| | 40+ | 4 | 4 | 9 | | | |
| Economic Status | Enough | 3 | 2 | 10 | 30.792 | 4 | 0.000 HS |
| | Enough to Certain Limit | 6 | 3 | 49 | | | |
| | Not Enough | 3 | 22 | 19 | | | |
| Hose Style | Independent | 2 | 20 | 9 | 40.98 | 4 | 0.000 HS |
| | With family wife | 4 | 3 | 30 | | | |
| | With family husband | 6 | 4 | 39 | | | |
| Number of Son | No have Son | 3 | 7 | 24 | 1.391 | 4 | 0.846 NS |
| | 1-3 | 7 | 18 | 48 | | | |
| | 4+ | 2 | 2 | 6 | | | |
| | Total | 12 | 23 | 79 | | | |
| No. of years after the husband was martyred | 1-5 years | 8 | 23 | 55 | 2.549 | 4 | 0.636 NS |
| | 6-11 years | 2 | 2 | 12 | | | |
| | 21+ years | 2 | 2 | 11 | | | |
| Education Level | Not able to read and write | 1 | 13 | 11 | 21.486 | 10 | 0.018 HS |
| | Able to read or write | 5 | 10 | 32 | | | |
| | Primary | 1 | 1 | 5 | | | |
| | Secondary | 0 | 1 | 12 | | | |
| | Preparatory | 4 | 2 | 15 | | | |
| | Institute and above | 1 | 0 | 3 | | | |
| Residency | Rural | 7 | 24 | 48 | 7.356 | 2 | 0.025 HS |
| | Urban | 5 | 3 | 30 | | | |

χ^2 = Chi-square, Df= Degree of freedom, P-value= Probability value, S= significant, NS= non significant, HS= high significant.

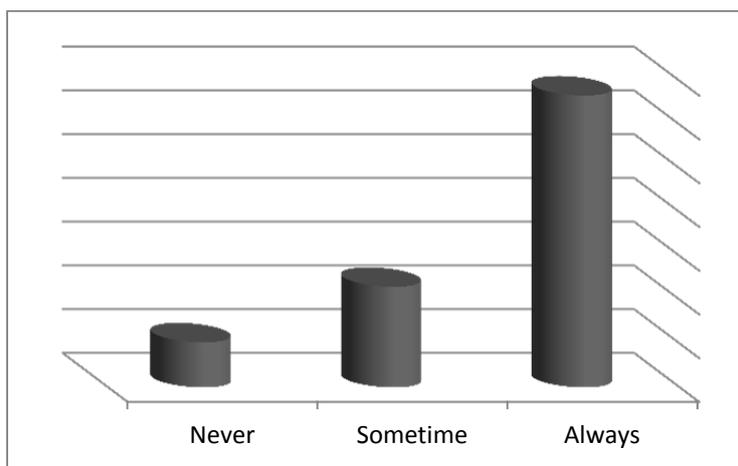


Figure (1): Wives of Martyrs Feeling with Loneliness

Findings demonstrated that there is a non-significant relationship between psychological lonely and wives of martyrs their social variables at p-value (> 0.05) except, the wives of martyrs their economic status, nature of resident, education level, and residency, there is a high significant association at p-value (< 0.05).

IV. DISCUSSION

Results reveals that the (47%) of the participants are within first age groups (18-28) years old. As being most of the martyrs are young and newly martyred, especially in the incident of Asbaker. So it is clear that the researcher found most of the sample are young women. In a study has been assessed the loneliness in the housewives in rising metro culture. Their findings indicated that most participants under 40 years old ⁽⁹⁾.

In regard of economic, most of the wives making enough to certain limit status and account (49.6%) out total number of the study participants. The low level of the economy is not longer the first problem or is not longer a big problem compared to the wives of the martyrs their problems and their economic level is mostly average. Where the proportion the wives of martyrs of the average economic level. This is because the wives of the martyrs receives cash assistance from the institutions of the martyrs families, while the others families don't receives such assistance, especially under the country's economic conditions. In a study has been assessed sense of psychological loneliness and social support of parents and peers in blind children. Their findings confirmed that interest of NGOs (National Martyrs' Institutions) in martyrs' wives is an important factor in alleviating the feeling of psychological loneliness ⁽¹⁰⁾. In addition to the families of the martyrs are difference than the other families from the free services, whether

in education or other children of the martyrs provides them with exemption from tuition fees in schools and universities, and the families of martyrs also distinguish in the jobs opportunities offered more than others.

Concerning nature of residents, most of wives resident with family husband and constituted (41.9%) out total number of the study sample. The wife of the martyr that her husband's family cares about her and her children and tries to alleviate them and provide all that she needs from the side, and the interest of her family (her family) and the provision of aid and care in addition to the interest of civil institutions in it is an important factor in alleviating the sense of psychological loneliness. While the wives of the martyrs, who does not find interest from her husband's family, but finds negligence, blindness, blame and expulsion to the home of her family. It is one of the most factors that increase the sense of psychological loneliness where it was revealed to the researcher during the interview not a few wives of the martyrs, many of them meet as if the reason for the deprivation of parents from their son, and there are others forced to marry the brother of the martyr under the pretext of caring for the children of the martyr, but in fact is to obtain what the wife of the martyr and her children receive material support and assistance from institutions sponsoring the families of martyrs. While in a study has been assessed psychological unity in the wives of martyrs in the light of some psychological variables. Their findings reveals that (24.8%) of wives independent resident and (39%) of them are with (3-5) children⁽⁸⁾. It is agree with these results of this study, it is obvious that the most of wives (62.4%) have one to three son. The social relations in our society, in view of what the relatives of the wife of the martyr and her husband's relatives of continuous visits, it does not feel psychological loneliness, whether the number of children decreased or increased. In addition, a large proportion of the wives of the martyrs do not live in independent homes, but live with her husband's parents or with their family.

Concerning number of years after the husband was martyred. Findings indicate that the (73.5%) out total number of wives have been lack their husbands within a periods of (1-5) years. The situation is still close and her feelings are still strong and sad for her husband's absence. The researcher also reached this point when she met with a group of the wives of the martyrs. It was found that feelings of psychological loneliness control the wife of the martyr Especially in the first months after the martyrdom of the husband and continue almost until a year after his martyrdom but then gradually begin to diminish forgetfulness grace God bless them to worship. While in study has been assessed same variables find that most wives (41.18%) lost their husband for two years periods⁽⁸⁾.

Most of participants are able to read or write in the present findings and account (40.2%). It is known in psychiatric studies that the high level of education and the high (IQ) lead to the alleviation of psychological problems. These results agree with results has been studied these variables with psychological loneliness. Their findings indicate (70.59%) of participants are preparatory school and less⁽⁸⁾.

Furthermore, unwell educated are not able to combat the loneliness effectively. Lack of activities like physical exercises, gym, walking, and other hobbies in day to day life had raised the loneliness and its ill effects (headache, sleep and diet variation, irritable and or depressive behavior) on the health of housewives and family⁽¹⁵⁾⁽⁹⁾.

Finally in regard wives social variables, results indicate that the most of them are rural residents and constituted (67.5%) out total participants. Most of the wives of the martyrs residences in rural areas. it have been noted by the researcher because the large number of unemployed and lack of those who have work for their husband's, as being volunteer in the army in search of work, making the military man more opportunities to martyrdom than

others. While in the urban cities, most men find civil servants away from war.

All these results are consistent with a study have been investigated the reciprocity of social exchange and social satisfaction among older women. It is also concurrent with study have been assessed the loneliness, depression, and social support of patients with COPD and their spouses⁽¹¹⁾.

In light of statistical cut off point, findings demonstrated that the majority of (66.7%) wives of martyrs are responses to always fell with psychological loneliness at martyrs foundation in Babylon Governorate. The results are due to the fact that most of the women with the difficult circumstances that are going through the country and the more incidents of the martyrs than the wars are still in memory. As well as the social variables, they are a major cause of psychological loneliness because most wives have low education and live in remote areas (rural areas). In addition, there is no proposed counseling program to alleviate the psychological loneliness of the wives of martyrs to educate and entertain this community not only needs financial support.

Findings demonstrated that there is a non-significant relationship between psychological lonely and wives of martyrs their social variables at p-value (> 0.05) except, the wives of martyrs their economic status, nature of resident, education level, and residency, there is a high significant association at p-value (< 0.05). The wife of the martyr, who is at a high level of science, awareness and knowledge, it affects the way of thinking and behavior as the woman who has completed her university education if not working, she knows how to fill her free time by educating and raising her children, leaving no room for psychological loneliness or any others. Another type of mental disorder, unlike a woman with a low educational level (general secondary or less), often has long free time, making her constantly think about her sorrows and worries that she cannot overcome, making her vulnerable to mental disorders. That an individual living in overcrowded areas not suffers more mental disorders than in other regions. Means that the place of residence has an impact on the psyche of the individual. That there are differences in the psychological loneliness of the wives of the martyrs depending on the place of residence, especially the rural, and therefore those who live in this region do not have the opportunity to move to the rest of the areas and are available to others who live in the interior cities. In the light of the cultural factors of the formation of the personality of the individual, where families in the rural adherence to customs and traditions is too conservative to the extent that may exceed the limits of the imposition of restrictions on the wife after the death of her husband for fear of people's words. These results disagree with results have been assessed the level of loneliness among the wives of the martyrs of AL-Aqsa Intifada. And it is also agree with findings assessed the loneliness, depression, and social support of patients with COPD and their spouses⁽⁸⁾⁽¹²⁾. It is also, in a study has been investigated the social loneliness concurrent and discriminate validity evidence. Their findings confirmed the social exclusion had been one of the important causes for feeling of loneliness among housewives⁽¹³⁾.

The feeling of loneliness was common in younger and unwell educated housewives. It has also been found in the mental health foundation survey report of United Kingdom which said that younger you are, the more likely you are to feel lonely. The report also said that loneliness is a problem of younger generation and more prevalent in females compared to males⁽⁹⁾⁽¹⁴⁾.

V. CONCLUSIONS

The study concludes that the more than half of wives of martyrs fell with psychological lonely. As well as wives of martyrs their economic status, nature of resident, education level, and residency affected their felling.

VI. RECOMMENDATIONS

It is need to be increase attention to the martyrs' wives, especially those with a low level of education and housing in the countryside, by preparing more religious, educational and recreational programs to increase awareness, culture and reduce psychological stress. As well as an increase in the number of institutions dealing with the families of martyrs. It is also, conduct awareness meetings for the families of martyrs to strengthen social relations with the others families. Further studies should be conducted to involve a comparative study and evaluate the psychological lonely among families of martyrs and others families.

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